

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2- Monday - Friday 1:30pm - Physical Therapy	3-9 am Welcome Hour 10 am Flex & Balance Breakfast for Lunch: eggs, bacon, sausage, chaffles 1 pm BINGO (<i>Win Prizes!</i>) 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	4- 9 am Welcome Hour 10 am Flex & Balance Salad, sandwiches, chips 1 pm Card Games 2 pm Bingo or Table Games 3 pm Tea Time	5- 9 am Welcome Hour 10 am Chair Yoga Split pea soup, ham or turkey. sandwiches, chips 1 pm BINGO (<i>Win Prizes!</i>) 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	6- 9 am Welcome Hour 10 am Chair Yoga Salad, leftovers or ham sandwiches, chips 1 pm Yahtzee / Dominos 2 pm Bingo or Table Games 3 pm Tea Time	7- 9 am Welcome Hour 10:30 am EIEIO w/ Jude Soup or salad, Baked Fish, or Hot dog, tater tots, cole slaw 1 pm BINGO (<i>Win Prizes!</i>) 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	8- E—Elder I—Information E—Education I—Involving O—Others Also known as tech support.
9	10- 9 am Welcome Hour 10 am Flex & Balance Minestrone soup, Veg Spaghetti, meatballs, garlic bread 1 pm BINGO (<i>Win Prizes!</i>) 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	11- 9 am Welcome Hour 10 am Flex & Balance Soup, Chicken sausage sandwiches, apple sauce, chips 1 pm Noodles & Balloons 2 pm Bingo or Table Games 3 pm Tea Time	12- 9 am Welcome Hour 10 am Chair Yoga Salad, Beef or turkey burgers w/sweet potato fries 1 pm BINGO (<i>Win Prizes!</i>) 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	13- 9 am Welcome Hour 10 am Chair Yoga Make macaroni salad, ham and cheese sandwich, chips 1 pm Fly Swatter Tennis 2 pm Bingo or Table Games 3 pm Tea Time	14- 9 am Welcome Hour 10:30 am EIEIO w/ Jude Salad, Baked or Breaded Fish, tater tots, cole slaw 1 pm BINGO (<i>Win Prizes!</i>) 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	15-
16- Are you a vegan or vegetarian? Allergic to something? Or simple don't like what's on the menu?	17- 9 am Welcome Hour 10 am Flex & Balance Salad, chicken and rice, Instant Pot sweet potatoes 1 pm BINGO (<i>Win Prizes!</i>) 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	18- 9 am Welcome Hour 10 am Flex & Balance Make lentil soup, Chicken sandwiches, apple sauce 1 pm Yahtzee / Dominos 2 pm Bingo or Table Games 3 pm Tea Time	19- 9 am Welcome Hour 10 am Chair Yoga Lentil soup, Chicken salad sandwiches, chips 1 pm BINGO (<i>Win Prizes!</i>) 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	20- 9 am Welcome Hour 10 am Chair Yoga Salad, Chicken salad sandwich, chips and dips 1 pm Card Games 2 pm Bingo or Table Games 3 pm Tea Time Caregivers Support Group: 11am-1pm	21- 9 am Welcome Hour 10:30 am EIEIO w/ Jude Salad, tuna melt or grilled cheese w/ tomato soup 1 pm BINGO (<i>Win Prizes!</i>) 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	22-
23- We cater to your desires. We serve alternatives. We'll ask you	24- 9 am Welcome Hour 10 am Flex & Balance Salad, Jambalaya, and cornbread 1 pm BINGO (<i>Win Prizes!</i>) 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	25- 9 am Welcome Hour 10 am Flex & Balance Jambalaya, corn bread, applesauce 1 pm Fly Swatter Tennis 2 pm Bingo or Table Games 3 pm Tea Time	26- 9 am Welcome hour 10 am Chair Yoga Egg Flower soup Chinese Take-out 1 pm BINGO (<i>Win Prizes!</i>) 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	27- 9 am Welcome Hour 10 am Chair Yoga Salad, leftovers or baked rock cod and tater tots 1 pm Noodles & Balloons 2 pm Bingo or Table Games 3 pm Tea Time	28- 9 am Welcome Hour 10:30 am EIEIO w/ Jude Salad, Baked Fish, or hot dogs and tater tots 1 pm BINGO (<i>Win Prizes!</i>) 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	29-
30	31- 9 am Welcome Hour 10 am Flex & Balance Salad, meatloaf, roast potatoes and carrots, broccoli 1 pm BINGO (<i>Win Prizes!</i>) 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time		Everyday Activities Welcome Hour Quiet Time Balance and Flex Exercises, Board Games, Puzzles, Cards, Crafts, Painting, Reading & Musical Entertainment with Tea Time Snacks			Larry's Drawing Class Every Friday at 2pm hybrid. 