




	<p>1—8:30 am Welcome Hour 11 am Ring Toss Breakfast for Lunch: Eggs w/ Sausage &amp; Jose Pancakes 1 pm Set up for Music/dance 1:30 pm <b>Mystery Music</b> 3 pm Tea Time—jmf</p>	<p>2—</p> 	<p>3—<b>NESS Club Closed</b></p> <p><u>43<sup>rd</sup> Annual OSU Gerontology Conference</u></p>	<p>4—</p> <p><u>43<sup>rd</sup> Annual OSU Gerontology Conference</u></p>	<p>5—<b>NESS Club Closed</b></p> <p><u>43<sup>rd</sup> Annual OSU Gerontology Conference</u></p>	<p>6—</p> <p>Friday's are SHIBA days: Senior Health Insurance Benefits Assistance</p>									
<p>7—</p> 	<p>8—8:30 am Welcome Hour 11 am Ring Toss Salad, Minestrone Soup w/ Bread Sticks 1 pm Set up for Music/dance 1:30 pm <b>Al &amp; Mel on Guitar</b> 3 pm Tea Time—ls/fs</p>	<p>9—</p> <p><b>2nd Tuesday MS Support Group 11:00 m—12:30 pm</b></p>	<p>10—8:30 am Welcome Hour 11 am Bean Bag Toss Salad, Chix Fettuccine w/ Mixed Veggies 1:30 pm <b>Mel on Guitar</b> 2:30 pm Bingo 3:pm Tea Time 3:15 Hangman—fs/jc</p>	<p>11—</p>	<p>12—8:30 am Welcome Hour 10 am <b>Adam LCHHS Counselor</b> 10:30 <b>EIEIO w/ Matthew</b> 11 am <b>Al on Guitar</b> Salad, Fish w/Quinoa 12:30 pm <b>Al on Guitar</b> 1:30 <b>Healing Touch w/ Gwen</b> 3:15 pm Tea Time—JMF</p>	<p>13—</p>									
<p>14—</p>	<p>15—8:30 am Welcome Hour 11 am Ring Toss Salad, Chicken or Bean Enchilada Casserole 1 pm Set-up for Music/dance 1:30 pm <b>Al &amp; Mel on Guitar</b> 2:30 pm Bean Bag Toss 3 pm Tea Time—jc/ls</p>	<p>16—</p> <div style="border: 2px solid green; padding: 5px; text-align: center;"> <p><b>Third Wednesday Caregiver Support Group Noon-1pm NEWPORT</b></p> </div>	<p>17—8:30 am Welcome Hour 11 am Parachute Stretch Red Pepper Soup,  1:30 pm <b>Mel on Guitar</b> 2 :30 Bingo 3:pm Tea Time—Team</p>	<p>18—</p> <p><b>Third Thursday Caregiver Support Group Noon-1pm Odd Fellows Hall Bring a sack lunch</b></p>	<p>19—8:30 am Welcome Hour 10 am <b>Adam LCHHS Counselor</b> 11 am <b>Al on Guitar</b> Split Pea Soup, Tuna Melt or Grilled Cheese w/ Applesauce 12:30 pm <b>Al on Guitar</b> 130 pm <b>Mel on Guitar</b> 3 pm Tea Time—Team 3:15 Hangman—JMF</p>	<p>20—</p> <div style="border: 2px solid green; padding: 5px;"> <p>e—Elder I—Information E—Education I—Involving O—Others 2nd &amp; 4th Friday 10:30 am</p> </div>									
<p>21—</p> 	<p>22—8:30 am Welcome Hour 11 am In-door Bowling Salad, Mac &amp; Cheese w/ Shrimp 1:30 pm <b>Mystery Music</b> 2:30 Ring Toss 3:pm Tea Time—ls/fs</p>	<p>23—</p>	<p>24—8:30 am Welcome Hour 11 am Flex &amp; Balance</p> <p><b>Salad Pizza Take Out</b> 1 pm Poetry &amp; Prose 2 :30 Bingo (if time permits) 3:pm Tea Time—Team</p>	<p>25—</p>	<p>26—8:30 am Welcome Hour 10:30 am <b>EIEIO w/ Matthew</b> 11 am <b>Al on Guitar</b> <b>BBQ and Ice Cream Social</b> 1:30 <b>Healing Touch w/ Gwen</b> 2:30 pm Bean Bag Toss 3 pm Tea Time—JMF</p>	<p>27—</p>									
<p>28—</p>	<p>29— 8:30 am Welcome Hour 11 am Flex &amp; Balance Salad, Veggie Chili w/ Cornbread 1 pm Set up for Song &amp; dance 1:30 pm <b>Al &amp; Mel on Guitar</b> 2:30 pm “Did you Know” 3 pm Tea Time—fs/jc</p>	<p>30—</p>	<p><b>Everyday Activities</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Welcome Hour</td> <td style="width: 50%;">Quiet Time</td> </tr> <tr> <td>Balance and Flex Exercises</td> <td>Board Games , Puzzles, Cards</td> </tr> <tr> <td>Crafts , Painting, Beads</td> <td>Musical Entertainment</td> </tr> <tr> <td>Singing and Dancing</td> <td>3pm Tea Time Snacks</td> </tr> </table>			Welcome Hour	Quiet Time	Balance and Flex Exercises	Board Games , Puzzles, Cards	Crafts , Painting, Beads	Musical Entertainment	Singing and Dancing	3pm Tea Time Snacks		
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