



North End Senior Solutions and NESS Club Calendar

NOVEMBER 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>Everyday Activities Welcome Hour Quiet Time Balance and Flex Exercises Lunch and Snacks Board Games Puzzles, Cards, Crafts, Painting, Beads, Musical Entertainment Singing and Dancing 3pm Tea Time Snacks</p>			<p>1—9:00am Welcome Hour 10:00 am Chair Yoga 11:00 am Card Games Salad, Lemon Chicken, rice, Asparagus 1:00 pm BINGO 2:00 pm NESS Club Remote 3:00 pm Tea Time</p>	<p>2—</p>	<p>3—9:00 am Welcome Hour 10:30 am EIEIO w/ Jude 11:00 am Darts Salad, Breaded Fish, tater tots, coleslaw 1:00 pm BINGO 1:30 pm Painting w/ Larry 2:00 pm NESS Club Remote 3:00 pm Tea Time</p>	<p>4—</p> <div style="border: 1px solid red; padding: 5px;"> <p>Physical Therapy exercises and exercises on the parallel bars are scheduled between activities for each individual.</p> </div>
<p>12</p>	<p>6—9:00 am Welcome hour 10:00 am Chair Yoga 11:00 am Parachute Breakfast for Lunch: Fried apples, Chaffles, Eggs, Sausage or bacon 1:00 pm Greeting Cards 2:00 pm NESS Club Remote 3:00 pm Tea Time</p>	<p>7—</p>	<p>8—9:00 am Welcome Hour 10:00 am Flex & Balance 11:00 am Card Games Salad, Veggie Chili or with meat or beans, Homemade Cornbread 1:00 pm BINGO 2:00 pm NESS Club Remote 3:00 pm Tea Time</p>	<p>9—</p>	<p>10—9:00 am Welcome Hour 10:30 am EIEIO w/ Jude Salad, Tuna melt or grilled cheese, pepper & tomato soup 1:00 pm BINGO 1:30 pm Painting w/ Larry 2:00 pm NESS Club Remote 3:00 pm Tea Time—</p>	<p>11—</p> <div style="border: 1px solid blue; padding: 5px;"> <p>E—Elder I—Information E—Education I—Involving O—Others</p> </div>
<p>19—</p>	<p>13—9:00 am Welcome Hour 10:00 am Chair Yoga 11:00 am Noodles & Balloon Salad, Veggie Spaghetti, Meatballs, garlic bread 1:00 pm Dominos 2:00 pm NESS Club Remote 3:00 pm Tea Time</p>	<p>14—</p>	<p>15—9:00 am Welcome Hour 10:00 am Chair Yoga 11:00 am Ring Toss Lentil soup, Burgers, Chips 1:00 pm BINGO 2:00 pm NESS Club Remote 3:00 pm Tea Time—</p>	<p>16—Third Thursday Caregiver Support Group 11:00 am -12:30 pm</p>	<p>17—9:00 am Welcome Hour 10:30 am EIEIO w/ Jude 11:00 am Noodles & Balloons Salad, Baked Tilapia, broccoli, cauliflower w/red pepper, rolls 1:00 pm BINGO 1:30 pm Painting w/ Larry 2:00 pm NESS Club Remote 3:00 pm Tea Time</p>	<p>18—</p>
<p>26—</p>	<p>20—9:00 am Welcome Hour 10:00 am Chair Yoga 11:00 am Flex & Balance Tortilla soup, Enchilada Casserole, Spanish rice 1:00 pm Card Games 2:00 pm NESS Club Remote 3:00 pm Tea Time-</p>	<p>21—</p>	<p>22—9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Flex & Balance Pumpkin Soup, Chicken Strips and Jo Jos 1:00 pm BINGO 2:00 pm NESS Club Remote 3:00 pm Tea Time—</p>	<p>23— HAPPY THANKSGIVING NESS CLOSED</p>	<p>24— HAPPY THANKSGIVING NESS CLOSED</p>	<p>25—</p>
	<p>27—9:00 am Welcome Hour 10:00 am Chair Yoga 1:00 am Ring Toss Salad, Meatloaf w/ Roasted Potatoes and Carrots 1:00 pm WAR 2:00 pm NESS Club Remote 3:00 pm Tea Time—</p>	<p>28—</p>	<p>29—9:00 am Welcome Hour 10:00 am Flex & Balance 11:00 am Bean Bag Toss Take-Out Salad & Pizza 1:00 pm Poetry and Prose 2:00 pm NESS Club Remote 3:00 pm Tea Time</p>	<p>30—</p>		