

# 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>

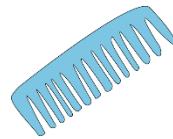
1:30pm- Bingo! –RDC

*\*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, Scotcharoos

### 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

- Dorset Dining 10:40am - 11:00am
- Mitchell Room Trays 11:05am - 11:20am
- Mitchell Dining Room 11:30am - 11:50am

#### Supper

- Dorset Dining Room 4:00pm - 4:20pm
- Mitchell Room Trays 4:25pm - 4:50pm
- Mitchell Dining Room 5:00pm - 5:20pm