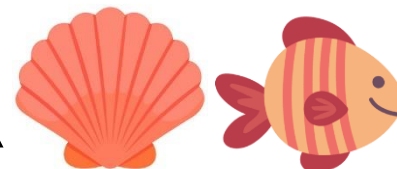




RIVERSIDE RECREATION THERAPY INFORMER



July 26th-August 1st, 2026

RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, July 27th Happy First Day to our new Recreation Therapist, Ireland!

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

12:30pm- Voting! -RDC **For those who are signed up**

2:00pm- Shark Documentary! -RDC *Join us for a movie, popcorn, & a fun drink as we learn about sharks during the Discovery Channel's annual Shark Week!*

Tuesday, July 28th Mitchell Hall Special Breakfast 7:00-9:00am

10:00am- Chair Yoga with Jane! -RDC

1:30pm- Bingo! -RDC

2:30pm- Manicures -RDC and Room to Room

Wednesday, July 29th

No Reading Group Today

1:00pm- Monthly Birthday Party! -RDC *Join us in celebrating Riverside's July birthdays!*

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

3:00pm- Sprouting Connection: Session #4! -RDC



Thursday, July 30th

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

9:45am- Rosary -FLC

10:00am- Mass -FLC

1:30pm- Music Entertainment with Tom Conrad! -FLC

Friday, July 31st

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

1:00pm- Ocean Trivia! -RDC

Saturday, August 1st

No Bingo Today

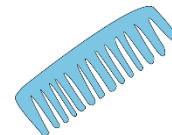


Please recycle this packet 😊



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 2

Saturday, July 25th

Lunch: Glorified Pork Chop, Boiled Potatoes, Spinach, Lettuce Salad, Carrot Cake

Supper: Turkey Ala King over Baking Powder Biscuit, Peas, Banana, Chocolate Almond Dessert

Sunday, July 26th

Lunch: Orange Chicken, Fried Rice, Seasoned Green Beans, Pineapple, Ice Cream

Supper: Broccoli Cheese Soup, Ham Sandwich, Strawberries, Cookie

Monday, July 27th

Lunch: Beef Stew, Dumplings, Cottage Cheese, Peach Pie, Fresh Baked Bun

Supper: Chili Dogs, Potato Salad, Fruit Cocktail, Banana Bar

Tuesday, July 28th

Lunch: Pork Roast, Mashed Potatoes w/Gravy, Squash, Deviled Egg, Apple Crisp

Supper: French Toast Sticks w/Maple Syrup, Bacon, Cantaloupe, Fudge Oat Bar

Wednesday, July 29th

Lunch: Roast Turkey, Cheesy Hash Browns, Western Baked Beans, Fruited Jell-O, Pumpkin Dessert

Supper: Pesto Chicken Pasta w/Spinach, Hawaiian Fruit Salad, Scotcheroos, Variety Bread

Thursday, July 30th

Lunch: Salisbury Steak, Boiled Potatoes, Stewed Tomatoes, Marinated Carrot Salad, Strawberry Pie

Supper: BBQ Pork on a Bun, French Fries, Pears, Lemonade Dessert

Friday, July 31st

Lunch: Shrimp Scampi, Sour Cream & Chive Potatoes, Mixed Veggies, Banana, Sherbet

Supper: Vegetable Beef Barley Soup, Egg Salad Sandwich, Watermelon, Pistachio Pudding

Lunch

Supper

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