

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1-   	2- 9 am Welcome Hour 10 am Band-er-cise 11 am Parachute Breakfast for lunch: blueberries, eggs, sausage 1 pm BINGO 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	3- 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	4- 9 am Welcome Hour 10 am Band-er-cise 11 am Balloon volleyball Salad, cheese burgers or veggie burgers and red potato salad. 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 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 EIEIO w/ Jude 11 am Hot Potato Salad, baked rock cod, or breaded fish, tator tots, cole slaw 1 pm BINGO 2 pm NESS Club Remote: Drawing w/ Larry 3 pm Tea Time	7- Black History Month
8-  SUPER BOWL!	9- 9 am Welcome Hour 10 am Noodles & Balloon 11 am Band-er-cise Split pea soup, chicken and rice, broccoli 1 pm BINGO 2 pm NESS Club Remote: Trivia Day 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 10 am Ring Toss 11 am Noodles & Balloons Cheese/meat sampler, chicken or beef tacos, Spanish rice 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 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 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	14-  Valentine's Day
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 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time <u>PRESIDENTS' DAY</u>	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 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time <div> Make enough for Support Group  </div>	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 Caregiver Support Group Third Thursday 11:30 am Sam Education Center	20- 9 am Welcome Hour 10:30 am EIEIO w/ JUDE 11 am Card games Salad, breaded fish or baked rock cod with tater tots and cole slaw 1 pm BINGO 2 pm NESS Club Remote: Drawing w/ Larry 3 pm Tea Time	21-
22- <div> Everyday Activities 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 </div>	23- 9 am Welcome Hour 10 am Chair Yoga 11 am Flex & Balance Salad, meatloaf, roasted red potatoes and vegetables 1 pm BINGO 2 pm NESS Club Remote: Trivia Day 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 2 pm NESS Club Remote: Meditation Class 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 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	28- <div> E—Elder I—Information E—Education I—Involving O—Others Also known as tech support. </div>
	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.		FOOD HEROS Day 			