



RIVERSIDE RECREATION THERAPY INFORMER

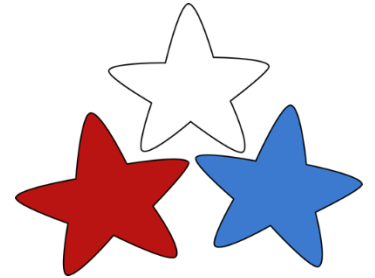
July 12th-July 18th, 2026



RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, July 13th

- 10:00am- Bible Study with Pastor Linda -FLC
- 1:00pm- Seated Soccer! -RDC
- 3:00pm- Wheel of Fortune: Summer Edition! -RDC



Tuesday, July 14th

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



Wednesday, July 15th

- 10:00am- Coffee & Reading Group! -RDC
- 1:00pm- Watercolor Beach Painting! -RDC
- 2:30pm- Pet Therapy Visits with Sue and Curly! –Room to Room
- 3:00pm- Sprouting Connection: Session #2! -RDC



Thursday, July 16th

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

9:45am- Rosary -FLC

10:00am- Mass -FLC

1:00pm- Angel Food Cake Social! -RDC

Friday, July 17th

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

1:00pm- Card Game: Uno! -RDC

Saturday, July 18th

1:30pm- Bingo! -RDC

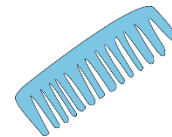


Please recycle this packet ☺



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!

Voter Registration is due by July 22nd at 1:00pm! Please let staff know if you are interested or call the Rec Therapy Dept at 63916

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, July 11th

Lunch: Swedish Meatballs, Boiled Potatoes w/Gravy, Broccoli, Cottage Cheese, Cherry Dessert

Supper: Open Face Turkey & Gravy on a Bun, Carrots, Cranberry Sauce, Butterscotch Pudding

Sunday, July 12th

Lunch: Roast Pork, Mashed Potatoes w/Gravy, Baked Beans, Seven Layer Salad, Tiramisu

Supper: Minestrone Soup, Cheese Sandwich, Pears, Ice Cream

Monday, July 13th

Lunch: Cheeseburger on a Bun, Seasoned Steak Fries, Pickle, Tomato Slices, Peach Cobbler

Supper: Beef Chop Suey over Rice, Pineapple, Cookie, Everything Bread

Tuesday, July 14th

Lunch: Baked Chicken, Dressing w/Gravy, Squash, Cranberry Sauce, Apple Pie

Supper: Hot Dog on a Bun, Potato Chips, Honey Dew Melon, Pumpkin Cake

Wednesday, July 15th

Lunch: Spaghetti w/Meat Sauce, Cauliflower, Fruit Cup, Rhubarb Cake, Garlic Toast

Supper: Breakfast Casserole w/Sausage and Bacon, Watermelon, Angel Dessert, Blueberry Muffin

Thursday, July 16th

Lunch: Beef Short Ribs, Boiled Potatoes, Cabbage Au Gratin, Cucumber Salad, Blueberry Cheesecake

Supper: Potato Chowder, Ham Salad Sandwich, Banana, Blondie Bar

Friday, July 17th

Lunch: Baked Fish, Baked Potato, Veggie Blend, Peaches, Caramel Brownie

Supper: Chicken Cordon Bleu, Wild Rice, Applesauce, 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

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