



RIVERSIDE RECREATION THERAPY INFORMER

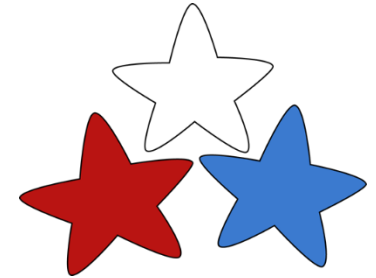


July 5th-July 11th, 2026

RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, July 6th

- 10:00am- Outdoor Visits! –Courtyard (*Weather Permitting*)
- 1:00pm- Game: Life-Sized Chutes & Ladders! -RDC
- 3:00pm- Craft: Paint Party! -RDC



Tuesday, July 7th

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



Wednesday, July 8th

- 10:00am- Coffee & Reading Group! -RDC
- 1:00pm- Harp Music with Shari Sarazin! -FLC
- 2:30pm- Pet Therapy Visits with Sue and Curly! –Room to Room
- 3:00pm- Sprouting Connection: Session #1! -RDC



Thursday, July 9th

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

9:45am- Rosary -FLC

10:00am- Mass -FLC

12:00pm- Pontoon Ride! (*For those signed up*) ***Please let staff know if you are interested!***

3:00pm- 1:1 Visits –Room to Room

Friday, July 10th *Alyssa's Last Day*

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

1:00pm- Farewell Social for Alyssa! -RDC *Join us for a treat as we say farewell to our Recreation Therapist, Alyssa!*

Saturday, July 11th

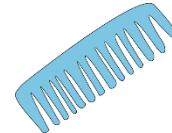
1:30pm- Bingo! -RDC

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, July 4th "Happy Independence Day"

Lunch: Breaded Pork Steak, Sweet Potatoes, Peas, Pineapple w/Cottage Cheese, Bread Pudding

Supper: Chicken Tenders w/Dipping Sauce, Jo Jo Fries, Honey Dew Melon, Cookie

Sunday, July 5th

Lunch: Beef Roast, Mashed Potatoes w/Gravy, Rutabagas, Cucumber Salad, Oreo Cheesecake

Supper: Sloppy Joes on a Bun, Macaroni Salad, Mixed Fruit Salad, Ice Cream

Monday, July 6th

Lunch: Meatloaf, Scalloped Potatoes, Harvard Beets, Lettuce Salad, Blueberry Crumb Bar

Supper: Chicken Noodle Soup, Tuna Salad Sandwich, Grapes, Danish Rice Pudding

Tuesday, July 7th

Lunch: BBQ Chicken, Steak Fries, Corn, Coleslaw, Apple Dump Cake

Supper: Cheesy Ham and Potato Bake, Peas, Peaches, Rice Krispie Bar

Wednesday, July 8th

Lunch: Tenderloin, Baked Potato, Veggie Blend, Banana, Cookies and Crème Pie

Supper: Hamburger Hash, Green Beans, Baked Apple Slices, Walnut Bar

Thursday, July 9th

Lunch: Chicken Stir Fry over Rice, Watermelon, Ice Cream, Homemade Bread

Supper: Beer Cheese Soup, Summer Sausage Sandwich, Tomato Slices, Mandarin Orange Cake

Friday, July 10th

Lunch: Crunch Top Fish, Baby Red Potatoes, Wax Beans, Chinese Veggie Salad, Lemon Bar

Supper: Biscuits w/Sausage Gravy, Scrambled Eggs, Strawberries, Cookie

Lunch

Supper

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|------------------------|-------------------|------------------------|-----------------|
| • 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 |