

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

November is National Caregiver Month

Everyday Activities Welcome Hour Balance and Flex Exercises Crafts, Painting, Beads Singing and Dancing	Lunch and Snacks Quiet Time Board Games, Puzzles, Cards Musical Entertainment 3pm Tea Time Snacks
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Savvy Caregiver Class
Thursdays for 6 week
10 am to 12 Noon
At Odd Fellows/NESS Club

2—8:30 am Welcome Hour
10 am **Adam LCHHS Counselor**
11:00am **Al on Guitar**
Salad, Baked Cod w/ Broccoli
12:30 Al on Guitar
1:30 **Painting w/ Larry**
1:30 pm **Mel on Guitar**
2:30 pm Kristen's Book
3 pm Tea Time—jc/fs

3—
Fridays are SHIBA Info Days
Enrollment period for Advantage Plans & Part D Rx Drug Plans Oct 15– Dec 7

- E—Elder
- I—Information
- E—Education
- I—Involving
- O—Others

4—

5—8:30 am Welcome Hour
11 am Ring Toss
Breakfast for Lunch: Eggs, Sausage, Pumpkin Pancakes
1 pm Set-up for Song/dance
1:30pm **Karaoke w/ Robert**
2:30 pm WII Games Intro
3 pm Tea Time—jmf
3:15 pm Hangman


6—

7—8:30 am Welcome Hour
11 am Trapper, Jim & Nancy
Salad, Baked Chix w/Roasted Veggies
1:30 pm **Mel on Guitar**
2:30 pm Bingo
3:pm Tea Time—jc/fs
3:15 Crazy 8's

8— Savvy Caregiver Class
Thursdays for 6 week
10 am to 12 Noon
At Odd Fellows/NESS Club
November's Caregiver Month Celebration 12 noon– 2:30pm

9—8:30 am Welcome Hour
10:30 EIEIO w/ Matthew
11 am **Al on Guitar**
Salad, Salmon Patties w/ Acorn Squash
1 pm **Pinecone Project**
3 pm Tea Time—fs/jc
3:15 Hangman



11—


12—8:30 am Welcome Hour
11 am Lg. hoop basketball
Salad, Bean or Chix Enchilada Casserole
1 pm Set-up for Music/dance
1:30 pm Al & Mel on Guitar
2:30 pm Ring Toss
3 pm Tea Time—jc/fs
3:15 Dice Game

13—
2nd Tuesday MS Support Group 11:00 m—12:30 pm Odd Fellows Hall

14—8:30 am Welcome Hour
11 am Ring Toss
Salad, Spaghetti w/ Meat sauce & French Bread
1 pm Set-up for song /dance
1:30 pm **Mel on Guitar**
2 :30 Bingo
3:pm Tea Time—**Rosmarie**

15—

16—8:30 am Welcome Hour
10 am **Adam LCHHS Counselor**
11 am **Al on Guitar**
Split Pea Soup, Tuna Melt or Grilled Cheese w/ Applesauce
1:30 pm **Painting w/ Larry**
1:30 pm **Mel on Guitar**
2:30 pm Kristen's book
3 pm Tea Time—fs/jc

17—

18—

19—8:30 am Welcome Hour
11 am Noodles & Balloons
Lentil Soup, Veggie or Beef Burger w/ Sweet Potato Fries
1:30 pm **Karaoke w/ Robert**
2:30 Crazy 8s
3:pm Tea Time—jmf

20—

21—8:30 am Welcome Hour
11 am Flex & Balance
Thanksgiving Lunch
12:30 pm Card Games
1:30 pm **Mel on Guitar**
2 :30 Bingo
3:pm Tea Time—Everyone
3:15 Black Jack/cards



23—
The Ness Club will be closed today.
All the folks at the Ness Club wish everyone a very Happy Thanksgiving



26—
NEWPORT
Monday Nov 26
November's Caregiver Month Celebration 12 noon– 2:30pm
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26—8:30 am Welcome Hour
11 am Ring Toss
Salad, Meatloaf w/ Roasted Potato's & Tarragon Carrots
1:00 pm Set-up for Music
1:30 pm **Al & Mel on Guitar**
2:30 pm Hangman
3 pm Tea Time—fs/jc

27—

28—8:30 am Welcome Hour
11 am Noodles & Balloons
Egg Flower Soup
Chinese Take Out
1pm **Poetry & Prose**
2:30 Bingo (if time permits)
3:00 Tea Time—jmf
3:15 pm Hangman

29—

30—8:30 am Welcome Hour
11 am Al on Guitar
Salad, Tuna Noodle Casserole w/ Asparagus
1:30 **Painting w/ Larry**
1:30 **Mel on Guitar**
3 pm Tea Time—
3:15pm **Hang Man—jc/fs**