



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1-</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>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.</p> </div>	<p>2- 9 am Welcome hour 10 am Band-er-cise 11 am Ring Toss Blueberries /Eggs/ Sausage/ Bacon & Hashbrowns 1 pm Board Games 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time</p>	<p>3- 9 am Welcome Hour 10 am Chair Yoga 11 am Parachute Salad, Veggie or cheese burger, veggies, chips 1 pm Card Games 2 pm Tea Time</p>	<p>4- 9 am Welcome Hour 10 am Band-er-cise 11 am Balloon volleyball Salad, veggie or cheese burger and chips 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time</p>	<p>5- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad, leftovers 1 pm Dice Games 2 pm Tea Time</p>	<p>6- 9 am Welcome Hour 10:30am EIEIO w/ Jude 11 am Hot Potato Salad, baked rock cod, or Mr. P's spaghetti, cole slaw 1 pm BINGO 2 pm NESS Club Remote: Drawing w/ Larry 3 pm Tea Time</p>	<p>7-</p> <div style="border: 1px solid blue; padding: 5px; margin-top: 10px;"> <p>E—Elder I—Information E—Education I—Involving O—Others <small>Also known as tech support.</small></p> </div>
<p>15-</p> 	<p>9- 9 am Welcome Hour 10 am Noodles & Balloon 11 am Band-er-cise Lentil soup, chicken strips Jo Jos, air-fried Cauliflower 1 pm Dice Games 2 pm NESS Club Remote 3 pm Tea Time</p>	<p>10- 9 am Welcome Hour 10 am Chair Yoga 11 am Mix-Match-Cards Lentil soup, burgers, chips 1 pm Board Games 2 pm Tea Time</p>	<p>11- 9 am Welcome 10 am Ring Toss 11 am Noodles & Balloons Salad, chicken or beef tacos, Spanish rice 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time</p>	<p>12- 9 am Welcome Hour 10 am Chair Yoga 11 am Band-er-cise Make soup, chicken or beef tacos, Spanish rice 1 pm Card Games 2 pm Tea Time</p>	<p>13- 9 am Welcome Hour 10:30am 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 Tea Time</p>	<p>14-</p>
<p>22-</p> 	<p>16- 9 am Welcome Hour 10 am Chair Yoga 11 am Flex and Balance Guacamole, corned beef, cabbage, potatoes 1 pm Card Games 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time</p>	<p>17- 9 am Welcome Hour 10 am Chair Yoga 11 am Parachute Salad, chicken salad, chips Make chicken and egg salad 1 pm Dice Games 2 pm Tea Time</p>	<p>18- 9 am Welcome 10 am Ring Toss 11 am Noodles & Balloons Salad, chicken or egg salad sandwiches 1 pm BINGO 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time</p>	<p>19- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Salad, Reubin, chips 1 pm Board Games 2 pm Tea Time</p> <p style="color: blue; margin-top: 10px;">Caregiver Support Group Third Thursday 11:30 am Sam Education Center</p>	<p>20- 9 am Welcome Hour 10:30am 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</p>	<p>21-</p>
<p>29-</p>	<p>23- 9 am Welcome Hour 10 am Chair Yoga 11 am Flex and Balance veggie chili, beans & beef with cauliflower mac'n cheese 1 pm Board Games 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time</p>	<p>24- 9 am Welcome Hour 10 am Chair Yoga 11 am Ring Toss Make Spit pea soup, chili dogs and chipa 1 pm Card Games 2 pm Tea Time</p>	<p>25- 9 am Welcome Hour 10 am Hot Potato 11 pm Mix-Match-Cards Take-Out: A Taste of India 1 pm Poetry and Prose 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time</p>	<p>26- 9 am Welcome Hour 10 am Chair Yoga 11 am Band-er-cise A Taste of India Take-Out Leftovers 1 pm Dice Games 2 pm Tea Time</p>	<p>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</p>	<p>28-</p> <div style="border: 1px solid orange; padding: 5px; margin-top: 10px;"> <p>Everyday Activities Welcome Hour Quiet Time Balance and Flex Exercises Lunch and Snacks Board Games Puzzles, Cards, Crafts, Painting, Beads, Musical Entertainment</p> </div>
<p>30-</p>	<p>30- 9 am Welcome Hour 10 am Chair Yoga 11 am Flex & Balance Split pea soup, meatloaf, roasted red potatoes and vegetables 1 pm Card Games 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time</p>	<p>31- 9 am Welcome Hour 10 am Chair Yoga 11 am Parachute Salad, leftovers 1 pm Board Games 2 pm Tea Time</p>				

Make enough for Support Group