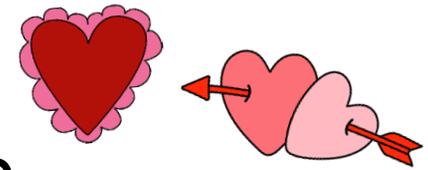


RIVERSIDE

RECREATION THERAPY INFORMER

February 22nd-February 28th, 2026

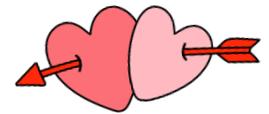


RDC=Recreation Dining Center
FLC=Faith and Life Center



Monday, February 23rd

- 10:00am- Bible Study with Pastor Linda -FLC
- 1:00pm- Craft: Button Flowers! -RDC
- 3:00pm- Bird Watching Club! -RDC



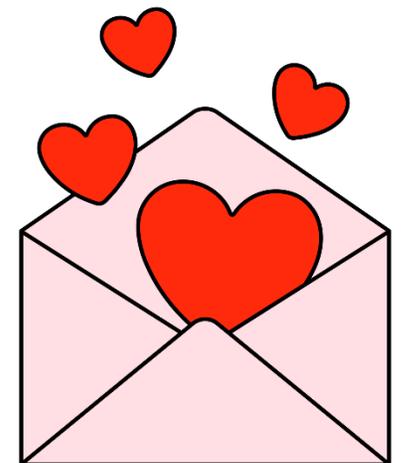
Tuesday, February 24th *Mitchell Hall Special Breakfast 7:00am-9:00am*

- 10:00am- Chair Yoga with Klaire & Ireland! -RDC
- 1:30pm- Bingo! -RDC
- 2:30pm- Manicures -RDC and Room to Room



Wednesday, February 25th

- 10:00am- Coffee & Reading Group! -RDC
- 1:00pm- Music Entertainment with Angela! -FLC
- 2:30pm- Pet Therapy Visits with Sue and Curly! -Room to Room
- 3:00pm- Whiteboard Word Games! -RDC



Thursday, February 26th

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

9:45am- Rosary -FLC

10:00am- Mass –FLC

1:30pm- Resident Meeting & Treat! –RDC

3:00pm- Seated Soccer! -RDC



Friday, February 27th

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

1:00pm- Monthly Birthday Party! -RDC *Join us to celebrate Riverside's February birthdays!*

3:00pm- 1:1 Visits with Rec Staff! -Room to Room

Saturday, February 28th

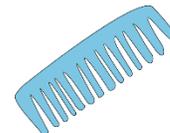
1:30pm- Bingo! -RDC

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, February 21st

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

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

Sunday, February 22nd

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

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

Monday, February 23rd

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

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

Tuesday, February 24th

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, February 25th

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

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

Thursday, February 26th

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

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

Friday, February 27th

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