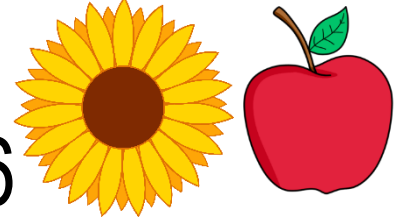


RIVERSIDE RECREATION THERAPY INFORMER



September 6th-September 12th, 2026

RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, September 7th *Labor Day!*

No Bible Study Today

1:00pm- Wheel of Fortune: Back to School Edition! -RDC

Tuesday, September 8th

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

1:30pm- Bingo! -RDC

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

Wednesday, September 9th

10:00am- Coffee & Reading Group! -RDC

1:00pm- Happy Hour: Caramel Apple Mimosas! -RDC

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

3:00pm- Balloon Ball -RDC



Thursday, September 10th

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

9:40am- Rosary -FLC

10:00am- Mass -FLC

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



Friday, September 11th

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

1:30pm- Bingo! -RDC

Saturday, September 12th

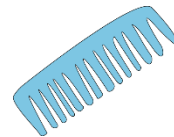
No Bingo Today

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 4

Saturday, September 5th

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, September 6th

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

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

Monday, September 7th

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

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

Tuesday, September 8th

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, September 9th

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

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

Thursday, September 10th

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

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

Friday, September 11th

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

Supper: Chicken Cordon Bleu, Wild Rice, Applesauce, 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 |