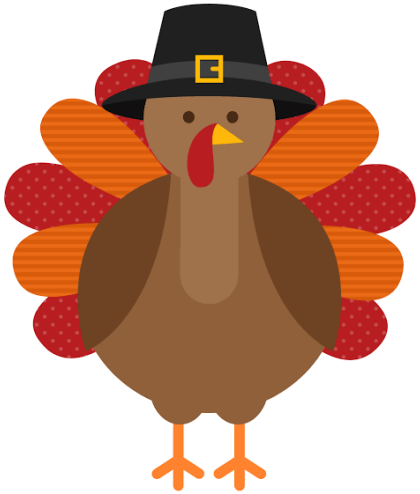
RIVERSIDE
RECREATION THERAPY INFORMER
November 8th-November 14th, 2026

RDC=Recreation Dining Center
FLC=Faith and Life Center

Monday, November 9th
10:00am- Bible Study with Pastor Linda -FLC
1:00pm- Autumn Family Feud! -RDC
3:00pm- Therapeutic Coloring! -RDC

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

Wednesday, November 11th *Veterans Day*
10:00am- Coffee & Reading Group! -RDC
1:30pm- Veterans Day Program! -FLC *Join us as we honor our veterans here at Riverside & The Willows!*
3:00pm- Bird Watching Club! -RDC



Thursday, November 12th
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



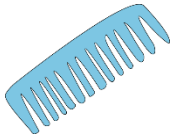
Friday, November 13th
10:00am- Worship Service with Pastor Linda -FLC
1:00pm- Whiteboard Word Games! -RDC

Saturday, November 14th
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 3

Saturday, November 7th

Lunch: Meatballs, Cheesy Hash Browns, Baked Beans, Pears, Applesauce Spice Cake
Supper: Turkey Dumpling Soup, Bologna Salad Sandwich, Honey Dew Melon, Cookie

Sunday, November 8th

Lunch: Beef Roast, Mashed Potatoes w/Gravy, Rutabagas, Cucumbers, Pineapple Upside Down Cake
Supper: Scalloped Potatoes & Ham, Mixed Veggies, Mandarin Oranges, Ice Cream

Monday, November 9th

Lunch: Pork Chop Suey over Rice, Green Beans, Raspberry Applesauce Salad, Baked Custard
Supper: Tomato Soup, Grilled Cheese Sandwich, Pears, Seven Layer Bar

Tuesday, November 10th

Lunch: Baked Chicken, Zucchini Bake, Squash, Grapes, Lemon Meringue Pie
Supper: Macaroni & Cheese, Beets, Banana, Pistachio Pudding

Wednesday, November 11th

Lunch: Hamburger Steak, Boiled Potatoes w/Milk Gravy, Peas, Fruit Cocktail, Marshmallow Dessert
Supper: Potato Chowder, Tuna Salad Sandwich, Peach Half w/Cottage Cheese, Caramel Apple Cheesecake

Thursday, November 12th

Lunch: Roast Turkey, Mashed Potatoes w/Gravy, Corn, Cranberry Sauce, Pumpkin Cheesecake
Supper: BBQ Pork on a Bun, Potato Chips, Pickles, Watermelon, Scotcharoos

Friday, November 13th

Lunch: Batter Fried Fish, Potato Wedges, Stewed Tomatoes, Chinese Vegetable Salad, Tapioca Pudding
Supper: Split Pea Soup, Egg Salad Sandwich, Cantaloupe, Toffee Poke Cake

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