

Tue

Wed

Thu

Fri

Sat

		Everyday Activities Welcome Hour Balance and Flex Exercises Crafts , Painting, Musical Entertainment Lunch and Snacks Quiet Time Board Games , Puzzles, Cards Reading			We usually serve fish on Fridays . We serve vegetarian alternatives everyday	1
2  Day of the Dead	3 - 9am Welcome Hour 11am PT Breakfast 4 Lunch: Blueberries, Eggs, Sausage, Chaffles 1pm Cards /Dice /Games 2pm Hybrid NESS Club 3pm "Tea Time"	4 - 9am Welcome Hour 11am Ring Toss Salad, Chicken sausage, Sweet potato's 1pm Card/Dice Games 2:30 pm Tea Time	5 - Wordy WedNESSday 9am Welcome Hour 11am PT Lentil Soup, Burgers w/ fries 1pm BINGO! 2pm Hybrid NESS Club- Meditation 3pm "Tea Time"	6 - 9am Welcome Hour 11am Noodles and Balloons Salad, ham or turkey sandwiches, w/ chips and saks 1pm Card/Dice Games 2:30 pm Tea Time	7 - 9am Welcome Hour 10:30am EIEIO w/ Jude 11am PT Salad, Mr.P's Spaghetti or Baked Rock Cod w/ Coleslaw 1pm BINGO! 2pm Hybrid NESS Club- Drawing 3pm "Tea Time"	8 E—Elder I—Information E—Education I—Involving O—Others
9	10 - 9am Welcome Hour 11am PT Split pea, Tacos, fried rice 1pm Cards /Dice /Games 2pm Hybrid NESS Club 3pm "Tea Time"	11 - 9am Welcome Hour 11am Darts Salad, Macaroni Salad, Tacos or Egg Salad Sandwiches 1pm Card/Dice Games 2:30 pm Tea Time	12 - Wordy WedNESSday 9am Welcome Hour 11am PT Salad, Chili dogs and Macaroni Salad 1pm BINGO! 2pm Hybrid NESS Club- Meditation 3pm "Tea Time"	13 - 9am Welcome Hour 11am Bean Bag Toss Salad, Burgers and Macaroni Salad 1pm Clay Modeling 2:30 pm Tea Time	14 - 9am Welcome Hour 10:30am EIEIO w/ Jude 11am PT Salad, Grilled or Breaded Fish Fillets, Tater tots, Rolls 1pm BINGO! 2pm Hybrid NESS Club- Drawing 3pm "Tea Time"	15
16 Celebrate Caregivers! Tuesday 18th 10:00-3:00pm 	17 - 9am Welcome Hour 11am PT Salad, Mike's Green Chili Casserole, Spanish rice 1pm Cards /Dice /Games 2pm Hybrid NESS Club- Quiz 3pm "Tea Time"	18 - Fire Station NESS Event National Family Caregiver Celebration! 10am-3pm	19 - Wordy WedNESSday 9am Welcome Hour 11am PT Salad, Meatball sandwiches, and rice and event leftovers 1pm BINGO! 2pm Hybrid NESS Club- Meditation 3pm "Tea Time"	20 - 9am Welcome Hou 11am Clay Modeling Minestrone soup, Sausage dogs, and applesauce 1pm Card/Dice Games 2:30 pm Tea Time	21 - 9am Welcome Hour 10:30am EIEIO w/ Jude 11am PT Minestrone soup, Loaded Baked Potatoes, Shrimp or Ham Melts 1pm BINGO! 2pm Hybrid NESS Club- Drawing 3pm "Tea Time"	22L NESS-Fundraiser Garage Store EVERY DAY 10 am– 4 pm
23	24 - 9am Welcome Hour 11am PT Salad, Meatloaf w/ Roasted Brussel Sprouts and Carrots 1pm Cards /Dice /Games 2pm Hybrid NESS Club 3pm "Tea Time"	25 - 9am Welcome Hour 11am Kickball Salad, Ham Sandwiches and Prep T-day Stuffing and sides 1pm Cards /Dice /Games 2:30 pm Tea Time	26 - Wordy WedNESSday 9am Welcome Hour 11am PT NESS Thanksgiving 1pm Poetry & Prose 1:30pm BINGO! (if time permits) 2pm Hybrid NESS Club- Meditation 3pm "Tea Time"	27 - Closed for Thanksgiving 	28 - Closed for Black Friday	29 / 30