

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 2px solid orange; padding: 5px; margin-bottom: 10px;"> 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 </div>			<div style="font-size: 2em; font-weight: bold; color: red; text-shadow: 2px 2px 0px black;">2025</div>	2— 9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Salad, Corn beef and cabbage 1:00 pm Bingo 2 :00 pm NESS Club Remote 3:pm Tea Time— 3:45 pm PT	3— 9:00am Welcome Hour 10:30am EIEIO w/ Jude 11:00am Mix & Match Cards Salad, Breaded fish, Tater tots, apple sauce. (or Corn beef) 1pm Bingo 1:30pm Painting w/ Larry 2:00pm NESS Club Remote 3:00pm Tea Time	<div style="border: 1px solid blue; padding: 5px;"> e—Elder I—Information e—Education I—Involving O—Others </div>
5— Board Games Puzzles, Cards, Crafts, Painting, Beads, Musical Entertainment Singing and Dancing 3pm Tea Time Snacks	6— 9:00am Welcome hour 10:00am Band-er-cise 11:00am Parachute Breakfast for Lunch: Blueberries, Chaffles, Eggs, Sausage 1:00pm Card BINGO 2:00pm NESS Club Remote 3:00pm Tea Time	7— 9 :00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Salad, Veggie or Cheese Burgers, veggies, chipa 1:00 pm Bingo 2 :00 pm NESS Club Remote 3:pm Tea Time— 3:45 pm PT	8— 9:00am Welcome Hour 10:00am Band-er-cise 11:00am Balloon volleyball Salad, Veggie Spaghetti, with meatballs, French bread 1:00pm BINGO 2:00pm NESS Club Remote 3:00pm Tea Time	9— 9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Salad, Spaghetti, leftovers 1:00 pm Bingo 2 :00 pm NESS Club Remote 3:pm Tea Time— 3:45 pm PT	10— 9:00 am Welcome Hour 10:30 EIEIO w/ Jude Salad, Tuna Melt or Grilled cheese, Red pepper/Tomato Soup 1 pm Bingo 1:30 pm Painting w/ Larry 2:00 pm NESS Club Remote 3 pm Tea Time—	
12—	13— 9:00am Welcome Hour 10:00 Noodles & Balloon 11 am Band-er-cise Split Pea Soup, Chicken Strips and Jo Jos, Mixed vegetables 1:00pm Bingo 2:00pm NESS Club Remote 3:00pm Tea Time	14— 9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Pea soup, burgers, chips 1:00 pm Card Games 2:00p Tea Time	15— 9:00 am Welcome 10:00am Ring Toss 11:00am Noodles & Balloons Salad, Ham or Chicken, Scallop potatoes and Asparagus. 1:00pm Connect Four 2:00pm NESS Club Remote 3:00pm Tea Time	16— 9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Pea soup, scallop pot and ham 1:00 pm Card Games 2:00p Tea Time Caregiver Support Group Third Thursday 11 am Sam Education Center	17— 9:00 am Welcome Hour 10:30am EIEIO w/ Jude 11:00am Hot Potato Salad, Rock Fish, or breaded fish Tator tots, Cole slaw 1:00 BINGO 1:30pm Painting w/ Larry 2:00pm NESS Club Remote 3:00pm Tea Time FIRE DRILL	18—
19—	20— 9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Salad, Veggie Chili, beans & beef with Caulif Mac'n Cheese 1:00 pm Bingo 2 :00 pm NESS Club Remote 3:pm Tea Time— 3:45 pm PT	21— 9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Salad,, chili dogs, chips 1:00 pm card games 2 :00 pm Tea Time	22— :00 am Welcome Hour 10:00 Noodles & Balloon 11 am Band-er-cise Salad, Chicken Enchilada Casse- role, Spanish rice 1:00pm Bingo 2:00pm NESS Club Remote 3:00pm Tea Time	23— 9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Salad, chicken Enchilada, rice 1:00 pm Card Games 2:00p Tea Time	24— 900am Welcome Hour 10:30am EIEIO w/ JUDE 11:00am Card games Salad, Breaded fish, Rock Fish , with cole slaw 1pm BINGO 1:30 Painting w/ Larry 2:00pm NESS Club Remote 3:00pm Tea Time	25—
26—	27— 9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Flex & Balance Salad, Meatloaf, Roasted Red Potatoes and vegetables 1:00 pm Card Games 2:00 pm NESS Club Remote 3 pm Tea Time-	28— 9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Lentil Soup, meatloaf sandwiches, vegetables 1:00 pm card games 2 :00 pm Tea Time	29— 9:00am Welcome Hour 10:00am Hot Potato 11:00pm Mix-Match-Cards Salad and Take-out Pizza 1:00 BINGO 2:00pm NESS Club Remote 3:00pm Tea Time	30— 9:00 am Welcome Hour 10:00 am Chair Yoga 11 am Ring Toss Salad, and pizza 1:00 pm Card Games 2:00p Tea Time	31— 900am Welcome Hour 10:30am EIEIO w/ JUDE 11:00am Card games Salad, Chick/Shrimp Alfredo, 1:pm BINGO/ 1:30 pm Painting w/ Larry 2:00pm NESS Club Remote 3:00pm Tea Time	