

Casselman House February 2024 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>Resident Services Coordinator</u> Yessica Fuller 617-659-6009 yfuller@ncdfinc.org</p>	<p><u>Director of Resident Services:</u> Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org</p>	<p>Virtual Programs: Meeting ID is: 708 669 7678 and password is 1234</p>	<p>1 No Simple Seated Exercise 1 PM: Celebrate National Dark Chocolate Day: Taste Test!</p>	<p>2 10 AM: Breakfast Club <i>Formerly Breakfast BINGO</i></p>	<p>3</p>
4	<p>5 12:45 PM: Music & Movement with Steve 3 PM: How To Beat the Winter Blues with Newton Social Services 6 PM: Virtual Evening Meditation with David</p>	<p>6 11 AM: Simple Seated Exercise with Mindy 3 PM: DIY Afternoon: Make Your Own "No-Sew" Throw Blanket</p>	<p>7 5 PM: Virtual ESL Happy Hour with Mindy</p>	<p>8 11 AM: Simple Seated Exercise with Mindy</p>	<p>9 10 AM: Breakfast Club</p>	<p>10</p>
11	<p>12 12:45 PM: Virtual Music & Movement with Steve 6 PM: Virtual Evening Meditation with David</p>	<p>13 11 AM: Simple Seated Exercise with Mindy 3PM: Valentine's Day Celebration</p>	<p>14 3 PM: Zumba Gold with Nerilys 5 PM: Virtual ESL Happy Hour with Mindy</p>	<p>15 11 AM: Simple Seated Exercise with Mindy 12:30 PM: Movie and Lunch <i>MUST RSVP</i></p>	<p>16 10 AM: Breakfast Club</p>	<p>17</p>
18	<p>19 President's Day NCDF Offices Closed 12:45 PM: Music & Movement with Steve 6 PM: Virtual Evening Meditation with David</p>	<p>20 11 AM: Simple Seated Exercise with Mindy 3 PM: DIY Afternoon: Make Your Own Suncatcher!</p>	<p>21 5PM: Virtual ESL Happy Hour with Mindy</p>	<p>22 11 AM: Simple Seated Exercise with Mindy</p>	<p>23 10 AM: Breakfast Club</p>	<p>24</p>
25	<p>26 12:45 PM: Virtual Music & Movement with Steve 3 PM: Buzz Session with Marissa 4PM: Karaoke at Weeks 6 PM: Virtual Evening Meditation with David</p>	<p>27 11 AM: Simple Seated Exercise with Mindy 3 PM: Birthday Party</p>	<p>28 3 PM: Zumba Gold with Nerilys 5 PM: Virtual ESL Happy Hour with Mindy</p>	<p>29 11 AM: Simple Seated Exercise with Mindy 1 PM: Celebrate National Toast Day: Toast Buffet!</p>		