
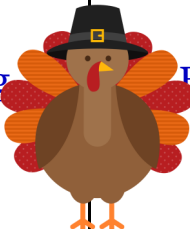


	Tue	Wed	Thu	Fri	Sat			
27th -	28th - <div style="border: 2px solid purple; padding: 5px; margin: 5px auto; width: 80%;">9:00 am –12:00 pm Sing-A-Long Music Mends Minds (pick a song to sing along)</div>	29th - <div style="border: 2px solid orange; padding: 5px; margin: 5px auto; width: 80%;"> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> Everyday Activities Welcome Hour Balance and Flex Exercises Crafts, Painting, Beads </td> <td style="width: 50%; vertical-align: top;"> Lunch and Snacks Quiet Time Board Games, Puzzles, Cards Musical Entertainment </td> </tr> </table> </div>	Everyday Activities Welcome Hour Balance and Flex Exercises Crafts, Painting, Beads	Lunch and Snacks Quiet Time Board Games, Puzzles, Cards Musical Entertainment	30th -	31st -	1st - 9am Welcome Hour 10:30am EIEIO w/ Jude 11am PT Salad, Tuna melt or grilled cheese, Pepper/Tomato soup 1pm BINGO! 2pm NESS Club Remote w/ Painting w/ Larry 3pm “Tea Time”	2nd  Day of the Dead
Everyday Activities Welcome Hour Balance and Flex Exercises Crafts, Painting, Beads	Lunch and Snacks Quiet Time Board Games, Puzzles, Cards Musical Entertainment							
3rd Daylight Saving Day	4th - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Breakfast 4 Lunch: Blueberries, Eggs, Sausage, Chaffles</u> 1pm Cards /Dice /Games 2pm NESS Club Remote 3pm “Tea Time”	5th - 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, Chicken sausage, Sweet potato's</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	6th - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Lentil Soup, Roast Beef and Roast veggies, rolls</u> 1pm BINGO! 2pm NESS Club Remote w/ Dee 3pm “Tea Time”	7th - 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, Roast beef sandwiches, roast veggies</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	8th - 9am Welcome Hour 10:30am EIEIO w/ Jude 11am PT <u>Salad, Mr.P’s Spaghetti, or grilled Salmon, and Cole slaw, rolls</u> 1pm BINGO! 2pm NESS Club Remote w/ Painting w/ Larry 3pm “Tea Time”	9th <div style="border: 2px solid blue; padding: 5px; margin: 5px auto; width: 80%;"> e—Elder I—Information e—Education I—Involving O—Others </div>		
10th ➔ SAVVY CAREGIVER 1:00-3:00pm MONDAYS for 5 weeks	11th - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, Veggie Chili, or w/Meat and corn bread</u> 1pm Cards /Dice /Games 2pm NESS Club Remote 3pm “Tea Time” Veterans Day	12th - 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Split Pea Soup, Macaroni Salad, salmon filet.</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	13th - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, Chili dogs and Macaroni Salad</u> 1pm BINGO! 2pm NESS Club Remote w/ Dee 3pm “Tea Time”	14th - 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, Burgers and Macaroni Salad</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	15th - 9am Welcome Hour 10:30am EIEIO w/ Jude 11am PT <u>Salad, Grilled or Breaded Fish Fillets, Tater tots, Rolls</u> 1pm BINGO! 2pm NESS Club Remote w/ Painting w/ Larry 3pm “Tea Time”	16th		
17th	18th - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, Mike’s Green Enchilada Casserole, Tacos, Spanish rice</u> 1pm Cards /Dice /Games 2pm NESS Club Remote 3pm “Tea Time”	19th - 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, Tacos, Spanish rice</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	20th - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, (NEED MENU)</u> 1pm BINGO! 2pm NESS Club Remote w/ Dee 3pm “Tea Time” with FOOD HEROS	21st - 9am Welcome Hou 10am Cycle exercise 11am Flex & Balance 11-12 Caregiver Support Group <u>Minestrone soup, Sausage dogs, and applesauce</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	22nd - 9am Welcome Hour 10:30am EIEIO w/ Jude 11am PT <u>Minestrone soup, Loaded Baked Potatoes with chicken/shrimp</u> 1pm BINGO! 2pm NESS Club Remote w/ Painting w/ Larry 3pm “Tea Time”	23rd <div style="border: 2px solid yellow; padding: 5px; margin: 5px auto; width: 80%; text-align: center;"> NESS-Fundraiser Garage Store EVERY DAY 10 am– 4 pm </div>		
24th	25th - 9am Welcome Hour 10am Chair Yoga 11am PT <u>Salad, Meatloaf w/ Roasted Potatoes and Carrots</u> 1pm Cards /Dice /Games 2pm NESS Club Remote 3pm “Tea Time”	26th - 9am Welcome Hour 10am Cycle exercise 11am Flex & Balance <u>Salad, (NEED MENU)</u> 1pm Card/Dice Games 3pm “Tea Time” 3:15pm Round Table Stories	27th - 9am Welcome Hour 10am Chair Yoga 11am PT Thanksgiving Take-Out 1pm Poetry & Prose 1:30pm BINGO! (if time permits) 2pm NESS Club Remote w/ Dee 3pm “Tea Time”	28th - Closed for Thanksgiving  Closed for Black Friday	29th -	30th		