



September 2022

North End Senior Solutions (NESS)
105 Pearl St., Gleneden Beach, OR 97388
541-921-0937

www.northenders.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4PM Monday and Wednesday P.T. parallel bars Kurtis and Dee</p>				<p>1—10am-Waste Basket ball Lunch-Salad, Burgers & Chips 1pm- Dominos 2pm- Make Tomato Soup 3pm-Tea Time</p>	<p>2- 10 am- Darts Lunch-Salad,Soup,Tuna Melt or Grill Cheese 1pm- Card Games 2pm- Ness Club Remote 3pm- Tea Time</p>	3-
4-	<p>5- NESS Club Closed Labor Day</p> 	<p>6—10am- Basketball Lunch-Salad, Hot dogs, Mac & Cheese 1pm- Ring Toss 2pm- Make cookies 3pm-Tea Time</p>	<p>7—10amNoodles&Balloons Lunch-Salad,Ham, Scalloped Potatos, Green beans 1pm- BINGO 2pm-Ness Club Remote</p>	<p>8—Bean Bag toss Lunch: Salad, Tortilla Soup, Biscuits 1pm:Dominos 2pm Make Salad dressing 3pm Tea time</p>	<p>9—10am- Parachute Lunch-Salad,Baked fish Coleslaw, Tater tots 1pm-Card Games 2pm- Ness Club Remote 3pm- Tea Time</p>	10-
<p>11- Vegan and Vegetarian alternatives served everyday</p>	<p>12—10am-Ring Toss Lunch-Chaffles, Eggs, Bacon or Sausage 1pm-Darts 2pm-Ness Club remote 3pm-Tea Time</p>	<p>13—10am-Darts Lunch: Egg Drop Soup, Stir-Fry veggies, Rice, Tea 1pm-Painting 2pm-Make Cookies 3pm-Tea Time</p>	<p>14—10am Beanbag toss Lunch: Salad, BBQ Burgers or hot dogs, chips 1pm Bingo 2pm NESS Club Remote 3pm Tea Time</p>	<p>15—10am-Basketball 11am:Caregivers Support Group Lunch:Soup, OurWay Subs w/Chips 1pm-Noodle&Balloons 3pm-Tea Time</p>	<p>16—10am-Ring Toss Lunch-Salad, Fish Chowder, Homemade Biscuits 1pm-Card games 2pm-Ness Club Remote 3pm-Tea Time</p>	<p>17- Third Thursday of each month is Family Caregiver Support Group</p>
18-	<p>19—10am-Bean Bag Toss Lunch: Salad, Enchilida Casserole, Spanish rice. 1pm-Yahtzee 2pm-Ness Club Remote 3pm-Tea Time</p>	<p>22—10am-Darts Lunch:Veggie Soup, Omelet Muffins and Green beans 1pm-Cards w/Jude & Dena 2:pm-Make Spaghetti 3pm-Tea Time</p>	<p>21—10am-Parachute Lunch: Salad, Spaghetti, with meatballs, French bread 1pm-BINGO 2pm-Ness Club Remote 3pm- Tea Time</p>	<p>22—10am-Basketball Lunch: Salad, Burgers on the BBQ grill, Macaroni salad. 1pm- Dominos 3pm- Tea Time</p>	<p>23—10am- Bean Bag Toss Lunch: Salad, Fish loaf Sweet potato fries with cole slaw. 1pm- Cards Games 2pm- Ness Club Remote 3pm- Tea Time</p>	24-
25-	<p>26—10am-Parachute Lunch: Salad,Meat loaf Red potatos, Carrots or Broccoli 1pm- Yahtzee 2pm- Ness Club Remote</p>	<p>27—10am-Darts Lunch: Tortilla Soup, Taco beef or chicken, beans. 1pm-Dominos 2pm Make Thur's egg salad 3pm- Tea Time</p>	<p>28—10am- Basketball Lunch: Salad, Pizza Day 1pm- Poetry & Prose Honoring Fallen Nessers 2pm-Ness Club Remote 3pm-Tea Time</p>	<p>29—10am- Ring Toss Lunch: Veggie Soup, Egg salad sandwiches, Chips 1pm- Ring Toss 2pm: Make Friday's dip 3pm- Tea Time</p>	<p>30—10am-Parachute Lunch: Spinach-Artichoke dip, shrimp louie & biscuits 1pm-Card Games 2pm-Ness Club Remote 3pm- Tea Time</p>	