

|                                  | Mon                                                                                                                                                                                                                                                                                                                           | Tue                                                                                                                                                                                                                                    | Wed                                                                                                                                                                                                                                                         | Thu                                                                                                                                                                                                                                                                     | Fri                                                                                                                                                                                                                                                                               | Sat                                                                                                                                                                                           |
|----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                  | <div>Everyday Activities</div> <div>Welcome Hour</div> <div>Balance and Flex Exercises</div> <div>Crafts, Painting,</div> <div>Drawing with Larry</div> <div>Lunch and Snacks</div> <div>Quiet Time</div> <div>Board Games , Puzzles, Cards</div> <div>Reading and Musical Entertainment</div> <div>3pm Tea Time Snacks</div> |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                             | <div>MAY DAY</div> <div>TOGETHER WE STAND</div>                                                                                                                                                                                                                         | <div>10:30 am EIEIO w/ Jude</div> <div>11am Card Games</div> <div>Salad, baked salmon, tater tots, cole slaw or hot dog</div> <div>1 pm BINGO</div> <div>2 pm Ness Club Remote: Drawing w/ Larry</div>                                                                            | <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.</div> |
| 3-                               | <div>4- 9 am Welcome Hour</div> <div>10 am Chair Yoga</div> <div>11 am Flex &amp; Balance</div> <div>Breakfast for Lunch: eggs, bacon, Kodiak Power Cakes</div> <div>1 pm BINGO</div> <div>2 pm NESS Club Remote: Trivia Day</div> <div>3 pm Tea Time</div>                                                                   | <div>5- 9 am Welcome Hour</div> <div>10 am Chair Yoga</div> <div>11 am Card Games</div> <div>Make split pea ham soup, taco Tuesday.</div> <div>1 pm Noodles &amp; Balloons</div> <div>2 pm Tea Time</div> <div>- CINCO DE MAYO -</div> | <div>6- 9 am Welcome Hour</div> <div>10 am Chair Yoga</div> <div>11 am Darts</div> <div>Split pea ham soup, Veggie or Beef Burgers w/sweet potato fries</div> <div>1 pm BINGO</div> <div>2 pm NESS Club Remote</div> <div>3 pm Tea Time</div>               | <div>7- 9 am Welcome Hour</div> <div>10 am Chair Yoga</div> <div>11 am Mix-Match-Cards</div> <div>Salad, ham and cheese sandwich, chips</div> <div>1 pm Bingo or Garbage</div> <div>2 pm Tea Time</div>                                                                 | <div>8- 9 am Welcome Hour</div> <div>10:30 am EIEIO w/ Jude</div> <div>11 am Coloring / Word games</div> <div>Salad, baked tilapia or hot dog, tater tots, and cole slaw,</div> <div>1 pm BINGO</div> <div>2 pm Ness Club Remote: Drawing w/ Larry</div> <div>3 pm Tea Time</div> |                                                                                                                                                                                               |
