

# Casselman House December 2023 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>Director of Resident Services:</u> Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org	<u>Resident Services Coordinator</u> Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	All programs noted in <b>BLACK</b> are virtual. Our Zoom Meeting ID is: <b>708 669 7678</b> and password is <b>1234</b>		1 <b>10 AM: Breakfast BINGO</b>	2
3	4 <b>12:45PM:</b> Virtual Music & Movement with Steve <b>6 PM:</b> Virtual Evening Meditation with David	5 <b>11 AM: Simple Seated Exercise with Mindy</b>	6 <b>11:00AM: Coloring and Relaxation</b> <b>5PM:</b> ESL Happy Hour with Mindy	7 <b>11AM: Simple Seated Exercise with Mindy</b>  Hanukkah begins at sundown	8 <b>10 AM: Breakfast BINGO</b>	9
10	11 <b>12:45PM: Music &amp; Movement with Steve</b> <b>6 PM:</b> Virtual Evening Meditation with David	12 <b>11 AM: Simple Seated Exercise with Mindy</b> <b>4-6PM: Casselman House Holiday Party</b> <i>MUST RSVP</i>	13 No Coloring and Relaxation <b>3PM: Zumba Gold with Nerilys</b> <b>5PM:</b> ESL Happy Hour with Mindy	14 <b>11AM: Simple Seated Exercise with Mindy</b>	15 <b>10 AM: Breakfast BINGO</b>	16
17	18 <b>12:45PM:</b> Virtual Music & Movement with Steve <b>6 PM:</b> Virtual Evening Meditation with David	19 <b>11 AM: Simple Seated Exercise with Mindy</b> <b>3PM: DIY Afternoon: Holiday Cookie in a Jar</b>	20 <b>11:00AM: Coloring and Relaxation</b> <b>5PM:</b> ESL Happy Hour with Mindy	21 <b>11AM: Simple Seated Exercise with Mindy</b>	22 No Breakfast BINGO <b>12:45PM: Music &amp; Movement with Steve</b> <i>SPECIAL DAY</i>	23
24 Christmas Eve ----- 31 New Years' Eve	25 Christmas Day  NCDF Offices Closed	26 <b>11 AM: Simple Seated Exercise with Mindy</b>	27 <b>11:00AM: Coloring and Relaxation</b> <b>5PM:</b> ESL Happy Hour with Mindy	28 <b>11AM: Simple Seated Exercise with Mindy</b>	29 No Breakfast BINGO <b>12 PM: New Years' Celebration</b>	30