

Weeks House February 2024 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Virtual Programs: Meeting ID is: 708 669 7678 and password is 1234	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	1 11 AM: Meditation and Energy Healing with David 3 PM: House Meeting	2 11 AM: Gentle Yoga with Mindy 2 PM: Afternoon Movie: Groundhog Day 4 PM: Game Afternoon	3
4	5 12:45PM: <u>Virtual</u> Music & Movement with Steve 4 PM: Game Afternoon 6 PM: <u>Virtual</u> Evening Meditation with David	6 10 AM: Breakfast BINGO 4 PM: Creator's Café with Mindy	7 1 PM: Rest and Restore Yoga 5 PM: <u>Virtual</u> ESL Happy Hour with Mindy	8 11 AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning <i>NEW PROGRAM!</i> 3 PM: How To Beat the Winter Blues with Newton Social Services	9 11 AM: Gentle Yoga with Mindy 4 PM: Game Afternoon	10
11	12 12:45PM: Music & Movement with Steve 6 PM: <u>Virtual</u> Evening Meditation with David	13 10 AM: Breakfast BINGO 4 PM: Creator's Café with Mindy	14 1 PM: Rest and Restore Yoga 5 PM: <u>Virtual</u> ESL Happy Hour with Mindy	15 11AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning 3 PM: DIY Afternoon: Make your own "No Sew" Throw Blanket	16 11 AM: Gentle Yoga with Mindy 3 PM: Birthday Party 4 PM: Game Afternoon	17
18	19 President's Day 12:45PM: <u>Virtual</u> Music & Movement with Steve NCDF Offices Closed 6 PM: <u>Virtual</u> Evening Meditation with David	20 10 AM: Breakfast BINGO 3 PM: Short Story Group 4 PM: Creator's Café with Mindy	21 1 PM: Rest and Restore Yoga 5 PM: <u>Virtual</u> ESL Happy Hour with Mindy	22 11AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning 3 PM: DIY Afternoon: Make your own Suncatcher!	23 11 AM: Gentle Yoga with Mindy 3 PM: Zumba Gold with Nerilys 4 PM: Game Afternoon	24
25	26 12:45PM: Music & Movement with Steve 4PM: Karaoke! 6 PM: <u>Virtual</u> Evening Meditation with David	27 10 AM: Breakfast BINGO 4 PM: Creator's Café with Mindy	28 1 PM: Rest and Restore Yoga 5 PM: <u>Virtual</u> ESL Happy Hour with Mindy	29 11AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning 3 PM: Buzz Session with Marissa		