

# RIVERSIDE

## RECREATION THERAPY INFORMER

### January 25<sup>th</sup>-January 31<sup>st</sup>, 2026

RDC=Recreation Dining Center  
FLC=Faith and Life Center

**Monday, January 26<sup>th</sup>** *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 27<sup>th</sup>** *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 28<sup>th</sup>**

**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 29<sup>th</sup>** *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 30<sup>th</sup>**

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

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

**Saturday, January 31<sup>st</sup>**

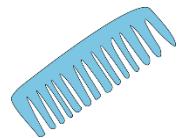
**No Bingo Today**



*\*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 24<sup>th</sup>

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 25<sup>th</sup>

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 26<sup>th</sup>

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

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

### Tuesday, January 27<sup>th</sup>

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 28<sup>th</sup>

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 29<sup>th</sup>

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

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

### Friday, January 30<sup>th</sup>

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

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

#### 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