







Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>NESS-Fundraiser Garage Store EVERY DAY</div>	1 - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Breakfast 4 Lunch: Blueberries, Eggs, Sausage, Chaffles</u> 1pm Cards /Dice /Games 2pm NESS Club Remote w/ Jude 3pm “Tea Time”	2 - 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, sausage dog, and chips</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	3 - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, Cheese burgers, sweet potato fries,</u> 1pm BINGO! 2pm NESS Club Remote w/ Dee 3pm “Tea Time”	4 - 9am Welcome Hou 10am Cycle exercise 11am Flex & Balance\ <u>Salad, grilled cheese, and applesauce</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	5- 9am Welcome Hour 10:30am EIEIO w/ Jude 11am PT <u>Salad, Tuna melt or grilled cheese, Tomato soup</u> 1pm BINGO! 2pm NESS Club Remote w/ Painting w/ Larry 3pm “Tea Time”	6 -
7 - 	8 - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, Chicken tenders, jojos</u> 1pm Cards /Dice /Games 2pm NESS Club Remote w/ Jude 3pm “Tea Time”	9 - 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, Chicken tenders, Sweet potato's</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	10 - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, Alfredo chicken or shrimp</u> 1pm BINGO! 2pm NESS Club Remote w/ Dee 3pm “Tea Time”	11 - 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, chili dogs, chips and dip</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	12 - 9am Welcome Hour 10:30am EIEIO w/ Jude 11am PT <u>Salad, Mr.P’s Spaghetti, or grilled Salmon, and Cole slaw, rolls</u> 1pm BINGO! 2pm NESS Club Remote w/ Painting w/ Larry	13 Saint Lucy's Day 
14	15 - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, Mike’s Green Chili Casseerole, Spanish rice</u> 1pm Cards /Dice /Games 2pm NESS Club Remote w/ Jude 3pm “Tea Time”	16 - 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, salmon Spanish rice</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	17- 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, Scallop potatoes, ham</u> 1pm BINGO! 2pm NESS Club Remote w/ Dee 3pm “Tea Time” FOOD HEROS	18- 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, Burgers and Macaroni Salad</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories CAREGIVER SUPPORT	19- 9am Welcome Hour 10:30am EIEIO w/ Jude 11am PT <u>Salad, Grilled or Breaded Fish Fillets, Tater tots, Rolls</u> 1pm BINGO! 2pm NESS Club Remote w/ Painting w/ Larry 3pm “Tea Time”	20 <div> E—Elder I—Information E—Education I—Involving O—Others </div>
21 Winter Solstice 	22 - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, RoastTurkey Breast, mashed potatoes, and gravey</u> 1pm Cards /Dice /Games 2pm NESS Club Remote w/ Jude 3pm “Tea Time”	23- 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, Turkey salad Sandwich and chips</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories Christmas Eve	24 - 9am Welcome Hour 10am Chair Yoga 11am PT <u>[NEED Menu]</u> 1pm BINGO! 2pm NESS Club Remote w/ Dee 3pm “Tea Time”	25 <div>  </div> CLOSED FOR X-MAS	26 <div>  </div> CLOSED FOR X-MAS	
28	29- 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, Meatloaf w/ Roasted Potatoes and Carrots</u> 1pm Cards /Dice /Games 2pm NESS Club Remote w/ Jude 3pm “Tea Time”	30- 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, meatloaf sandwich</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	31 - 9am Welcome Hour 10am Chair Yoga 11am PT <u>[NEED Menu]</u> 1pm BINGO! 2pm NESS Club Remote w/ Dee 3pm “Tea Time” NEW YEAR EVE	1 	2 <div> Everyday Activities Welcome Hour Balance and Flex Exercises Crafts, Painting, Beads Singing and Dancing </div>	3 <div> Lunch and Snacks Quiet Time Board Games, Puzzles, Cards Musical Entertainment 3pm Tea Time Snacks </div>