

North End Senior Solutions and NESS Club Activities Calendar **NOVEMBER**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; background-color: #FFD700; padding: 5px; margin-bottom: 10px;"> Everyday Activities Welcome Hour Balance and Flex Exercises Crafts , Painting, Musical Entertainment </div>	<div style="border: 1px solid black; background-color: #FFD700; padding: 5px; margin-bottom: 10px;"> Lunch and Snacks Quiet Time Board Games , Puzzles, Cards Reading </div>				1-8:30 am Welcome News 10 am Adam Swart, Counseling Al Wimer on Guitar 11 am Parachute Salad, Fish & Tator Tots, Broccoli 1 pm Painting w/ Larry 1:30pm Mel on Guitar 2:30pm Parallel Bars 3 pm Tea Time—Pictionary	2— <div style="border: 1px solid black; background-color: #E0F0E0; padding: 5px; text-align: center;"> We usually serve fish on Fridays . We serve vegetarian alternatives everyday </div>
3—	4—8:30 am Welcome News 11 am Kickball Breakfast for Lunch: Fruit, Sausage, eggs, Pumpkin Pancakes 1 pm Word Association 1:30 pm Mels & Al on Guitar 3 pm Tea Time—Trivia	5— 2nd Tuesday of Month MS Support Group 11 am– 12:30 pm NESS Club	6—Wordy WedNESSday 11 am Noodles and Balloons Salad, Sloppy Joes, Chips 1 pm Trivia 1:30 pm Mel on Guitar 2:30 pm Bingo 3 pm Tea Time—Pictionary	7— SAVVY Caregiver Class 10-12noon OCCC	8—10 am Welome News 10 am Gwen Healing Energy Al Wimer on Guitar 11 am Bean Bag Toss Salad, Clam Chowder w/ rolls 1pm Painting w/ Larry 1:30 Mel on Guitar 3 pm Tea Time—Black Jack	9—
10—	11—8:30 am Welcome News 11 am Parachute Salad, Enchiladas, Rice/ beans 1 pm Set up for music 1:30 pm Al & Mel on Guitar 2:30 pm Yahtzee 3 pm Tea Time—Black jack	12—	13—Wordy WedNESSday 11 am Kickball Salad, Beef Stroganoff 1:00 pm Info-Video 1:30 Mel on Guitar 2:30 pm Bingo 3 pm Tea Time—Hang People	14— SAVVY Caregiver Class 10-12noon OCCC	15—10am Welcome News 10 am Adam Swart, Counseling Al Wimer on Guitar 11 am Bean Bag Toss Lentil Soup, Grilled Cheese/ Tuna Melt w/ applesauce 1 pm Painting w/ Larry 1:30 Mel on Guitar 3 pm Tea Time—Pictionary	16—
17—	18—8:30 am Welcome News 11 am Ring Toss Lentil Soup, Burgers w/ Sweet Potato Fries 1 pm Trivia/Set up for Music 1:30 pm Al & Mel on Guitar 2:30 Scrabble 3:00 pm Tea Time—Trivia	19— 3rd Wednesday Caregiver Support Group 12noon-1pm Sack Lunch NEWPORT Education Bldg	20—Wordy WedNESSday 10 am Prayer Group 11 am Noodles and Balloons Egg Flower soup, Thai Chicken Basil, Pot Stickers 1 pm 1:30 Mel on Guitar 2 :30pm Bingo 3 pm Tea Time-Pictionary ○	21— SAVVY Caregiver Class 10-12 noon OCCC National Caregiver Month Celebration Caregiver Support Group	22—10am Welcome News 10 am Gwen Healing Energy Al Wimer on Guitar 11 am Bean Bag Toss Salad, Fish and taters/ green beans. 1 pm Painting w/ Larry 1:30 pm Mel on Guitar 3 pm Tea Time—Hang People	23—
24—	25— 8:30 am Welcome News 11 am Kickball Salad, Meatloaf, quinoa 1:pm Info-video 1:30 pm Mels & Al on Guitar 2:30 pm Yahtzee 3:pm Tea Time —Trivia	26—	27—8:30 am Welcome News 10 am Prayer group 11 am Ring Toss Thanksgiving Dinner 1:00 pm Poetry and Prose 2:00 pm Bingo 3 pm Tea time-Pies	28—THANKSGIVING	29— NESS Club Closed For Thanksgiving Weekend	30—