





Sun  **NESS Club** **North End Senior Solutions and NESS Club Calendar October 2018** Mon Tue Wed Thu Fri Sat

	<p>1—8:30 am Welcome Hour 11 am Ring Toss Breakfast for Lunch, Eggs, Sausage and Pancakes 1 pm Set-up for Music/dance 1:30 pm Mel on Guitar 2:30 pm Yahtzee 3:pm Tea Time—jmf/jc 3:15pm Hang woman</p>	<p>2—</p>	<p>3—8:30 m Welcome Hour 11 am Kickball Salad, Cheese Manicotti w/ French. Bread 1 pm Set-up for Song & dance 1:30 pm Mel on Guitar 2:30 pm Bingo 3 pm Tea time—fs/jc 3:15 pm Jacks</p>	<p>4—</p> <p>Savvy Caregiver Class Thursdays for 6 week 10 am to 12 Noon</p> <p>At Odd Fellows/NESS Club</p>	<p>5—8:30 an Welcome Hour 10: am Adam LCHHS Counselor 11 am Al on Guitar Salad, Baked Fish w/ Peas & Corn 1 pm Bean Bag Toss 1:30 pm Painting w/ Larry 2:30 pm Reading Kristin Book 3 pm Tea Time—jmf/jc</p>	<p>6—</p> <p>Fridays are SHIBA Info Days Open Enrollment Oct 15– Dec 7</p>
<p>7—</p> <p>Marie Laper Lincoln County Older Adult Behavior Health Specialist</p> <p>Visits NESS Whenever</p>	<p>8—8:30 am Welcome Hour 11 am Ring Toss Salad, Hot Dogs or veggie burgers w/ Baked Beans 1 pm Set up for Music/dance 1:30 pm Al & Mel on Guitar 2:30 pm Card Game 3 pm Tea Time—fs/jc 3:15 pm Make me laugh-jokes</p>	<p>9—</p> <p>2nd Tuesday MS Support Group 11:00 m—12:30 pm Odd Fellows Hall</p>	<p>10—8:30 am Welcome Hour 11 am Noodles & Ballons Salad, Veggie Goulash w/ French Bread 1:30 pm Mel on Guitar 2:30 pm Bingo 3:pm Tea Time—jc/fs 3:15 Hangman</p>	<p>11—</p> <p>Savvy Caregiver Class Thursdays for 6 week 10 am to 12 Noon</p> <p>At Odd Fellows/NESS Club</p>	<p>12—8:30 am Welcome Hour 10:30 EIEIO w/ Matthew 11 am Al on Guitar Salad, Thai Shrimp w/ Sesame Noodles 1 pm Pumpkin Center Pieces 1:30 pm Painting w/ Larry 1:30 pm Bean Bag Toss 2:30 pm Reading Kristin Book 3 pm Tea Time—jmf</p>	
<p>14—</p>	<p>15—8:30 am Welcome Hour 11 am Ring Toss Lentil Soup, Veggie or Beef Burger w/ tator tots Set-up for Music/dance 1:30 pm Karaoke w/ Valerie 2:30 Decorating/Halloween 3 pm Tea Time—jmf/jc 3:15 Hangman</p>	<p>16—</p> <p>Third Wednesday Caregiver Support Group Noon-1pm NEWPORT</p>	<p>17—8:30 am Welcome Hour 11 am Noodles & Balloons Red Pepper Soup, Subway w/ Chips 1:00 pm Card Games 1:30 pm Mel on Guitar 2 :30 Bingo 3:pm Tea Time—jc/ap</p>	<p>18—</p> <p>Savvy Caregiver Class Thursdays for 6 week 10 am to 12 Noon</p> <p>At Odd Fellows/NESS</p> <p>Caregiver Support Group Noon-1pm</p>	<p>19—8:30 am Welcome Hour 10: am Adam LCHHS Counselor 11 am Al on Guitar Salad, Fish Stew w/ Bread Sticks 1:00 Cont Pumpkin craft 1:30 pm Painting w/ Larry 1:30 pm Bean Bag Toss 2:30 pm Reading Kristin Book 3 pm Tea Time—jmf/fs</p>	<p>EIEIO</p> <p>E—Elder I—Information E—Education I—Involving O—Others 2nd & 4th Friday 10:30 am</p>
	<p>22—8:30 am Welcome Hour 11 am Ring Toss Tortilla Soup, Tamales w/ Baked Sweet Potatoes 1:00 pm Set-uo Music/dance 1:30 pm Al & Mel on Guitar 2:30 Acupressure—Mikaelah 3:pm Tea T—Jose/jc</p>	<p>23—</p>	<p>24—8:30 am Welcome Hour 11 am Flex & Balance Salad, Veggie Chili w/ Corn Bread 12:30 pm Card Games 1:30 pm Mel on Guitar 2 :30 Bingo 3:pm Tea Time—fs/jc 3:15 “Did You Know”</p>	<p>25—</p> <p>Savvy Caregiver Class Thursdays for 6 week 10 am to 12 Noon</p> <p>At Odd Fellows/NESS</p>	<p>26—8:30 am Welcome Hour 10:30 am EIEIO w/ Matthew 11 am Al on Guitar Split Pea Soup, Tuna Melt or Grilled Cheese w/ Applesauce 1:30 Bean Bag Toss Larry Paints 2:30 pm Reading Kristin Book 3 pm Tea Time—fs/jc</p>	
<p>28—</p>	<p>29—8:30 am Welcome Hour 11 am Kickball Salad, Meatloaf w/ Mashed Potato's & Tarragon Carrots 1:00 pm Set-up for Music 1:30 pm Karaoke w/ Valerie 2:30 pm Bingo 3 pm Tea Time—fs/jc</p>		<p>3—18:30 am Welcome Hour 11 am Noodles & Balloons Salad Pizza Take Out 1pm Poetry & Prose 2:30 Halloween Party 3:00 Tea Time-BOO 3:30 More Party</p>		<p>Everyday Activities Welcome Hour Balance and Flex Exercises Cards Crafts , Painting, Beads Singing and Dancing</p>	<p>Lunch and Snacks Quiet Time Board Games , Puzzles, Musical Entertainment 3pm Tea Time Snacks</p>