

RIVERSIDE RECREATION THERAPY INFORMER

January 25th-January 31st, 2026



RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, January 26th *Welcome Rec Interns, Ireland & Klaire!* ☺

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

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

1:00pm- Meet & Greet: Join us in welcoming our spring Rec Interns, Ireland and Klaire! ☺

3:00pm- Balloon Ball! -RDC

Tuesday, January 27th *Mitchell 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 28th

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

1:00pm- Bingo Bucks Store! -RDC

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

3:00pm- Therapeutic Mandala Coloring! -RDC



Thursday, January 29th *Happy National Puzzle Day!*

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

9:45am- Rosary -FLC

10:00am- Mass –FLC

1:00pm- Craft: Valentine Puzzle Piece Door Hanger! -RDC

Friday, January 30th

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

1:00pm- Love-Themed Jeopardy! -RDC

Saturday, January 31st

No Bingo Today

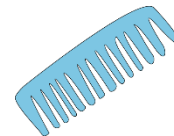


Please recycle this packet 😊



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 4

Saturday, January 24th

Lunch: Hungarian Goulash over Egg Noodles, Cauliflower, Lettuce Salad, Banana Crème Pie, Breadstick

Supper: Hot Dog on a Bun, Western Baked Beans, Jell-O Cubes, Tropical Fruit

Sunday, January 25th

Lunch: Glazed Ham, German Potato Salad, Wax Beans, Honey Dew Melon, German Chocolate Cake

Supper: Vegetable Beef Soup, Turkey Salad Sandwich, Pineapple, Cookie

Monday, January 26th

Lunch: Baked Chicken, Risotto, Carrots, Pickled Beets, Sour Cream Raisin Pie

Supper: Stuffed Green Peppers, Mandarin Orange Salad, Sherbet, Dinner Roll

Tuesday, January 27th

Lunch: Spare Ribs, Dumplings w/Gravy, Sauerkraut, Pears, Danish Rice Pudding

Supper: Broccoli Cheese Soup, Ham Salad Sandwich, Strawberry Rhubarb Sauce, Peanut Butter Bar

Wednesday, January 28th

Lunch: Garlic Butter Tenderloin, Baked Potato, Vegetable Blend, Garden Salad, Ice Cream

Supper: Sloppy Joes, Macaroni Salad, Baked Apple Slices, Rice Krispie Bar

Thursday, January 29th

Lunch: Pork Loin, Mashed Potatoes w/Gravy, Scalloped Corn, Pickles, Banan Split Dessert

Supper: Omelet Supreme, Hash Browns, Watermelon, Tollhouse Bar

Friday, January 30th

Lunch: Shrimp Scampi, Wild Rice, Peas, Tomato Slices, Black Forest Cake

Supper: Chicken Dumpling Soup, Cheese Sandwich, Fruit Cocktail, Vanilla Pudding

Lunch

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

Supper

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