



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>2-</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <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> </div>	<p>3-9:00am Welcome hour 10:00am Band-er-cise 11:00am Parachute <b>Breakfast for Lunch: blueberries, eggs, sausage/ bacon</b> 1:00pm <b>Board Games</b> 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>4-9 :00am Welcome Hour 10:00am Chair Yoga 11am Ring Toss <b>Salad, veggie or cheese burger, veggies, chips</b> 1:00pm <b>Card Games</b> 2:00pm Tea Time</p>	<p>5-9:00am Welcome Hour 10:00am Band-er-cise 11:00am Balloon volleyball <b>Salad, veggie or cheese burger and chips</b> 1:00pm <b>BINGO</b> 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 <b>Salad, leftovers</b> 1:00pm <b>Dice Games</b> 2:00pm Tea Time</p>	<p>7-9:00 am Welcome Hour 10:30am <b>EIEIO w/ Jude</b> 11:00am Hot Potato <b>Salad, baked rock cod, or Mr. P's spaghetti, cole slaw</b> 1:00pm <b>BINGO</b> 1:30pm <b>Painting w/ Larry</b> 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>8-</p> <div style="border: 1px solid blue; padding: 5px; margin-top: 10px;"> <p>e—Elder I—Information e—Education I—Involving O—Others</p> </div>
<p>16-</p>  <p style="text-align: center; color: green; font-weight: bold;">St. Patrick's Day</p>	<p>10-9:00am Welcome Hour 10:00am Noodles &amp; Balloon 11:00am Band-er-cise <b>Lentil soup, chicken strips Jo Jos, air-fried Cauliflower</b> 1:00pm <b>Dice Games</b> 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>11-9:00am Welcome Hour 10:00am Chair Yoga 11:00am Ring Toss <b>Lentil soup, burgers, chips</b> 1:00pm <b>Board Games</b> 2:00pm Tea Time</p>	<p>12-9:00 am Welcome 10:00am Ring Toss 11:00am Noodles &amp; Balloons <b>Salad, chicken or beef tacos, Spanish rice</b> 1:00pm <b>BINGO</b> 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 <b>Make soup, chicken or beef tacos, Spanish rice</b> 1:00pm <b>Card Games</b> 2:00pm Tea Time</p>	<p>14-9:00am Welcome Hour 10:30am <b>EIEIO w/ Jude</b> <b>Salad, tuna melt or grilled cheese, red pepper/tomato soup</b> 1:00pm <b>BINGO</b> 1:30pm <b>Painting w/ Larry</b> 2:00pm NESS Club Remote 3:00pm- Valentine Tea Time</p>	<p>15-</p> <div style="border: 1px solid blue; padding: 5px; margin-top: 10px;"> <p>Also known as tech support.</p> </div>
<p>23-</p>  <p style="text-align: center; color: blue; font-weight: bold;">National Cocktail Day</p>	<p>17-9:00 am Welcome Hour 10:00 am Chair Yoga 11:00am Flex and Balance <b>Guacamole, corned beef, cabbage, potatoes</b> 1:00pm <b>Card Games</b> 2 :00pm NESS Club Remote 3:00pm Tea Time</p>	<p>18-9:00 am Welcome Hour 10:00am Chair Yoga 11:00am Ring Toss <b>Salad, chicken salad, chips</b> <b>Make chicken and egg salad</b> 1:00pm <b>Dice Games</b> 2 :00pm Tea Time</p>	<p>19-9:00 am Welcome 10:00am Ring Toss 11:00am Noodles &amp; Balloons <b>Salad, chicken or egg salad sandwiches</b> 1:00pm <b>BINGO</b> 2:00pm NESS Club Remote 3:00pm Tea Time <b>Food Heroes</b> <b>Pickled veggies</b></p>	<p>20-9:00am Welcome Hour 10:00am Chair Yoga 11:00am Ring Toss <b>Salad, Reubin, chips</b> 1:00pm <b>Board Games</b> 2:00pm Tea Time</p> <p style="color: blue; font-weight: bold;">Caregiver Support Group Third Thursday 11 am Sam Education Center</p>	<p>21-9:00am Welcome Hour 10:30am <b>EIEIO w/ JUDE</b> 11:00am Card games <b>Salad, breaded fish or baked rock cod with tater tots and cole slaw</b> 1:00pm <b>BINGO</b> 1:30pm <b>Painting w/ Larry</b> 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>22-</p>
<p>30-</p>	<p>24-9:00 am Welcome Hour 10:00 am Chair Yoga 11:00am Flex and Balance <b>Cocktails, veggie chili, beans &amp; beef with cauliflower mac'n cheese</b> 1:00pm <b>Board Games</b> 2 :00pm NESS Club Remote 3:00pm Cocktail Time</p> <p style="color: blue; font-weight: bold;">National Cocktail Day</p>	<p>25-9:00am Welcome Hour 10:00am Chair Yoga 11:00am Ring Toss <b>Make Spit pea soup, chili dogs and chipa</b> 1:00pm <b>Card Games</b> 2:00pm Tea Time</p>	<p>26-9:00am Welcome Hour 10:00am Hot Potato 11:00pm Mix-Match-Cards <b>Tandori Pineapple</b> <b>A Taste of India take-out</b> 1:00pm <b>Poetry and Prose</b> 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>27-9:00am Welcome Hour 10:00am Chair Yoga 11:00am Ring Toss <b>India take-out leftovers</b> 1:00pm <b>Dice Games</b> 2:00pm Tea Time</p>	<p>28-9:00am Welcome Hour 10:30am <b>EIEIO w/ JUDE</b> 11:00am Card games <b>Artichoke dip, baked parmesan rock cod, baked potatoes</b> 1:00pm <b>BINGO</b> 1:30pm <b>Painting w/ Larry</b> 2:00pm NESS Club Remote 3:00pm Tea Time</p>	<p>29-</p> <div style="border: 1px solid orange; padding: 5px; margin-top: 10px;"> <p><b>Everyday Activities</b> Welcome Hour Quiet Time Balance and Flex Exercises Lunch and Snacks Board Games Puzzles, Cards, Crafts, Painting, Beads, Musical Entertainment</p> </div>
<p>31-</p>	<p>31-9:00am Welcome Hour 10:00am Chair Yoga 11:00am Flex &amp; Balance <b>Split pea soup, meatloaf, roasted red potatoes and vegetables</b> 1:00pm <b>Card Games</b> 2:00pm NESS Club Remote 3:00pm Tea Time</p>					

Make enough for Support Group