

# RIVERSIDE

## RECREATION THERAPY INFORMER

September 27<sup>th</sup>-October 3<sup>rd</sup>, 2026



RDC=Recreation Dining Center  
FLC=Faith and Life Center

### Monday, September 28<sup>th</sup>

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

1:00pm- Autumn/Halloween Card Making! -RDC

3:00pm- 1:1 Visits -Room to Room

### Tuesday, September 29<sup>th</sup>

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

1:30pm- Bingo! -RDC

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

### Wednesday, September 30<sup>th</sup>

**No Reading Group This Week**

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



### **Thursday, October 1<sup>st</sup>**

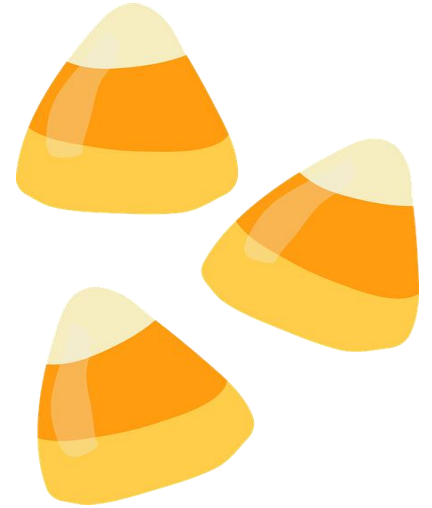
**9:30am-** Pet Therapy Visits with Nancy and Ole! –Room to Room

**9:40am-** Rosary -FLC

**10:00am-** Mass -FLC

**1:00pm-** Craft: Spooky Cats Painting! -RDC

**2:40pm-** Oktoberfest Royal Family Visit! -FLC



### **Friday, October 2<sup>nd</sup>**

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

**1:00pm-** Whiteboard Word Games! -RDC

### **Saturday, October 3<sup>rd</sup>**

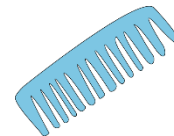
**1:30pm-** Bingo! -RDC

*\*Please recycle this packet 😊\**



Beauty Shop:

Open on Thursdays



Call Jackie at 608-406-3955 to make an appointment! 😊

**Voter Registration is due by Wednesday, October 14<sup>th</sup> 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 1

### Saturday, September 26<sup>th</sup>

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, September 27<sup>th</sup>

Lunch: Roast Turkey, Dressing w/Gravy, Green Bean Bake, Cranberry Sauce, Pumpkin Pie

Supper: Bean Soup, Tuna Salad Sandwich, Mixed Fruit, Cookie

### Monday, September 28<sup>th</sup>

Lunch: BBQ Beef Ribs, Steak Fries, Corn, Cottage Cheese, French Silk Dessert

Supper: Homemade Cheeseburger Macaroni Casserole, Beets, Mandarin Oranges, Blueberry Crumb Bar

### Tuesday, September 29<sup>th</sup>

Lunch: Orange Chicken, Fried Rice, Seasoned Green Beans, Pears, Confetti Cake

Supper: Chili, Watermelon, Ice Cream, Corn Bread

### Wednesday, September 30<sup>th</sup>

Lunch: Beef Roast, Mashed Potatoes w/Gravy, Cauliflower w/Cheese Sauce, Cucumbers, Cookies & Crème Pie

Supper: Salisbury Steak, Boiled Potatoes w/Gravy, Honey Dew Melon, Blondie Bars

### Thursday, October 1<sup>st</sup>

Lunch: Marinated Pork Loin, Sweet Potatoes, Peas, Cantaloupe, Cranberry Dessert

Supper: Lasagna, Broccoli, Grapes, Chocolate Pudding, Bread Stick

### Friday, October 2<sup>nd</sup>

Lunch: Baked Salmon, Baby Red Potatoes, Spinach Bake, Coleslaw, Sherbet

Supper: Beef Noodle Soup, Bologna Sandwich, Fruit Salad, Pumpkin Bar

#### 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 |