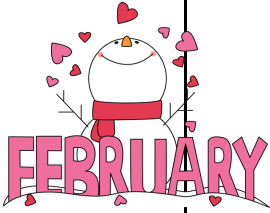


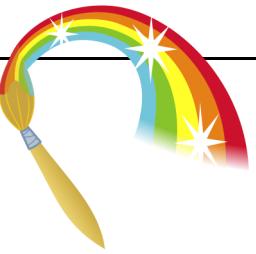


Sun  **NESS Club** **North End Senior Solutions and NESS Club Calendar February 2019** Mon Tue Wed Thu Fri Sat

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|  | | <div style="border: 2px solid red; padding: 5px;"> <p>Everyday Activities Welcome Hour Balance and Flex Exercises Crafts , Painting, Beads Singing and Dancing</p> </div> | <p>Lunch and Snacks Quiet Time Board Games , Puzzles, Cards Musical Entertainment 3pm Tea Time Snacks</p> | | <p>1— 8:30 Welcome Hour 10 am Adam LCHHS Counselor 11 am Al on Guitar Salad, Tuna Casserole w/ Green Beans. 12:30 pm Al on Guitar 1:30 pm Mel on Guitar 2:30 pm Bean Bag Toss 3 pm Tea Time—jc/fs</p> | <p>2— Fridays are SHIBA Info Days</p> |
| <p>3—</p> | <p>4—8:30 am Welcome Hour 11 am Noodles & Balloons Breakfast for Lunch: Eggs, Sausage & Pancakes 1 pm Set up for Music/dance 1:30 pm Mystery Music 3 pm Tea Time—mb/fs</p> | <p>5—</p> | <p>6—8:30 am Welcome Hour 11 am Ring Toss Salad, Veggie Chili w/ Cornbread 1:30 pm Mel on Guitar 2:30 pm Bingo 3:pm Tea Time 3:15 Hangman—fs/ls</p> | <p>7—</p> | <p>8—8:30 am Welcome Hour 10:30 EIEIO w/ Matthew 11 am Al on Guitar Salad, Baked Tilapia w/ Steamed Zucchini 12:30 pm Al on Guitar 1:30 Healing Touch/Reiki w/ Gwen 3:15 pm Tea Time—jc/fs</p> | <div style="border: 1px solid blue; padding: 5px;"> <p>9— e—Elder I—Information E—Education I—Involving O—Others 2nd & 4th Friday 10:30 am</p> </div> |
|  | <p>10—</p> <p>11—8:30 am Welcome Hour 11 am Noodles & Balloons Salad, Quesadilla w/ Re-fried Beans 1 pm Set-up for Music/dance 1:30 pm Al & Mel on Guitar 2:30 pm Bean Bag Toss 3 pm Tea Time—mb/jc</p> | <p>12—</p> <p>2nd Tuesday MS Support Group 11:00 m—12:30 pm</p> | <p>13—8:30 am Welcome Hour 11 am In door Basketball Salad, Spaghetti w/Fr. Bread 12:30 pm Valentine's Party 1:30 pm Mel on Guitar 2 :30 Bingo 3:pm Tea Time—ls/mb</p> |  | <p>15—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 12:30 pm Al on Guitar 130 pm Mel on Guitar 3 pm Tea Time—fs/jc</p> | |
| <p>17—</p> | <p>18—8:30 am Welcome Hour 11 am In Door Bowling Lentil Soup, Veggie or Beef Burger w/ Sweet Potato Fries 1:30 pm Mystery Music 2:30 Acupressure—Mikaelah 3:pm Tea Time—mb/fs</p> | <p>19—</p> <p>Third Wednesday Caregiver Support Group Noon-1pm NEWPORT</p> | <p>20—8:30 am Welcome Hour 11 am Ring Toss 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—fs/jc</p> | <p>21—</p> <p>Third Thursday Caregiver Support Group Noon-1pm Odd Fellows Hall Bring a sack lunch</p> | <p>22—8:30 am Welcome Hour 10:30 am EIEIO w/ Matthew 11 am Al on Guitar Salad, Clam Chowder w/ Biscuits 1:30 Painting w/ Linda 2:30 pm Bean Bag Toss 3 pm Tea Time—jc/ls</p> |  |
| <p>24—</p> | <p>25— 8:30 am Welcome Hour 11 am Flex & Balance Salad, Meatloaf w/roasted Potatoes & Tarragon Carrots 1 pm Set up for Song & dance 1:30 pm Al & Mel on Guitar 2:30 pm “Did you Know” 3 pm Tea Time—fs/jc</p> | <p>26—</p> | <p>27— 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</p> | <p>28—</p> | | |