



RIVERSIDE

RECREATION THERAPY INFORMER

October 4th-October 10th, 2026



RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, October 5th

10:00am- Bible Study with Chaplain Kathy! -FLC

1:00pm- Halloween Pictionary! -RDC

3:00pm- Craft: Halloween Treat Holder! -RDC

Tuesday, October 6th

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

1:30pm- Bingo! -RDC

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

Wednesday, October 7th

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

1:00pm- Game: Headbandz! -RDC

4:15pm- Pizza Eat-In! **For those signed up* *Charges will appear on resident bill* *Please let staff know if you are interested by 11:00am!*



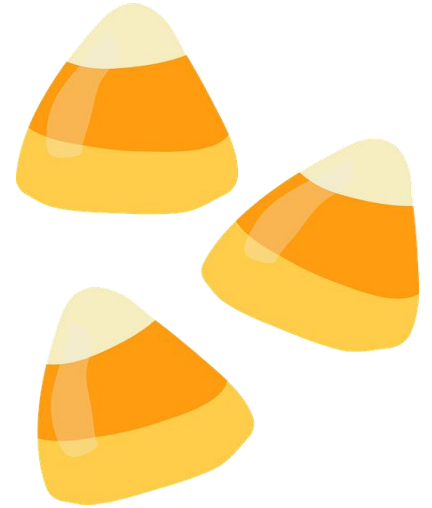
Thursday, October 8th

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

9:40am- Rosary -FLC

10:00am- Mass -FLC

1:30pm- Piano Music with Angela! -FLC



Friday, October 9th

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

1:00pm- Spooky Trivia! -RDC

Saturday, October 10th

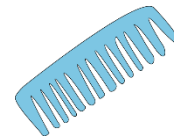
1:30pm- Bingo! -RDC

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 14th 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 2

Saturday, October 3rd

Lunch: Meatloaf, Scalloped Potatoes, Rutabagas, Marinated Carrot Salad, Apple Pie

Supper: Pork & Gravy over Mashed Potatoes, Green Beans, Banana, Cookie

Sunday, October 4th

Lunch: Chicken Supreme, Sour Cream Potatoes, Vegetable Blend, Watermelon, Jell-O Cake

Supper: Mushroom Swiss Burger, Potato Salad, Pickles, Ice Cream

Monday, October 5th

Lunch: Short Ribs, Boiled Potatoes, Cabbage & Carrots, Lime Mist Salad, Raspberry Cheesecake

Supper: Hamburger Stroganoff over Noodles, Peas, Mandarin Oranges, Pistachio Fluff

Tuesday, October 6th

Lunch: Breaded Pork Steak, AuGratin Potatoes, Beets, Three Bean Salad, Peach Crisp

Supper: Wild Rice Soup, Summer Sausage Sandwich, Cantaloupe, Cheesecake Brownie

Wednesday, October 7th

Lunch: Baked Ham, Sweet Potatoes, Wax Beans, Coleslaw, Strawberry Pie

Supper: Chicken Pesto Pasta, Pineapple, Fudge Oat Bars, Variety Bread

Thursday, October 8th

Lunch: Spaghetti w/Meat Sauce, Broccoli, Banana, Tiramisu, Garlic Toast

Supper: Beer Cheese Soup, Chicken Salad Sandwich, Fruit Cup, Lemonade Dessert

Friday, October 9th

Lunch: Crumb Top Baked Fish, Baked Potato, Mixed Veggies, Strawberries, Lorna Doone Dessert

Supper: Chicken Cordon Bleu, Wild Rice, Grapes, Nutcracker Sweets

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 |