



# RIVERSIDE RECREATION THERAPY INFORMER January 18<sup>th</sup>-January 24<sup>th</sup>, 2026



RDC=Recreation Dining Center  
FLC=Faith and Life Center

## Monday, January 19<sup>th</sup>

10:00am- 1:1 Visits with Rec Staff –Room to Room

10:00am- Bible Study with Pastor Linda –FLC

1:30pm- Resident Meeting & Hot Chocolate! -RDC

3:00pm- Brain Teasers! -RDC

## Tuesday, January 20<sup>th</sup> 600 Hall Special Breakfast 7:00am-9:00am

10:00am- Chair Yoga with Jane! -RDC

1:30pm- Bingo! -RDC

2:30pm- Manicures -RDC and Room to Room

## Wednesday, January 21<sup>th</sup>

10:00am- Reading & Coffee Group! -RDC

1:00pm- Making Valentine's Day Cards! -RDC

2:30pm- Pet Therapy Visits with Sue and Curly! –Room to Room

3:00pm- Game: Headbands! -RDC



**Thursday, January 22<sup>nd</sup>**

9:30am- Pet Therapy Visits with Nancy and Walley! –Room to Room

9:45am- Rosary -FLC

10:00am- Mass –FLC

1:30pm- Music Entertainment with Frank Moore! –FLC

3:00pm- Mindfulness Exercises! -RDC



**Friday, January 23<sup>rd</sup>**

10:00am- Worship Service with Pastor Linda -RDC

1:00pm- Craft: Tie Dye Art! -RDC

**Saturday, January 24<sup>th</sup>**

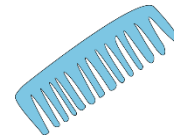
1:30pm- Bingo! –RDC

*\*Please recycle this packet 😊\**



Beauty Shop:

Open on Thursdays



Call Jackie at 608-406-3955 to make an appointment! 😊

**Euchre will take place in the RDC @2:30pm every Tuesday afternoon: if you'd like to join/learn, we'd love to add members to our group!**

## Did you Know We Offer?

- Books on Tape
- Crossword Puzzle Books
- Word Search Books
- Greeting/Holiday Cards
- 2 Book Shelves stocked by the La Crosse Public Library- no need to “check-out” these books, just take and read!
- Movies on VHS or DVD-if you are looking for something special, ask Rec. Therapy and we’ll let you know if we have it
- TONS of Craft Supplies (yarn, scrapbook paper, markers, glue, scissors, etc.)
- Need a Manicure? Let us know!
- Pianos in the Rec. Dining Center & Mitchell Lounge-Sit down & Play! We have song books
- Pianos on each Light House Unit
- Recreation Therapy Programs offered 6 days a week!

**All of these services are offered *free* of charge!**

**All programs are subject to change**

# **LUNCH/SUPPER MENU SUBSTITUTION LIST**

Any requests given to the kitchen after 9:30 am for lunch or after 3:00 pm for supper may potentially be served last. The earlier the kitchen knows, the more accommodating they can be – ext. 63932

Fried Egg Sandwich  
Grilled Cheese Sandwich  
Boneless Chicken Breast  
Hamburger on a Bun  
Hot Dog on a Bun  
Cold Cheese Sandwich  
Peanut Butter & Jelly Sandwich  
Poached, Fried, Hard Boiled or Scrambled Egg  
Varied Meat or Meat Salad Sandwich  
Soups – Tomato, Chicken Noodle, Broth  
Chef's Salad  
Chicken Caesar Salad  
Baked Potato with toppings

## MENU- Week 3

### Saturday, January 17<sup>th</sup>

Lunch: Meatballs, Cheesy Hash Browns, Baked Beans, Pears, Applesauce Spice Cake

Supper: Turkey Dumpling Soup, Bologna Salad Sandwich, Honey Dew Melon, Cookie

### Sunday, January 18<sup>th</sup>

Lunch: Beef Roast, Mashed Potatoes w/Gravy, Rutabagas, Cucumber Salad, Pineapple Upside Down Cake

Supper: Scalloped Potatoes w/Ham, Mixed Veggies, Mandarin Oranges, Ice Cream

### Monday, January 19<sup>th</sup>

Lunch: Pork Chop Suey over Rice, Green Beans, Raspberry Applesauce Salad, Baked Custard

Supper: Tomato Soup, Grilled Cheese Sandwich, Pineapple Tidbits, Seven Layer Bar

### Tuesday, January 20<sup>th</sup>

Lunch: Baked Chicken, Zucchini Bake, Squash, Grapes, Lemon Poppyseed Cake

Supper: French Toast Sticks w/Maple Syrup, Bacon, Banana, Pistachio Pudding

### Wednesday, January 21<sup>st</sup>

Lunch: Hamburger Steak, Boiled Potatoes w/Milk Gravy, Peas, Fruit Cocktail, Marshmallow Dessert

Supper: Potato Chowder, Tuna Salad Sandwich, Peach Half w/Cottage Cheese, Macaroon Brownie

### Thursday, January 22<sup>nd</sup>

Lunch: Roast Turkey, Mashed Potatoes w/Gravy, Corn, Cranberry Sauce, Pumpkin Cheesecake

Supper: BBQ Pork on a Bun, Potato Chips, Pickles, Pears, Scotcheroos

### Friday, January 23<sup>rd</sup>

Lunch: Batter Fried Fish, Potato Wedges, Stewed Tomatoes, Chinese Vegetable Salad, Tapioca Pudding

Supper: Split Pea Soup, Egg Salad Sandwich, Cantaloupe, Toffee Poke Cake

### Lunch

### Supper

- |                        |                   |                        |                 |
|------------------------|-------------------|------------------------|-----------------|
| • Dorset Dining        | 10:40am - 11:00am | • Dorset Dining Room   | 4:00pm - 4:20pm |
| • Mitchell Room Trays  | 11:05am - 11:20am | • Mitchell Room Trays  | 4:25pm - 4:50pm |
| • Mitchell Dining Room | 11:30am - 11:50am | • Mitchell Dining Room | 5:00pm - 5:20pm |