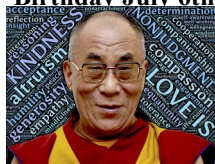


	Mon	Tue	Wed	Thu	Fri	Sat
28- Everyday Activities Welcome Hour Balance and Flex Exercises Crafts, Painting, Drawing with Larry	29- Lunch and Snacks Quiet Time Board Games , Puzzles, Cards Reading and Musical Entertainment 3pm Tea Time Snacks	30- Lunch and Snacks Quiet Time Board Games , Puzzles, Cards Reading and Musical Entertainment 3pm Tea Time Snacks	1- 9 am Welcome Hour 10 am Bean Bag Toss Salad, Beef or Turkey Burgers & Sweet Potato Fries 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	2- 9 am Welcome Hour 10 am Flex & Balance Salad, Bay Shrimp Alfredo with Pasta & Garlic Bread 1 pm Noodles & Balloons 2 pm Bingo or Garbage 3 pm Tea Time WORLD UFO DAY 	3- 9 am Welcome Hour 10:30 am EIEIO w/ Jude Red White & Blue Cheese Salad, Baked Fish or Hot Dogs, Tots, Watermelon 1 pm BINGO 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	4- THE 4TH OF JULY! 
5- Dalai Lama's Birthday July 6th 	6- 9 am Welcome Hour 10 am Flex & Balance Breakfast 4 Lunch: Fried Apples, Eggs/Bacon, Chaffles 1 pm BINGO 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	7- 9 am Welcome Hour 10 am Flex & Balance Salad, Chicken Sausage Sandwiches & Apple Sauce 1 pm Noodles & Balloons 2 pm Bingo or Garbage 3 pm Tea Time	8- 9 am Welcome Hour 10 am Darts Lentil Soup, Ham and Cheese or Chicken Sausage Sandwich & Chips 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	9- 9 am Welcome Hour 10 am-Flex & Balance Salad, Ham and Cheese Sandwich & Chips 1 pm Fly swatter tennis 2 pm Bingo or Garbage 3 pm Tea Time	10- 9 am Welcome Hour 10:30 am EIEIO w/ Jude Waldorf Salad, Tuna Melt & Tomato Soup 1 pm BINGO 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	11- 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.
12- E—Elder I—Information E—Education I—Involving O—Others Also known as tech support.	13- 9 am Welcome Hour 10 am Wastepaper Basketball Salad, Chicken and Rice Casserole & Broccoli 1 pm BINGO 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	14- 9 am Welcome Hour 10 am Flex & Balance (Make Chicken Noodle Soup) Hot Dogs, Bratwurst & Apple Sauce 1 pm Yahtzee 2 pm Bingo or Garbage 3 pm Tea Time	15- 9 am Welcome Hour 10 am Flex & Balance Minestrone Soup, Chicken Sliders & Chips 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	16- 9 am Welcome Hour 10 am-Chair Yoga Salad, Chicken Sliders & Chips 1 pm Cards 2 pm Bingo or Garbage 3 pm Tea Time Caregivers Support Group: 11:30 am - 12:30 pm	17- 9 am Welcome Hour 10:30 am EIEIO w/ Jude Salad, Baked Fish or Hot Dog, Bratwurst, Tater Tots 1 pm BINGO 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	18- 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.
19- E—Elder I—Information E—Education I—Involving O—Others Also known as tech support.	20- 9 am Welcome Hour 10 am Ring Toss Salad, Veggie Spaghetti, Meat Balls & Garlic Bread 1 pm BINGO 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	21- 9 am Welcome Hour 10 am Flex & Balance Salad, Meatball Sandwich & Chips 1 pm-Noodles & Balloons 2 pm Bingo or Garbage 3 pm Tea Time	22- 9 am Welcome hour 10 am Flex & Balance Salad, Sub-Sandwiches, Baked Beans & Chips 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	23- 9 am Welcome Hour 10 am Bean Bag Toss Salad, Leftovers or Baked Fish & Tater Tots 1 pm Card Games 2 pm Bingo or Garbage 3 pm Tea Time	24- 9 am Welcome Hour 10:30 am EIEIO w/ Jude Salad, Fish or Beef Tacos, Fresh Salsa, Spanish Rice - SETH DAY - 1 pm BINGO 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	25- Monday - Friday 1:30pm - Physical Therapy
26- E—Elder I—Information E—Education I—Involving O—Others Also known as tech support.	27- 9 am Welcome Hour 10 am Wastepaper Basketball Salad, Meatloaf or Turkey Patty w/ Baked Potatoes & Brussel Sprouts 1 pm BINGO 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	28- 9 am Welcome Hour 10 am Flex & Balance Salad, Grilled Cheese, Chips 1 pm Yahtzee 2 pm Bingo or Garbage 3 pm Tea Time	29- 9 am Welcome Hour 10 am Flex & Balance Salad & Pizza Takeout 1 pm Yahtzee 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	30- 9 am Welcome Hour 10 am Flex & Balance Salad, Pizza & Apple Sauce 1 pm Yahtzee 2 pm Bingo or Garbage 3 pm Tea Time	31- 9 am Welcome Hour 10 am Flex & Balance, Salad, Hot Dog, Bratwurst, or Baked Fish & Tater Tots 1 pm Yahtzee 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	