

Weeks House December 2023 Program Schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|--|--|-----|
| | Community Engagement Coordinator India Arnold 617-719-0505 iarnold@ncdfinc.org | Resident Services Coordinator Yessica Fuller 617-659-6009 yfuller@ncdfinc.org | Director of Resident Services: Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org | All programs noted in BLACK are offered virtually. Our Zoom Meeting ID is 708 669 7678 and Password is 1234 | 1 11 AM: Gentle Yoga with Mindy 4PM: Game Afternoon | 2 |
| 3 | 4 12:45PM: Music & Movement with Steve 4PM: Game Afternoon 6 PM: Virtual Evening Meditation with David | 5 10AM: Breakfast BINGO 4PM: Creator's Café with Mindy | 6 1PM: Rest and Restore Yoga 5 PM: ESL Happy Hour with Mindy | 7 11AM: Meditation and Energy Healing with David 2PM: House Meeting Hanukkah begins at sundown | 8 11 AM: Gentle Yoga with Mindy 3PM: Zumba Gold with Nerilys 4:15PM: Game Afternoon | 9 |
| 10 | 11 12:45PM: Virtual Music & Movement with Steve 4PM: Game Afternoon 6 PM: Virtual Evening Meditation with David | 12 10AM: Breakfast BINGO 2PM: Special Holiday Prayer Group 4PM: Creator's Café with Mindy | 13 1PM: Rest and Restore Yoga 5PM: ESL Happy Hour with Mindy | 14 11AM: Meditation and Energy Healing with David 2PM: DIY Afternoon: Holiday Cookie in a Jar | 15 11 AM: Gentle Yoga with Mindy 4PM: Game Afternoon | 16 |
| 17 | 18 12:45PM: Music & Movement with Steve 4-6PM: Weeks House Holiday Party <i>MUST RSVP</i> 6 PM: Virtual Evening Meditation with David | 19 10AM: Breakfast BINGO 3PM: Short Story Group 4PM: Creator's Café with Mindy | 20 1PM: Rest and Restore Yoga 5PM: ESL Happy Hour with Mindy | 21 11AM: Meditation and Energy Healing with David 4PM: Karaoke with India | 22 11 AM: Gentle Yoga with Mindy 12:45PM: Virtual Music & Movement with Steve <i>SPECIAL DAY</i> 4PM: Game Afternoon | 23 |
| 24 Christmas Eve ----- 31 New Years' Eve | 25 Christmas Day NCDF Offices Closed | 26 10AM: Breakfast BINGO 4PM: Creator's Café with Mindy | 27 1PM: Rest and Restore Yoga 5PM: ESL Happy Hour with Mindy | 28 11AM: Meditation and Energy Healing with David 3PM: New Years' Celebration | 29 11 AM: Gentle Yoga with Mindy 4PM: Game Afternoon | 30 |