

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1-  FEBRUARY 2nd <b>GROUNDHOG DAY</b> 2-9 am Welcome Hour 10 am Band-er-cise 11 am Parachute Breakfast for lunch: blueberries, eggs, sausage 1 pm BINGO <b>2 pm NESS Club Remote: Trivia Day</b> 3 pm Tea Time	2- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad, hot dog or chicken sausage, chips, (make red potato salad). 1 pm Card Games 2 pm Tea Time	3- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad, cheese burgers or veggie burgers and red potato salad. 1 pm BINGO <b>2 pm NESS Club Remote: Meditation Class</b> 3 pm Tea Time	4- 9 am Welcome Hour 10 am Band-er-cise 11 am Balloon volleyball Salad, grilled cheese sandwich, potato salad. 1 pm BINGO <b>2 pm NESS Club Remote: Meditation Class</b> 3 pm Tea Time	5- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad, grilled cheese sandwich, potato salad. 1 pm Card Games 2 pm Tea Time	6- 9 am Welcome Hour 10:30 am <b>EIEIO w/ Jude</b> 11 am Hot Potato Salad, baked rock cod, or breaded fish, tator tots, cole slaw 1 pm BINGO <b>2 pm NESS Club Remote: Drawing w/ Larry</b> 3 pm Tea Time	7- <b>Black History Month</b>
8-  <b>SUPER BOWL!</b>	9- 9 am Welcome Hour 10 am Noodles & Balloon 11 am Band-er-cise Split pea soup, chicken and rice, broccoli 1 pm BINGO <b>2 pm NESS Club Remote: Trivia Day</b> 3 pm Tea Time	10- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Pea soup, burgers, chips 1 pm Card Games 2 pm Tea Time	11- 9 am Welcome Hour 10 am Ring Toss 11 am Noodles & Balloons Cheese/meat sampler, chicken or beef tacos, Spanish rice 1 pm BINGO <b>2 pm NESS Club Remote: Meditation Class</b> 3 pm Tea Time	12- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Chips and dip, chicken or beef tacos, Spanish rice (make tomato soup) 1 pm Card Games 2 pm Tea Time	13- 9 am Welcome Hour 10:30 am <b>EIEIO w/ Jude</b> Salad, tuna melt or grilled cheese, red pepper/tomato soup 1 pm BINGO <b>2 pm NESS Club Remote: Drawing w/ Larry</b> 3 pm- Valentine Tea Time	1-  <b>Valentine's Day</b>
15-	16- 9 am Welcome Hour 10 am Chair Yoga 11 am Flex and Balance Salad, veggie chili, beans & beef with caulif mac'n cheese 1 pm BINGO <b>2 pm NESS Club Remote: Trivia Day</b> 3 pm Tea Time <b>PRESIDENTS' DAY</b>	17- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad, chili dogs, chips 1 pm Card Games 2 pm Tea Time	18- 9 am Welcome Hour 10 am Noodles & Balloon 11 am Band-er-cise Salad, egg bites, cornbread, green beans. 1 pm BINGO <b>2 pm NESS Club Remote: Meditation Class</b> 3 pm Tea Time	19- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad, egg bites, cornbread 1 pm Card Games 2 pm Tea Time <b>Caregiver Support Group Third Thursday 11:30 am Sam Education Center</b>	20- 9 am Welcome Hour 10:30 am <b>EIEIO w/ JUDE</b> 11 am Card games Salad, breaded fish or baked rock cod with tater tots and cole slaw 1 pm BINGO <b>2 pm NESS Club Remote: Drawing w/ Larry</b> 3 pm Tea Time	21-
22- <b>Everyday Activities</b> Welcome Hour Quiet Time Balance and Flex Exercises Lunch and Snacks Board Games Puzzles, Cards, Crafts, Painting, Beads Musical Entertainment Singing and Dancing Tea Time Snacks	23- 9 am Welcome Hour 10 am Chair Yoga 11 am Flex & Balance Salad, meatloaf, roasted red potatoes and vegetables 1 pm BINGO <b>2 pm NESS Club Remote: Trivia Day</b> 3 pm Tea Time	24- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Lentil soup, meatloaf sandwiches, vegetables 1 pm Card Games 2 pm Tea Time	25- 9 am Welcome Hour 10 am Hot Potato 11 pm Mix-Match-Cards Egg flower soup Chinese take-out 1 pm Poetry and Prose <b>2 pm NESS Club Remote: Meditation Class</b> 3 pm Tea Time	26- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad and Chinese leftovers 1 pm Card Games 2 pm Tea Time	27- 9 am Welcome Hour 10:30am <b>EIEIO w/ JUDE</b> 11 am Card games Artichoke dip, baked parmesan rock cod, baked potatoes 1 pm BINGO <b>2 pm NESS Club Remote: Drawing w/ Larry</b> 3 pm Tea Time	28- <b>E—Elder</b> <b>I—Information</b> <b>E—Education</b> <b>I—Involving</b> <b>O—Others</b> 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.					