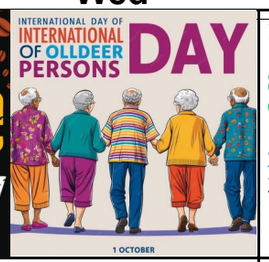
NESS Club — North End Senior Solutions and NESS Club Activities Calendar October 2026

Mon	Tue	Wed	Thu	Fri	Sat
Everyday Activities +Welcome Hour +Quiet Time +Balance and Flex Exercises, Board Games, Puzzles, Cards, Crafts, Painting, Reading and Musical Entertainment +Tea Time Snacks				**1-** 9 am Welcome Hour 10 am Bean Bag Toss **Salad, Chicken Sandwiches, Chips** 1 pm Flex & Balance 2 pm Bingo or Table Games 3 pm Tea Time	**2-** 9 am Welcome Hour 10 am Flex & Balance **Split pea soup, Fish & Tator Tots** 1 pm BINGO (*Win Prizes!*) Or Go For A Walk 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	3- **We usually serve fish on Fridays .** **We serve vegetarian alternatives everyday.**
4- **Larry's Drawing Class** Every Friday at 2pm hybrid. 	**5-** 9 am Welcome Hour 10 am Chair Yoga **Breakfast for Lunch: Fruit, Sausage, eggs, French Toast** 1 pm BINGO (*Win Prizes!*) Or Go For A Walk 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	**6-** 9 am Welcome Hour 10 am Magnetic Darts **Make Potato Salad, Ham and Cheese Sandwich, Chips** 1 pm Flex & Balance 2 pm BINGO or Table Games 3 pm Tea Time	**7-** 9 am Welcome Hour 10 am Flex & Balance **Red Pepper Tomato Soup and Subway Sandwiches** 1 pm BINGO (*Win Prizes!*) Or Wordy WedNESSday 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	**8-** 9 am Welcome Hour 10 am Fly Swatter Tennis **Salad, Ham and Cheese Sandwich, Chips** 1 pm Chair Yoga 2 pm Bingo or Table Games 3 pm Tea Time	**9-** 9 am Welcome Hour 10 am Chair Yoga **Salad, Clam Chowder w/ rolls……..** 1 pm BINGO (*Win Prizes!*) Or Pictionary 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	10- E—Elder I—Information E—Education I—Involving O—Others Also known as tech support.
◀	**12-** 9 am Welcome Hour 10 am Flex & Balance **Lentil Soup, Burgers w/ Sweet Potato Fries** 1 pm BINGO (*Win Prizes!*) Or Clay Modeling 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	**13-** 9 am Welcome Hour 10 am Bean Bag Toss **Chicken Sausage Sandwiches, Apple Sauce, Chips** 1 pm Chair Yoga 2 pm BINGO or Table Games 3 pm Tea Time	**14-** 9 am Welcome Hour 10 am Chair Yoga **Red Pepper Tomato Soup and Subway Sandwiches** 1 pm BINGO (*Win Prizes!*) Or Wordy WedNESSday 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	**15-** 9 am Welcome Hour 10 am Card Games **Salad, Beef or Chicken, Slid-ers Chips and Dips** 1 pm Flex & Balance 2 pm Bingo or Table Games 3 pm Tea Time **Caregivers Support Group: 11:30 am-12:30pm**	**16-** 9 am Welcome Hour 10 am Flex & Balance **Lentil Soup, Grilled Cheese/ 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	17-
18- 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.	**19-** 9 am Welcome Hour 10 am Chair Yoga **Pumpkin Soup, Kasha, with Broccoli and Cheese sauce** 1 pm BINGO (*Win Prizes!*) Or Magnetic Darts 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	**20-** 9 am Welcome Hour 1 pm Yahtzee **Salad, BLT or Cheese Sand-wiches and Chips** 1 pm Flex & Balance 2 pm BINGO or Table Games 3 pm Tea Time	**21-** 9 am Welcome Hour 10 am Flex & Balance **Salad, Larry's Spaghetti, rolls** 1 pm BINGO (*Win Prizes!*) Or Wordy WedNESSday 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	**22-** 9 am Welcome Hour 10 am Dominos **Salad, Leftovers or Baked Rock Cod and Tater Tots** 1 pm Chair Yoga 2 pm Bingo or Table Games 3 pm Tea Time	**23-** 9 am Welcome Hour 10 am Chair Yoga **Salad, baked fish or hot dog, tater tots** 1 pm BINGO (*Win Prizes!*) Or Fly Swatter Tennis 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	24- 
25-	**26-** 9 am Welcome Hour 10 am Flex & Balance **Santa Fe Salad, Meatloaf, po-tatoes** 1 pm BINGO (*Win Prizes!*) Or Yahtzee 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	**27-** 9 am Welcome Hour 10 am Wastepaper Basketball **Salad, Chili and Chips** 1 pm Chair Yoga 2 pm BINGO or Table Games 3 pm Tea Time	**28-** 9 am Welcome Hour 10 am Chair Yoga **Salad & Takeout Pizza** 1 pm BINGO (*Win Prizes!*) Or Dominos 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	**29-** 9 am Welcome Hour 10 am Noodles & Balloons **Salad, Meatloaf Sandwiches** 1 pm Flex & Balance 2 pm Bingo or Table Games 3 pm Tea Time	**30- Halloween Party** 9 am Welcome Hour 10 am Flex & Balance **Salad, baked fish or hot dog, tater tots** 1 pm BINGO (*Win Prizes!*) & Costume Photo Shoot 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	