

Casselman House June 2024 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 12:45 PM: Music & Movement with Steve 6 PM: Virtual Evening Meditation with David	4 11 AM: Simple Seated Exercise with Mindy 3 PM: Afternoon Movie	5 3 PM: Zumba Gold with Nerilys 5 PM: Virtual ESL Happy Hour with Mindy	6 11 AM: Simple Seated Exercise with Mindy	7 No Breakfast Club	1 ----- 8
9	10 12:45 PM: Virtual Music & Movement with Steve 6 PM: Virtual Evening Meditation with David	11 11 AM: Simple Seated Exercise with Mindy	12 5 PM: Virtual ESL Happy Hour with Mindy	13 11 AM: Simple Seated Exercise with Mindy 5-7 PM: NCDF Annual Salute to Service Community Event	14 No Breakfast Club	15
16 Father's Day	17 12:45 PM: Music & Movement with Steve 6 PM: Virtual Evening Meditation with David	18 11 AM: Simple Seated Exercise with Mindy 3 PM: Ice Cream on the Patio!	19 Juneteenth NCDF Offices Closed 3 PM: Zumba Gold with Nerilys 5 PM: Virtual ESL Happy Hour with Mindy	20 11 AM: Simple Seated Exercise with Mindy	21 10 AM: Breakfast Club	22
23	24 12:45 PM: Virtual Music & Movement with Steve 6 PM: Virtual Evening Meditation with David	25 11 AM: Simple Seated Exercise with Mindy 3 PM: Birthday Party	26 5 PM: Virtual ESL Happy Hour with Mindy	27 11 AM: Simple Seated Exercise with Mindy	28 10 AM: Breakfast Club 2 PM: National Smoothie Day: Make Your Own Smoothies!	29
30		Virtual Programs: Meeting ID is 708 669 7678 and password is 1234	Resident Services Coordinator Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	Director of Resident Services: Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org		