


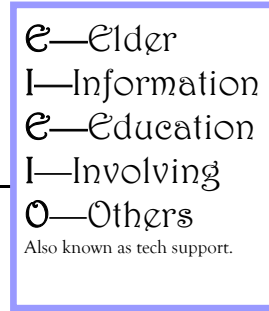


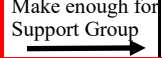


Sun	Mon	Tue	Wed	Thu	Fri	Sat
29-	30-	31- 	1-9 am Welcome Hour 10 am Band-er-cise 11 am Balloon volleyball Salad, Veggie or Cheese Burger and Chips 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	2-9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Make Lentil Soup, Salad and Hot Dogs 1 pm Dice Games 2 pm Tea Time	3-9 am Welcome Hour 10:30 am EIEIO w/ Jude 11 am Hot Potato Lentil Soup, Baked Rock Cod, or Breaded Fish, Cole Slaw 1 pm BINGO 2 pm NESS Club Remote: Drawing w/ Larry 3 pm Tea Time	4-  Jane Goodall Day
5- 	6-9 am Welcome Hour 10 am Noodles & Balloon 11 am Band-er-cise Breakfast for Lunch: Blueberries, Eggs, chaffles, Sausage 1 pm Dice Games 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	7-9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad, Burgers, Chips 1 pm Board Games 2 pm Tea Time	8-9 am Welcome 10 am Ring Toss 11 am Noodles & Balloons Guacamole, Chicken or Beef Tacos, Spanish Rice 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	9-9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad, Chicken or Beef Tacos, Spanish Rice 1 pm Card Games 2 pm Tea Time	10-9 am Welcome Hour 10:30am EIEIO w/ Jude Salad, Tuna Melt or Grilled Cheese, Red Pepper/Tomato Soup 1 pm BINGO 2 pm NESS Club Remote: Drawing w/ Larry 3 pm- Valentine Tea Time	11-:  E—Elder I—Information E—Education I—Involving O—Others Also known as tech support.
12- <div style="border: 1px solid black; padding: 5px; width: fit-content;">Are you a vegan or vegetarian? Allergic to something? Or simple don't like what's on the menu? We cater to your desires. We serve alternatives. We'll ask you what you would like.</div>	13-9 am Welcome Hour 10 am Chair Yoga 11 am Flex and Balance Salad, Chicken Strips w/Jo Jos, Cauliflower 1 pm Card Games 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	14-9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad, Ham sandwich, Chips 1 pm Dice Games 2 pm Tea Time	15-9 am Welcome 10 am Ring Toss 11 am Noodles & Balloons Salad, Egg Salad, Ham and Cheese Sandwiches, Chips 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time 	16-9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad, Egg Salad, Ham and Cheese Sandwiches, Chips 1 pm Board Games 2 pm Tea Time Caregiver Support Group Third Thursday 11:30 am Sam Education Center	17-9 am Welcome Hour 10:30am EIEIO w/ JUDE 11 am Card games Artichoke Dip, Baked Parmesan Rock Cod, Baked Potatoes 1 pm BINGO 2 pm NESS Club Remote: Drawing w/ Larry 3 pm Tea Time	18-
	20-9 am Welcome Hour 10 am Chair Yoga 11 am Flex and Balance Veggie Chili, Beans & Beef w/ Cauliflower Mac'n Cheese 1 pm Board Games 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	21-9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Make soup, Chili-Dogs and Chips 1 pm Card Games 2 pm Tea Time EARTH DAY 22nd 	22-9 am Welcome Hour 10 am Hot Potato 11 pm Mix-Match-Cards Minestrone Soup, Cheese Burger or Grilled Cheese, Chips 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time <div style="border: 1px solid red; padding: 2px; display: inline-block;">Make enough for Support Group</div> 	23-9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Minestrone Soup, Cheese Burgers, or Chicken Sausage, 1 pm Dice Games 2 pm Tea Time	24-9 am Welcome Hour 10:30am EIEIO w/ JUDE 11 am Card games Salad, Mr. P's Spaghetti, or Rock Cod, Tator Tots, Rolls 1 pm BINGO 2 pm NESS Club Remote: Drawing w/ Larry 3 pm Tea Time	25- <div style="border: 1px solid orange; padding: 5px; width: fit-content;">Everyday Activities Welcome Hour Quiet Time Balance and Flex Exercises Lunch and Snacks Board Games Puzzles, Cards, Crafts, Painting, Beads, Musical Entertainment</div>
26-	27-9 am Welcome Hour 10 am Chair Yoga 11 am Flex and Balance Salad, Meatloaf, Roasted Red Potatoes, Broccoli 1 pm Board Games 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	28-9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Make Spit Pea Soup, Meatloaf Sandwiches, Broccoli & Chips 1 pm Card Games 2 pm Tea Time	29-9 am Welcome Hour 10 am Hot Potato 11 pm Mix-Match-Cards Salad & Take-Out Pizza 1 pm Poetry and Prose 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	30-9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Pizza Leftovers 1 pm Dice Games 2 pm Tea Time		