

Weeks House March 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 mwheeler@ncdfinc.org		1 11 AM: Gentle Yoga with Mindy 4 PM: Game Afternoon	2
3	4 12:45PM: Virtual Music & Movement with Steve 4 PM: Game Afternoon 6 PM: Virtual Evening Meditation with David	5 10 AM: Breakfast Club formerly <i>Breakfast BINGO</i> 4 PM: Creator's Café with Mindy	6 1 PM: Rest and Restore Yoga 5 PM: Virtual ESL Happy Hour with Mindy	7 11 AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning 3 PM: House Meeting	8 11 AM: Gentle Yoga with Mindy 3 PM: Zumba Gold with Nerilys 4 PM: Game Afternoon	9
10	11 12:45PM: Music & Movement with Steve 6 PM: Virtual Evening Meditation with David	12 10 AM: Breakfast Club 4 PM: Creator's Café with Mindy	13 1 PM: Rest and Restore Yoga 5 PM: Virtual ESL Happy Hour with Mindy	14 11AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning 3 PM: St. Patrick's Day Celebration! <i>must sign up</i>	15 11 AM: Gentle Yoga with Mindy 4 PM: Game Afternoon 5 PM: Spring Dance Party!	16
17 St Patrick's Day	18 12:45PM: Virtual Music & Movement with Steve NCDF Offices Closed 6 PM: Virtual Evening Meditation with David	19 10 AM: Breakfast Club 3 PM: Short Story Group 4 PM: Creator's Café with Mindy	20 1 PM: Rest and Restore Yoga 5 PM: Virtual ESL Happy Hour with Mindy	21 11AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning 3 PM: DIY Afternoon: Make Your Own Clay Bowl	22 11 AM: Gentle Yoga with Mindy 3 PM: Zumba Gold with Nerilys 4 PM: Game Afternoon	23
24 <hr/> 31 Easter Sunday	25 4PM: Karaoke! 6 PM: Virtual Evening Meditation with David	26 10 AM: Breakfast Club 4 PM: Creator's Café with Mindy	27 1 PM: Rest and Restore Yoga 5 PM: Virtual ESL Happy Hour with Mindy	28 11AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning 3 PM: Buzz Session with Marissa	29 11 AM: Gentle Yoga with Mindy 12:45PM: Music & Movement with Steve <i>special day and time</i> 3 PM: Birthday Party 4 PM: Game Afternoon	30