

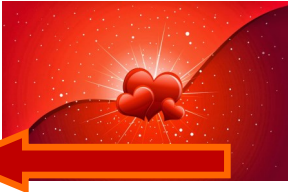



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>Are you a vegan or vegetarian? Allergic to something? Or simple don't like what's on the menu? We cater to your desires. We serve alternatives. We'll ask you what you would like.</p>				<p>1- E—Elder I—Information E—Education I—Involving O—Others</p>
<p>2-</p> 	<p>3-9:00am Welcome hour 10:00am Band-er-cise 11:00am Parachute Breakfast for Lunch: cranberries/pineapple, eggs, sausage 1:00pm Board Games 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>4-9 :00am Welcome Hour 10:00am Chair Yoga 11am Ring Toss Salad, veggie or cheese burger, veggies, chips 1:00pm Card Games 2:00pm Tea Time</p>	<p>5-9:00am 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</p>	<p>6-9:00 am Welcome Hour 10:00 am Chair Yoga 11am Ring Toss Salad, spaghetti, leftovers 1:00pm Card Games 2:00pm Tea Time</p>	<p>7-9:0 am Welcome Hour 10:30am EIEIO w/ Jude 11:00am Hot Potato Salad, baked rock cod, or breaded fish, tator tots, cole slaw 1:00pm BINGO 1:30pm Painting w/ Larry 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>8- Also known as tech support.</p>
<p>9- SUPER BOWL!</p> 	<p>10-9:00am Welcome Hour 10:00am Noodles & Balloon 11:00am Band-er-cise Split pea soup, chicken strips and Jo Jos, Mixed vegetables 1:00pm Dice Games 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>11-9:00am Welcome Hour 10:00am Chair Yoga 11:00am Ring Toss Pea soup, burgers, chips 1:00pm Card Games 2:00pm Tea Time</p>	<p>12-9:00 am Welcome 10:00am Ring Toss 11:00am Noodles & Balloons Salad, chicken or beef tacos, Spanish rice 1:00pm BINGO 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>13-9:00 am Welcome Hour 10:00am Chair Yoga 11:00am Ring Toss Make soup, chicken or beef tacos, Spanish rice 1:00pm Card Games 2:00pm Tea Time</p>	<p>14-9:00am Welcome Hour 10:30am EIEIO w/ Jude Salad, tuna melt or grilled cheese, red pepper/tomato soup 1:00pm BINGO 1:30pm Painting w/ Larry 2:00pm NESS Club Remote 3:00pm- Valentine Tea Time</p>	<p>15- Valentine's Day</p> 
<p>16-</p> <div style="border: 1px solid orange; padding: 5px;"> <p>Everyday Activities Welcome Hour Quiet Time Balance and Flex Exercises Lunch and Snacks Board Games Puzzles, Cards, Crafts, Painting, Beads, Musical Entertainment</p> </div>	<p>17-9:00 am Welcome Hour 10:00 am Chair Yoga 11:00am Flex and Balance Salad, veggie chili, beans & beef with caulif mac'n cheese 1:00pm Card Games 2 :00pm NESS Club Remote 3:00pm Tea Time PRESIDENTS' DAY</p>	<p>18-9:00 am Welcome Hour 10:00am Chair Yoga 11:00am Ring Toss Salad, chili dogs, chips 1:00pm Card Games 2 :00pm Tea Time</p>	<p>19-9:00 am Welcome Hour 10:00am Noodles & Balloon 11:00am Band-er-cise Salad, egg muffins, cornbread 1:00pm BINGO 2:00pm NESS Club Remote 3:00pm Tea Time FOOD HEROES</p>	<p>20-9:00am Welcome Hour 10:00am Chair Yoga 11:00am Ring Toss Salad, egg muffins, cornbread 1:00pm Card Games 2:00pm Tea Time Caregiver Support Group Third Thursday 11 am Sam Education Center</p>	<p>21-9:00am Welcome Hour 10:30am EIEIO w/ JUDE 11:00am Card games Salad, breaded fish or baked rock cod with tater tots and cole slaw 1:00pm BINGO 1:30pm Painting w/ Larry 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>22- Washington's Birthday</p> 
<p>2</p>	<p>24-9:00am Welcome Hour 10:00am Chair Yoga 11:00am Flex & Balance Salad, meatloaf, roasted red potatoes and vegetables 1:00pm Card Games 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>25-9:00am Welcome Hour 10:00am Chair Yoga 11:00am Ring Toss Lentil soup, meatloaf sandwiches, vegetables 1:00pm Card Games 2:00pm Tea Time</p>	<p>26-9:00am Welcome Hour 10:00am Hot Potato 11:00pm Mix-Match-Cards Egg flower soup Chinese take-out 1:00pm Poetry and Prose 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>27-9:00am Welcome Hour 10:00am Chair Yoga 11:00am Ring Toss Salad and Chinese leftovers 1:00pm Card Games 2:00pm Tea Time</p>	<p>28-9:00am Welcome Hour 10:30am EIEIO w/ JUDE 11:00am Card games Artichoke dip, baked parmesan rock cod, baked potatoes 1:00pm BINGO 1:30pm Painting w/ Larry 2:00pm NESS Club Remote 3:00pm Tea Time</p>	