

Casselman House April 2024 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12:45 PM: Virtual Music & Movement with Steve 3 PM: House Meeting 6 PM: Virtual Evening Meditation with David	2 11 AM: Simple Seated Exercise with Mindy	3 5 PM: Virtual ESL Happy Hour with Mindy	4 11 AM: Simple Seated Exercise with Mindy	5 10 AM: Breakfast Club: NEAHMA Poster Contest Kick-off!	6
7	8 12:45 PM: Music & Movement with Steve 6 PM: Virtual Evening Meditation with David	9 11 AM: Simple Seated Exercise with Mindy 3 PM: DIY Afternoon: Make your own Trivet!	10 3 PM: Zumba Gold with Nerilys 5 PM: Virtual ESL Happy Hour with Mindy	11 11 AM: Simple Seated Exercise with Mindy 3PM: New England Conservatory Performance: Viola	12 11 AM: Breakfast Club: Cultural Potluck! <i>Special Time</i>	13
14	15 <i>Patriot's Day</i> <i>NCDF Offices Closed</i> 6 PM: Virtual Evening Meditation with David	16 11 AM: Simple Seated Exercise with Mindy	17 12 PM: Intergenerational Program: Pizza Party and Scavenger Hunt with NCDF Youth Program 5 PM: Virtual ESL Happy Hour with Mindy	18 11 AM: Simple Seated Exercise with Mindy	19 10 AM: Breakfast Club 11 AM: Virtual Music & Movement with Steve	20
21	22 12:45 PM: Music & Movement with Steve 6 PM: Virtual Evening Meditation with David <i>Passover begins at sundown</i>	23 11 AM: Simple Seated Exercise with Mindy 3 PM: DIY Afternoon: Tissue Paper Art!	24 3 PM: Zumba Gold with Nerilys 5 PM: Virtual ESL Happy Hour with Mindy	25 11 AM: Simple Seated Exercise with Mindy 3PM: Afternoon Movie: As Good As It Gets	26 10 AM: Breakfast Club	27
28	29 3 PM: Buzz Session with Marissa 6 PM: Virtual Evening Meditation with David	30 11 AM: Simple Seated Exercise with Mindy 3 PM: Birthday Party	<u>Resident Services Coordinator</u> Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	<u>Director of Resident Services:</u> Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org	Virtual Programs: Meeting ID is: 708 669 7678 and password is 1234	