| 10- <div>Happy Mothers Day</div> | <div>11- 9 am Welcome Hour</div> <div>10 am Chair Yogo</div> <div>11 am Wastepaper Basketball</div> <div>Salad, chicken and rice casse- role, green beans</div> <div>1 pm BINGO</div> <div>2 pm NESS Club Remote</div> <div>3 pm Tea Time</div>                                                                               | <div>12- 9am Welcome Hour</div> <div>10 am Chair Yoga</div> <div>11 am Darts</div> <div>Make lentil soup, chick- en and rice casserole</div> <div>apple sauce</div> <div>1 pm Yahtzee</div> <div>2 pm Tea Time</div>                   | <div>13- 9 am Welcome Hour</div> <div>10 am Chair Yoga</div> <div>11 am Indoor bowling</div> <div>Lentil Soup, chicken salad sandwich, chips</div> <div>1 pm BINGO</div> <div>2 pm NESS Club Remote:</div> <div>3 pm Tea Time</div>                         | <div>14- 9 am Welcome Hour</div> <div>10 am Chair Yogo</div> <div>11 am Flex &amp; Balance</div> <div>Salad, Chicken salad sand- wich, chips and dips</div> <div>1 pm Card Games</div> <div>2 pm Tea Time</div>                                                         | <div>15- 9 am Welcome Hour</div> <div>10:30 am EIEIO w/ Jude</div> <div>11 am Noodles &amp; Balloons</div> <div>Salad, tuna melt or grilled cheese w/ tomato soup</div> <div>1 pm BINGO</div> <div>2 pm Remote: Drawing w/ Larry</div>                                            | <div>e—Elder</div> <div>I—Information</div> <div>e—Education</div>                                                                                                                            |
| 17-                              | <div>18- 9 am Welcome Hour</div> <div>10 am Chair Yogo</div> <div>11 am Hot Potato</div> <div>Salad, meatloaf or turkey patty w/baked potatoes and Brussel sprouts</div> <div>1 pm BINGO</div> <div>2 pm NESS Club Remote: Trivia Day</div>                                                                                   | <div>19- 9 am Welcome Hour</div> <div>10 am Chair Yoga</div> <div>11 am Mix-Match-Cards</div> <div>Salad, meatloaf sand- wiches, make baked potato salad</div> <div>1 pm Noodles &amp; Bal- loons</div> <div>2 pm Tea Time</div>       | <div>20- 9 am Welcome hour</div> <div>10 am Chair Yoga</div> <div>11 am Flex &amp; Balance</div> <div>Salad, chicken enchilada cas- serole, Spanish rice,</div> <div>1 pm BINGO</div> <div>2 pm NESS Club Remote: Trivia Day</div> <div>3 pm Tea Time</div> | <div>21- 9 am Welcome Hour</div> <div>10 am Chair Yoga</div> <div>11 am Bean Bag Toss</div> <div>Salad, leftovers or chicken sausage, Tots</div> <div>1 pm Bingo or Garbage</div> <div>2 pm Tea Time</div> <div>Caregivers Support Group: 11:30am-12:30pm Newport</div> | <div>22- 9 am Welcome Hour</div> <div>10:30 am EIEIO w/ Jude</div> <div>11 am Ballon volleyball</div> <div>Salad, Bay Shrimp melt or ham melt, with tater tots and cole slaw</div> <div>1 pm BINGO</div> <div>2 pm Ness Club Remote: Drawing w/ Larry</div>                       | <div>I—Involving</div> <div>O—Others</div> <div>Also known as tech support.— with Jude</div>                                                                                                  |
| 24-                              | <div>25-<div>Memorial Day</div></div> <div>NESS Club Closed</div>                                                                                                                                                                                                                                                             | <div>26- 9 am Welcome Hour</div> <div>10 am Chair Yoga</div> <div>11 am Ring Toss</div> <div>Lentil soup, macaroni salad, beef or turkey burgers, chips</div> <div>1 pm Noodles &amp; Bal- loons</div> <div>2 pm Tea Time</div>        | <div>27- 9 am Welcome hour</div> <div>10 am Fly Swatter Tennis</div> <div>Egg flower soup</div> <div>Chinese Take out</div> <div>1 pm Poetry &amp; Prose / BINGO</div> <div>2 pm NESS Club Remote: Trivia Day</div> <div>3 pm Tea Time</div>                | <div>28- 9 am Welcome Hour</div> <div>10 am Chair Yoga</div> <div>11 am Flex &amp; Balance</div> <div>Soup or Salad, Chinese lefto- vers, or burgers</div> <div>1 pm Noodles &amp; Balloons</div> <div>2 pm Tea Time</div>                                              | <div>29- 9 am Welcome Hour</div> <div>10:30 am EIEIO w/ Jude</div> <div>11 am Bean Bag Toss</div> <div>Salad, Mr P's spagetti, or chicken sausage, green beans</div> <div>1 pm BINGO</div> <div>2 pm Ness Club Remote: Drawing w/ Larry</div> <div>3 pm Tea Time</div>            | 30 / 31                                                                                                                                                                                       |