

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

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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1—						1— Fridays are SHIBA Info Days
2— 	3—8:30 am Welcome Hour 11 am Noodles & Balloons Breakfast for Lunch: Eggs, Sausage, Pumpkin Pancakes 1 pm Set up for Music/dance 1:30 pm Al & Mel on Guitar 3 pm Tea Time—jmf	4—	5—8:30 am Welcome Hour 11 am Noodles & Balloons Salad, Chix Alfredo w/ Peas 1:30 pm Mel on Guitar 2:30 pm Bingo 3:pm Tea Time—fs/jc 3:15 Hangman	6—	7—8:30 am Welcome Hour 10 am Adam LCHHS Counselor 11 am Al on Guitar Salad, Baked Cod w/ Broccoli 1 pm Decorating for Christmas 1:30 Mel on Guitar 2:30 pm Cont. Decorating 3:15 pm Tea Time—jc/fs	8— Wear your ugly Christmas Sweater for Contest
9—	10—8:30 am Welcome Hour 11 am Ring Toss Salad, Chix Enchilada Casserole 1 pm Set-up for Music/dance 1:30 pm Al & Mel on Guitar 2:30 pm Christmas Decorating 3 pm Tea Time—jmf 3:15 Hangman	11— 2nd Tuesday MS Support Group 11:00 m—12:30 pm	12—8:30 am Welcome Hour 11 am Ring Toss Salad, Spinach & Rice Casserole w/ Green Beans 12:30 pm Card Games 1:30 pm Mel on Guitar 2 :30 Bingo 3:pm Tea Time—fs/jc 3:30 pm Blackjack	13—	14—8:30 am Welcome Hour 10:30 EIEIO w/ Matthew 11 am Al on Guitar Salad, Clam Chowder w/ Biscuits 1:00 Set up for Wreath Project 130 pm Wreath Project 3 pm Tea Time—jc/fs 3:15 Hangman	15— 
16—	17—8:30 am Welcome Hour 11 am Indoor Bowling Salad, Spaghetti w/ Fr. Bread 1:30 pm Al & Mel on Guitar 2:30 Acupressure—Mikaelah 3:pm Tea Time—jmf	18— Third Wednesday Caregiver Support Group Noon-1pm NEWPORT	19—8:30 am Welcome Hour 11 am Flex & Balance Red Pepper Soup, Subway Sandwiches w/ Chips 12:30 pm Set up Music/dance 1:30 pm Mel on Guitar 2 :30 Bingo 3:pm Tea Time—jc/ap	20— Third Thursday Caregiver Support Group Noon-1pm Odd Fellows Hall Bring a sack lunch	21—8:30 am Welcome Hour 10 am Adam LCHHS Counselor 11 am Al on Guitar BBQ w/ Baked Bean & Potato Salad 12:30 Al on Guitar 1:0 pm Christmas Party 3 pm Tea Time—	22— 
23— 	24— Closed Christmas Eve 31-Ness Club Closed For New Years	25— Happy Holidays!	26— 8:30 am Welcome Hour 11 am Ring Toss Salad Pizza Take Out 1pm Poetry & Prose 2:30 Bingo (if time permits) 3:00 Tea Time—jmf 3:15 pm Dice Game	27	28—8:30 am Welcome Hour 10:30 am EIEIO w/ Matthew 11:00 am Al on Guitar Split Pea Soup, Tuna Melt or Grilled Cheese w/ applesauce 1:30 Painting w/ Larry 1:30 pm Mel on Guitar 2:30 Bean Bag Toss 3 pm Tea Time—fs/jc	29— 