NESS Club — North End Senior Solutions and NESS CLUB Calendar — September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30- 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.	31-	**1**- 9 am Welcome Hour 10:00am Flex & Balance, **Make Potato Salad, Ham and Cheese Sandwich, Chips** 1 pm Noodles & Balloons 2 pm Bingo or Table Games 3 pm Tea Time	**2**- 9 am Welcome hour 10 am Flex & Balance **Salad, Hot Dogs or Chicken Sausage, Potato Salad** 1 pm BINGO (*Win Prizes!*) 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	**3**- 9 am Welcome Hour 10 am Bean Bag Toss **Salad, Chicken Sandwiches, Chips** 1 pm Card Games 2 pm Bingo or Table Games 3 pm Tea Time	**4**- 9 am Welcome Hour 10 am Flex & Balance **Salad, Baked or Breaded Fish or Mr. P's Spaghetti, Cole Slaw** 1 pm BINGO (*Win Prizes!*) 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	5-
6-	7- **CLOSED FOR:** 	**8**- 9 am Welcome Hour 10 am Flex & Balance **Chicken Sausage Sandwiches, Apple Sauce, Chips** 1 pm Breaks and go for a walk 2 pm Bingo or Table Games 3 pm Tea Time	**9**- 9 am Welcome Hour 10 am Darts **Salad, Beef or Turkey Burgers w/ Sweet Potato Fries** 1 pm BINGO (*Win Prizes!*) 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	**10**- 9 am Welcome Hour 10 am Flex & Balance **Salad, Ham and Cheese Sandwich, Chips** 1 pm Fly swatter tennis 2 pm Bingo or Table Games 3 pm Tea Time	**11**—9 am Welcome Hour 10 am Chair Yoga 11 am Wastebasket Ball **Salad, Tuna Melt or Grilled Cheese w/ Tomato Soup** 1 pm BINGO (*Win Prizes!*) 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	12-
13- 	**14**- 9 am Welcome Hour 10 am Flex & Balance **Breakfast for Lunch: Fried Apples, Eggs, Bacon, Chaffles** 1 pm BINGO (*Win Prizes!*) 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	**15**- 9 am Welcome Hour 10 am Flex & Balance **Salad, BLT or Cheese Sandwiches and Chips** 1 pm Noodles & Balloons 2 pm Bingo or Table Games 3 pm Tea Time	**16**- 9 am Welcome Hour 10 am Darts **Pea Soup, Beef or Chicken Sliders, w/ Chips** 1 pm BINGO (*Win Prizes!*) 2 pm NESS Club Remote: Meditation Class 3 pm Time	**17**- 9 am Welcome Hour 10 am Chair Yoga **Salad, Beef or Chicken, Sliders Chips and Dips** 1 pm Card Games **Caregivers Support Group: 11:30 am-12:30pm**	**18**- 9 am Welcome Hour 10 am Darts **Salad, Shrimp or Chicken Alfredo, Garlic Bread** 1 pm BINGO (*Win Prizes!*) 2 pm Ness Club Remote: Drawing w/ Larry 3pm Tea Time	19-
20- **International Day of Peace**	**21**- 9 am Welcome Hour **10 am Chair Yoga** **Salad, Veggie Chili, Beef (optional), Almond Cornbread** 1 pm BINGO (*Win Prizes!*) 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	**22**- 9 am Welcome Hour 10 am Flex & Balance **Salad, Chili and Chips** 1 pm Yahtzee 2 pm Bingo or Table Games 3 pm Tea Time	**23**- 9 am Welcome Hour 10 am Flex& Balance **Taste of India Carry Out** 1 pm BINGO (*Win Prizes!*) 2 pm NESS Club Remote: Meditation Class 3 pm Tea Time	**24**- 9 am Welcome Hour 10 am Bean Bag Toss **Salad, Leftovers or Baked Rock Cod and Tater Tots** 1 pm Card Games **2** pm Bingo or Table Games 3 pm Tea Time	**25**- 9 am Welcome Hour 10 am Bean Bag Toss **Salad, Bay Shrimp Melt or Ham Melt, w/ Tater Tots** 1 pm BINGO (*Win Prizes!*) 2 pm Ness Club Remote: Drawing w/ Larry 3 pm Tea Time	26-
27-	**28**- 9 am Welcome Hour 10 am Wastepaper Basketball **Salad, Meatloaf w/ Potatoes, and Broccoli** 1 pm BINGO (*Win Prizes!*) 2 pm NESS Club Remote: Trivia Day 3 pm Tea Time	**29**- 9 am Welcome Hour 10 am Flex & Balance **Salad, Meatloaf Sandwiches** 1 pm Noodles & Balloons 2 pm Bingo or Table Games 3 pm Tea Time	**30**- 9 am Welcome Hour 10 am Darts **Minestrone Soup, Veg. Spaghetti, Meatballs, Garlic Bread** 1 pm BINGO (*Win Prizes!*) 2 pm NESS Club Remote: Meditation Class 3 pm Time	**Everyday Activities** Welcome Hour Quiet Time Balance and Flex Exercises, Board Games, Puzzles, Cards, Crafts, Painting, Reading and Musical Entertainment Drawing with Larry, Tea Time Snacks		**Larry's Drawing Class** Every Friday at 2pm hybrid. 

E—Elder
I—Information
E—Education
I—Involving
O—Others
Also known as tech support.