North End Senior Solutions™

North End Senior Solutions and NESS Club Activities Calendar NOVEMBER 2026

Mon	Tue	Wed	Thu	Fri	Sat
1)	**2)** 9 am Welcome Hour 10 am Chair Yoga **Breakfast for Lunch: Fruit, Sausage, Eggs, chafffles** 1 pm BINGO (*Win Prizes!*) Or Go For A Walk 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	**3)**	**4)** 9 am Welcome Hour 10 am Flex & Balance **Salad, burgers, chips** 1 pm BINGO (*Win Prizes!*) Or Wordy WedNESSday 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	**5)** **Upstream** **LC Library: 11:30am-1:30pm**	**6)** 9 am Welcome Hour 10 am Chair Yoga **Salad, baked fish, tator tots and cole slaw or hot dogs** 1 pm BINGO (*Win Prizes!*) Or Go For A Walk 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	7) **We usually serve fish on Fridays .** **We serve vegetarian alternatives everyday.**
8)	**9)** 9 am Welcome Hour 10 am Flex & Balance **Minestrone soup, Sausage, sauerkraut, and boiled potatoes** 1 pm BINGO (*Win Prizes!*) Or Clay Modeling 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time		**11)** 9 am Welcome Hour 10 am FOOD HERO **Guacamole, Cheesy Chcken Enchiladas, Black Beans** 1 pm BINGO (Win Prizes!) Or Wordy WedNESSday 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time		**13)** 9 am Welcome Hour 10 am Flex & Balance **Salad, baked fish, tator tots and cole slaw or hot dog** 1 pm BINGO (*Win Prizes!*) Or Pictionary 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	14) E—Elder I—Information E—Education I—Involving O—Others Also known as tech support.
15)	**16)** 9 am Welcome Hour 10 am Chair Yoga **Salad, Veggie chili or w/beef, cornbread** 1 pm BINGO (*Win Prizes!*) Or Bean Bag Toss 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time		**18)** 9 am Welcome Hour 10 am Flex & Balance **Salad, Chili Dogs & chips** 1 pm BINGO (Win Prizes!) Or Wordy WedNESSday 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	**Caregivers Support Group Newport: 11:30am-12:30pm**	**20)** 9 am Welcome Hour 10 am Chair Yoga **Tomato soup, Grilled Cheese or Tuna Melt w/ applesauce** 1 pm BINGO (Win Prizes!) Or Bean Bag Toss 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	2
22)	**23)** 9 am Welcome Hour 10 am Flex & Balance **Salad, Veggie spagetti, or Mr. P's and garlic bread** 1 pm BINGO (*Win Prizes!*) Or Magnetic Darts 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time		**25)** 9 am Welcome Hour **National Family Caregiver Month Celebration 10am-4pm** **TURKEY DINNER AT NESS** 1 pm BINGO (Win Prizes!) Or Poetry & Prose 3 pm Tea Time	**26)** THANKSGIVING NESS CLOSED	**27)** NESS CLOSED	28) **Larry's Drawing Class** Every Friday at 2pm hybrid. 
29)	**30)** 9 am Welcome Hour 10 am Chair Yoga **Salad, Meatloaf w/ Roasted Brussel Sprouts and Carrots** 1 pm BINGO (*Win Prizes!*) Or Yahtzee 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 and Musical Entertainment +Tea Time Snacks			