

Weeks House April 2024 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>12:45PM: Music & Movement with Steve</p> <p>4PM: Musical Performance with Larry and Loretta!</p> <p>6 PM: <u>Virtual</u> Evening Meditation with David</p>	<p>10 AM: Breakfast Club: NEAHMA Poster Contest Kick-off!</p> <p>1 PM: Creator's Café with Mindy <i>NEW TIME!</i></p>	<p>1 PM: Rest and Restore Yoga</p> <p>5 PM: <u>Virtual</u> ESL Happy Hour with Mindy</p>	<p>11 AM: Meditation and Energy Healing with David</p> <p>1 PM: Muscle Conditioning</p> <p>3 PM: House Meeting</p>	<p>1PM: Gentle Yoga with Mindy <i>NEW TIME!</i></p> <p>3 PM: Zumba Gold with Nerilys</p> <p>4 PM: Game Afternoon</p>	6
7	<p>12:45PM: <u>Virtual</u> Music & Movement with Steve</p> <p>6 PM: <u>Virtual</u> Evening Meditation with David</p>	<p>10 AM: Breakfast Club</p> <p>1PM: Creator's Café with Mindy</p>	<p>1 PM: Rest and Restore Yoga</p> <p>5 PM: <u>Virtual</u> ESL Happy Hour with Mindy</p>	<p>11 AM: Meditation and Energy Healing with David</p> <p>1 PM: Muscle Conditioning</p> <p>3PM: New England Conservatory Performance at Casselman House</p>	<p>1PM: Gentle Yoga with Mindy</p> <p>2:30PM: Birthday Party</p> <p>4 PM: Game Afternoon</p>	13
14	<p><i>Patriot's Day</i></p> <p><i>NCDF Offices Closed</i></p> <p><i>No Music and Movement</i></p> <p>6 PM: <u>Virtual</u> Evening Meditation with David</p>	<p>10 AM: Breakfast Club</p> <p>1 PM: Creator's Café with Mindy</p>	<p>1 PM: Rest and Restore Yoga</p> <p>5 PM: <u>Virtual</u> ESL Happy Hour with Mindy</p>	<p>11AM: Meditation and Energy Healing with David</p> <p>1 PM: Muscle Conditioning</p> <p>3PM: DIY Afternoon: Make Your Own Trivet</p>	<p>11AM: Music & Movement with Steve <i>SPECIAL DAY AND TIME!</i></p> <p>1PM: Gentle Yoga with Mindy</p> <p>3 PM: Zumba Gold with Nerilys</p> <p>4 PM: Game Afternoon</p>	20
21	<p>12:45PM: <u>Virtual</u> Music & Movement with Steve</p> <p>6 PM: <u>Virtual</u> Evening Meditation with David</p> <p><i>Passover begins at sundown</i></p>	<p>10 AM: Breakfast Club: Tissue Paper Art Edition</p> <p>1 PM: Creator's Café with Mindy</p>	<p>1 PM: Rest and Restore Yoga</p> <p>5 PM: <u>Virtual</u> ESL Happy Hour with Mindy</p>	<p>11AM: Meditation and Energy Healing with David</p> <p>1 PM: Muscle Conditioning</p> <p>3 PM: Buzz Session with Marissa</p>	<p>1PM: Gentle Yoga with Mindy</p> <p>2:30PM: National Pretzel Day Celebration</p> <p>4 PM: Game Afternoon</p>	27
28	<p>12:45PM: Music & Movement with Steve</p> <p>6 PM: <u>Virtual</u> Evening Meditation with David</p>	<p>10 AM: Breakfast Club</p> <p>1 PM: Creator's Café with Mindy</p>	<p>Director of Resident Services:</p> <p>Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org</p>	<p>Resident Services Coordinator</p> <p>Yessica Fuller 617-659-6009 yfuller@ncdfinc.org</p>	<p>Community Engagement Coordinator</p> <p>India Arnold 617-719-0505 iarnold@ncdfinc.org</p>	<p>Virtual Programs:</p> <p>Meeting ID is: 708 669 7678 and password is 1234</p>