

North End Senior Solutions and NESS CLUB Activities Calendar

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Everyday Activities Welcome Hour Quiet Time Balance and Flex Exercises, Board Games, Puzzles, Cards, Crafts, Painting, Reading and Musical Entertainment				1- 9:00am Welcome Hour 10:00am Flex & Balance, Waldorf salad, Baked Rock Fish, or Hot dog, tater tots 1:00pm Noodles & Balloons 2:00pm Bingo or Garbage 3:00pm Tea Time	2- National Coloring Day
3- National Watermelon Day	4- 9 00am Welcome Hour 10:00am Flex & Balance Breakfast for Lunch: eggs, bacon, chaffles 1:00pm Cards/Dice/Board Games 2:00pm NESS Club remote 3:00pm Tea Time	5- 9:00am Welcome Hour 10:00am Flex & Balance, Chicken sausage sandwiches, apple sauce, chips 1:00pm 2:00pm Bingo or Garbage 3:00pm Tea Time	6- 9:00am Welcome Hour 10:00am Darts Salad, Beef or turkey burgers w/sweet potato fries 1:00pm Bingo 2:00 pm NESS Club remote; meditation with John 3:00pm Tea Time	7- 9:00am Welcome Hour 10:00am-Flex & Balance Make macaroni salad, ham and cheese sandwich, chips 1:00pm Fly swatter tennis 2:00pm Bingo or Garbage 3:00pm Tea Time	8- 9:00am Welcome Hour 10:00am Flex & Balance, Salad, Baked or Breaded Fish or Mr. P's spaghetti, cole slaw 1:00pm Bingo 2:00pm NESS Club remote 3:00pm Tea Time	9- National Book Lovers Day ☒—Elder I—Information ☒—Education I—Involving O—Others Also known as tech support.
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. Monday - Friday 1:30pm - Physical Therapy	11- 9:00am Welcome Hour 10:00 Wastepaper Basketball Salad, chicken thighs, rice, broccoli 1:00pm Cards/Dice/Board Games 2:00pm NESS Club remote 3:00pm Tea Time	12- 9:00am Welcome Hour 10:00am Flex & Balance, Make lentil soup, Chicken sandwiches, apple sauce 1:00pm Noodles & Balloons 2:00pm Bingo or Garbage 3:00pm Tea Time	13- 9:00am Welcome Hour 10:00am Darts Lentil soup, Veg Spaghetti, meatballs, garlic bread 1:00pm Bingo 2:00 pm NESS Club remote; meditation with John 3:00pm Tea Time	14- 9:00am Welcome Hour 10:00am-Chair Yoga Salad, Chicken salad sandwich, chips and dips 1:00pm Card Games 2:00pm Bingo or Garbage 3:00pm Tea Time	15- 9:00am Welcome Hour 10:00am Darts Salad, tuna melt or grilled cheese w/ tomato soup 1:00pm Fly swatter tennis/Bingo 2:00pm NESS Club remote 3pm Tea Time	16- 
	18- 9:00am Welcome Hour 10:00am Ring Toss Salad, Turkey breast,, cauliflower dressing, gravy 1:00pm Cards/Dice/Board Games 2:00pm NESS Club remote 3:00pm Tea Time	19- 9:00am Welcome Hour 10:00am Flex & Balance, Make pea soup, turkey and dressing 1:00pm Yahtzee 2:00pm Bingo or Garbage 3:00pm Tea Time	20- 9:00am Welcome Hour 10:00am Flex & Balance Split pea soup, Turkey sliders, chips 1:00pm Bingo 2:00pm NESS Club remote; meditation with John 3:00pm Tea Time	21- 9:00am Welcome Hour 10:00am Bean Bag Toss Salad, leftovers or baked rock cod and tater tots 1:00pm Card Games 2:00pm Bingo or Garbage 3:00pm Tea Time Caregivers Support Group: 11am-1pm	22- 9:00am Welcome Hour 10:00am Bean Bag Toss Salad, Bay Shrimp melt or ham melt, with tater tots 1:00 Bingo 2:00pm NESS Club remote 3:00pm Tea Time	23- 
24 / 31 National Waffle Day	25- 9:00am Welcome Hour 10:00 Wastepaper Basketball Salad, meatloaf w/baked potatoes, roast carrots. 1:00pm Cards/Dice/Board Games 2:00pm NESS Club remote 3:00pm Tea Time	26- 9:00am Welcome Hour 10:00am Flex & Balance, Salad, meat loaf sandwiches 1:00pm-Noodles & Balloons 2:00pm Bingo or Garbage 3:00pm Tea Time	27- 9:00am Welcome hour 10:00am Flex & Balance Egg Flower soup Chinese Take-out 1:00pm Bingo 2:00pm NESS Club Remote Meditation with John 3:00 pm Tea Time	28- 9:00am Welcome Hour 10:00am Bean Bag Toss Salad, leftovers or ham sandwiches, chips 1:00pm Card Games 2:00pm Bingo or Garbage 3:00pm Tea Time	29- 9:00am Welcome Hour 10:00am Bean Bag Toss Salad, Fish taco. Spanish Rice or Hot dogs, cole slaw 1:00 Bingo 2:00pm NESS Club remote 3:00pm Tea Time	30- Larry's Drawing Class Every Friday at 2pm hybrid. 