



North End Senior Solutions and NESS Club Calendar September 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>Everyday Activities Welcome Hour Balance and Flex Exercises Crafts, Painting, Beads Singing and Dancing</p>	<p>Lunch and Snacks Quiet Time Board Games, Puzzles, Cards Musical Entertainment 3pm Tea Time Snacks</p>				<p>1—9:00 am Welcome Hour 10:00 am Chair Yoga 10:30 am Noodles and balloons Egg Flower soup, Salmon Patty or Breaded Fish, Tator tots 1:00 pm Bingo 1:30 Painting w/ Larry 2:00 pm NESS Club Remote 3 pm Tea Time 3:45 pm PT</p>	<p>2—</p>
<p>3—</p> <p>11:30 am –12:30 am</p> <p>Sing-a-long with Music Mends Minds</p>	<p>4—</p> <p>LABOR DAY NESS Club Closed</p> <p>Beware the Traffic! Remember Wild Fires of 2020</p>	<p>5—</p>	<p>6—9:00 am Welcome Hour 10:00 am Chair Yoga Salad, Veggie Spaghetti, Meatballs optional, garlic bread 1:00 pm Bingo 2:00 pm NESS Club Remote 3:pm Tea Time— 3:45 pm PT</p>	<p>7—</p>	<p>8—9:00 am Welcome Hour 10:30 EIEIO w/ Jude Salad, Tuna melt or grilled cheese, pepper & tomato soup 1 pm Bingo 1:30 pm Painting w/ Larry 2:00 pm NESS Club Remote 3 pm Tea Time—</p>	<p>9—</p> <p>E—Elder I—Information E—Education I—Involving O—Others</p>
<p>10—</p>	<p>11—9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Parachute Breakfast for Lunch: Blueberries, Eggs, Sausage, Chaffles 1:00pm Greeting Cards 2:00 pm NESS Club Remote 3 pm Tea Time— 3:45 pm PT</p>	<p>12—</p>	<p>13—9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Split Pea Soup, Burgers and Summer Squash 1:00 pm Bingo 2 :00 pm NESS Club Remote 3:pm Tea Time— 3:45 pm PT</p>	<p>14—</p>	<p>15—9:00 am Welcome Hour 10:00 am Chair Yoga Salad, Fish Fillets, Ravioli in Ya Mamma’s Sauce, Rolls 1:00 pm Bingo 1:30 pm Painting w/ Larry 2:00pm NESS Club Remote 3 pm Tea Time 3:45 pm PT</p>	<p>16—</p>
<p>17—</p>	<p>18—9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Flex & Balance Salad, Mike’s Green Enchilada Casserole, Spanish rice 1:00 pm Card Games 2:00 pm NESS Club Remote 3 pm Tea Time- 3:45 PT</p>	<p>19—</p>	<p>20—8:30 am Welcome Hour 10:00 am Chair Yoga 11 am Flex & Balance Barbecue-Veggie or Beef Burgers & Hot Dogs w/ Potato Salad 12:30 pm Card Games 1:00 pm Bingo 3:pm Tea Time—fs/ap 3:15 Black Jack/cards</p>	<p>21—Third Thursday</p> <p>Caregiver Support Group 11:00-12:Noon</p>	<p>22—8:30 am Welcome Hour 10:30 am EIEIO w/ Jude 11:00 am kick ball Salad, Clam Chowder w/ rolls 1:00 pm Bingo 1:30 Painting w/ Larry 2:00 pm NESS Club Remote 3 pm Tea Time 3:15 Black Jack– 21—</p>	<p>23—Fall Equinox –Sun crosses the Celestial equator moving south.</p>
<p>24—</p>	<p>25—9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Salad, Meatloaf w/ Roasted Potatoes and Carrots 1:00 pm WAR 2:00 NESS Club Remote 3 pm Tea Time— 3:45 PT</p>	<p>26—</p>	<p>27—9:00 am Welcome Hour 10:00 am Noodles & Balloons Salad, PizzaTake-Out 1pm Poetry & Prose 1:30 Bingo (if time permits) 2:00 pm NESS Club Remote 3:00 Tea Time- 3:15 pm Dice Game</p>	<p>28—</p>	<p>29—8:30 am Welcome Hour 10:00 am Chair Yoga 11:00 am Wastebasket Ball Salad, Shrimp or Chick Alfredo 1:30 Painting w/ Larry 2:00 NESS Club Remote 3 pm Tea Time— 3:45 pm PT</p>	<p>30—</p> <p>NESS-Fundraiser Garage Sale EVERY FRIDAY 10 am– 4 pm</p>