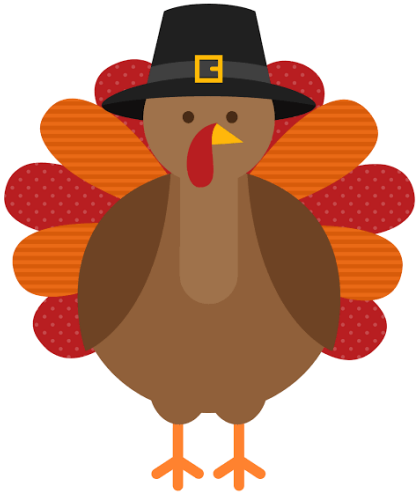
# RIVERSIDE
# RECREATION THERAPY INFORMER
## November 1st-November 7th, 2026

**RDC**=Recreation Dining Center
**FLC**=Faith and Life Center

**Monday, November 2nd**
**10:00am-** Bible Study with Pastor Linda! -FLC
**1:00pm-** Craft: Sock Pumpkins! -RDC
**3:00pm**- 6, 5, 4 Dice Game! -RDC

**Tuesday, November 3rd**
**10:00am-** Chair Yoga with Jane! -RDC
**1:30pm-** Bingo! -RDC
**2:30pm-** Manicures -RDC and Room to Room

**Wednesday, November 4th**
**10:00am-** Coffee & Reading Group! -RDC
**1:00pm-** Harp Music with Shari Sarazin! -FLC
**3:00pm-** Craft: Making Thankful Trees! -RDC



**Thursday, November 5th**

**9:30am-** Pet Therapy Visits with Nancy and Ole! –Room to Room
**9:40am-** Rosary -FLC
**10:00am-** Mass -FLC
**1:00pm-** Autumn Jumbo Crossword Puzzle! -RDC



**Friday, November 6th**

**10:00am-** Worship Service with Pastor Linda -FLC
**1:30pm-** Piano Music with Angela! -FLC

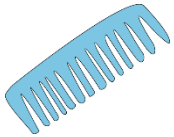
**Saturday, November 7th**

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

**Please recycle this packet ☺**



Beauty Shop:
Open on Thursdays



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

## 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 31st Happy Halloween!!***

Lunch: Meatloaf, Scalloped Potatoes, Rutabagas, Marinated Carrot Salad, Apple Pie
Supper: Pork & Gravy over Mashed Potatoes, Green Beans, Banana, Cookie

***Sunday, November 1st***

Lunch: Chicken Supreme, Sour Cream & Chive Potatoes, Vegetable Blend, Watermelon, Jell-O Cake
Supper: Mushroom Swiss Burger, Potato Salad, Pickles, Ice Cream

***Monday, November 2nd***

Lunch: Short Ribs, Boiled Potatoes, Cabbage w/Carrots, Lime Mist Salad, Raspberry Cheesecake
Supper: Hamburger Stroganoff over Noodles, Peas, Mandarin Oranges, Pistachio Fluff

***Tuesday, November 3rd***

Lunch: Breaded Pork Steak, Au Gratin Potatoes, Beets, Three Bean Salad, Peach Crisp
Supper: Wild Rice Soup, Summer Sausage Sandwich, Cantaloupe, Cheesecake Brownie

***Wednesday, November 4th***

Lunch: Baked Ham, Sweet Potatoes, Wax Beans, Coleslaw, Strawberry Pie
Supper: Chicken Pesto Pasta, Pineapple, Fudge Oat Bar, Variety Bread

***Thursday, November 5th***

Lunch: Spaghetti w/Meat Sauce, Broccoli, Banana, Tiramisu, Garlic Toast
Supper: Beer Cheese Soup, Chicken Salad Sandwich, Fruit Cup, Lemonade Dessert

***Friday, November 6th***

Lunch: Crumb Top Baked Fish, Baked Potato, Mixed Vegetable , Strawberries, Lorna Doone Dessert
Supper: Chicken Cordon Bleu, Wild Rice, Grapes, Nutcracker Sweets

| ***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 |