

# Casselman House March 2024 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b><u>Resident Services Coordinator</u></b> Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	<b><u>Director of Resident Services:</u></b> Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org	<b>Virtual Programs:</b> Meeting ID is: <b>708 669 7678</b> and password is <b>1234</b>		1 <b>10 AM: Breakfast Club</b>	2
3	4 <b>12:45 PM: Music &amp; Movement with Steve</b> <b>6 PM: Virtual Evening Meditation with David</b>	5 <b>11 AM: Simple Seated Exercise with Mindy</b> <b>3 PM: DIY Afternoon: Rock Painting</b>	6 <b>5 PM: Virtual ESL Happy Hour with Mindy</b>	7 <b>11 AM: Simple Seated Exercise with Mindy</b>	8 <b>10 AM: Breakfast Club</b>	9
10	11 <b>12:45 PM: Virtual Music &amp; Movement with Steve</b> <b>3 PM: House Meeting</b> <b>6 PM: Virtual Evening Meditation with David</b>	12 <b>11 AM: Simple Seated Exercise with Mindy</b> <b>3 PM: St. Patrick's Day Luncheon</b> <i>must sign up</i>	13 <b>3 PM: Zumba Gold with Nerilys</b> <b>5 PM: Virtual ESL Happy Hour with Mindy</b>	14 <b>11 AM: Simple Seated Exercise with Mindy</b>	15 <b>10 AM: Breakfast Club</b> <b>5 PM: Spring Dance Party at Weeks House!</b>	16
17 <i>St. Patrick's Day</i>	18 <b>12:45 PM: Music &amp; Movement with Steve</b> <b>6 PM: Virtual Evening Meditation with David</b>	19 <b>11 AM: Simple Seated Exercise with Mindy</b> <b>3 PM: DIY Afternoon: Make your own Clay Bowl</b>	20 <b>5PM: Virtual ESL Happy Hour with Mindy</b>	21 <b>11 AM: Simple Seated Exercise with Mindy</b>	22 <b>10 AM: Breakfast Club</b>	23
24 ----- 31	25 <b>3 PM: Buzz Session with Marissa</b> <b>4PM: Karaoke at Weeks House</b> <b>6 PM: Virtual Evening Meditation with David</b>	26 <b>11 AM: Simple Seated Exercise with Mindy</b> <b>3 PM: Birthday Party</b>	27 <b>3 PM: Zumba Gold with Nerilys</b> <b>5 PM: Virtual ESL Happy Hour with Mindy</b>	28 <b>11 AM: Simple Seated Exercise with Mindy</b> <b>3 PM: Afternoon Movie: Eat, Pray, Love</b>	29 <b>10 AM: Breakfast Club</b> <b>12:45 PM: Virtual Music &amp; Movement with Steve</b> <i>special day and time</i>	30