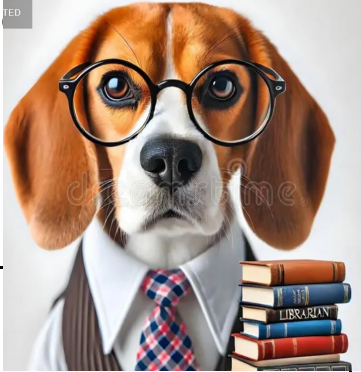


North End Senior Solutions and NESS CLUB Activities Calendar

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7- 	1- CLOSED FOR LABOR DAY	2- 9:00am Welcome Hour 10:00am Flex & Balance, Make macaroni salad, ham and cheese sandwich, chips 1:00pm-Noodles & Balloons 2:00pm Bingo or Garbage 3:00pm Tea Time	3- 9:00am Welcome hour 10:00am Flex & Balance Salad, Beef or turkey burgers macaroni salad, chips 1:00pm Bingo 2:00pm NESS Club Remote Meditation with John 3:00 pm Tea Time	4- 9:00am Welcome Hour 10:00am Bean Bag Toss Salad, chicken sandwiches, chips 1:00pm Card Games 2:00pm Bingo or Garbage 3:00pm Tea Time	5- 9:00am Welcome Hour 10:00am Flex & Balance, Salad, Baked or Breaded Fish or Mr. P's spaghetti, cole slaw 1:00pm Noodles & Balloons 2:00pm Bingo or Garbage 3:00pm Tea Time	 E—Elder I—Information E—Education I—Involving O—Others Also known as tech support.
7- 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.	8- 9 00am Welcome Hour 10:00am Flex & Balance Breakfast for Lunch: eggs, bacon, chaffles 1:00pm Cards/Dice/Board Games 2:00pm NESS Club remote 3:00pm Tea Time	9- 9:00am Welcome Hour 10:00am Flex & Balance, Chicken sausage sandwiches, apple sauce, chips 1:00pm Breaks and go for a walk 2:00pm Bingo or Garbage 3:00pm Tea Time	10- 9:00am Welcome Hour 10:00am Darts Salad, Beef or turkey burgers w/sweet potato fries 1:00pm Bingo 2:00 pm NESS Club remote; meditation with John 3:00pm Tea Time	11- 9:00am Welcome Hour 10:00am-Flex & Balance Make macaroni salad, ham and cheese sandwich, chips 1:00pm Fly swatter tennis 2:00pm Bingo or Garbage 3:00pm Tea Time	12—9 :00 am Welcome Hour 10:00 am Chair Yoga 11:00 am Wastebasket Ball Salad, tuna melt or grilled cheese w/ tomato soup 1:30 Painting w/ Larry 2:00 NESS Club Remote 3 pm Tea Time— 3:45 pm PT	
1	15- 9:00am Welcome Hour 10:00 Wastepaper Basketball Salad, chicken thighs, rice, broccoli 1:00pm Cards/Dice/Board Games 2:00pm NESS Club remote 3:00pm Tea Time	16- 9:00am Welcome Hour 10:00am Flex & Balance, Make split pea soup, Chicken sandwiches, apple sauce 1:00pm Noodles & Balloons 2:00pm Bingo or Garbage 3:00pm Tea Time	17- 9:00am Welcome Hour 10:00am Darts Pea soup , Veg Spaghetti, meatballs, garlic bread 1:00pm Bingo 2:00 pm NESS Club remote; meditation with John 3:00pm Time	18- 9:00am Welcome Hour 10:00am-Chair Yoga Salad, Chicken salad sandwich, chips and dips 1:00pm Card Games 2:00pm Bingo or Garbage 3:00pm Tea Time Caregivers Support Group: 11am-1pm	19- 9:00am Welcome Hour 10:00am Darts Salad, Shrimp or Chicken Alfredo 1:00pm Fly swatter tennis/Bingo 2:00pm NESS Club remote 3pm Tea Time	20- 
21-	22- 9:00 am Welcome Hour 10:00 am Chair Yoga Salad, Veggie Spaghetti, Meatballs optional, garlic bread 1:00 pm Bingo 2:00 pm NESS Club Remote 3:pm Tea Time—	23- 9:00am Welcome Hour 10:00am Flex & Balance Salad, Meatball Sandwich, chips 1:00pm Yahtzee 2:00pm Bingo or Garbage 3:00pm Tea Time	24- 9:00am Welcome Hour 10:00am Flex& Balance Taste of India Carry Out 1:00pm Bingo 2:00pm NESS Club remote; meditation with John 3:00pm Tea Time	25- 9:00am Welcome Hour 10:00am Bean Bag Toss Salad, leftovers or baked rock cod and tater tots 1:00pm Card Games 2:00pm Bingo or Garbage 3:00pm Tea Time	26- 9:00am Welcome Hour 10:00am Bean Bag Toss Salad, Bay Shrimp melt or ham melt, with tater tots 1:00 Bingo 2:00pm NESS Club remote 3:00pm Tea Time	27- 
28- 	29- 9:00am Welcome Hour 10:00 Wastepaper Basketball Salad, meatloaf w/baked potatoes, roast carrots. 1:00pm Cards/Dice/Board Games 2:00pm NESS Club remote 3:00pm Tea Time	30- 9:00am Welcome Hour 10:00am Flex & Balance, Salad, meat loaf sandwiches 1:00pm-Noodles & Balloons 2:00pm Bingo or Garbage 3:00pm Tea Time	Everyday Activities Welcome Hour Quiet Time Balance and Flex Exercises, Board Games, Puzzles, Cards, Crafts, Painting, Reading and Musical Entertainment			Larry's Drawing Class Every Friday at 2pm hybrid. 