

Weeks House June 2024 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 12:45PM: Virtual Music & Movement with Steve 3-5 PM: Mahjong - Open Play 6 PM: Virtual Evening Meditation with David	4 10 AM: Breakfast Club 1PM: Creator's Café with Mindy	5 1 PM: Rest and Restore Yoga 5 PM: Virtual ESL Happy Hour with Mindy	6 11 AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning 3 PM: Afternoon Movie	7 1PM: Gentle Yoga with Mindy 3 PM: Zumba Gold with Nerilys 4 PM: Game Afternoon	1 ----- 8
9	10 12:45PM: Music & Movement with Steve 3-5 PM: Mahjong - Open Play 6 PM: Virtual Evening Meditation with David	11 10 AM: Breakfast Club 1PM: Creator's Café with Mindy	12 1 PM: Rest and Restore Yoga 5 PM: Virtual ESL Happy Hour with Mindy	13 11 AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning 5-7 PM: NCDF Annual Salute to Service Community Event at Casselman House	14 1PM: Gentle Yoga with Mindy 4 PM: Game Afternoon	15
16 <i>Father's Day</i>	17 12:45PM: Virtual Music & Movement with Steve 3-5 PM: Mahjong - Open Play 6 PM: Virtual Evening Meditation with David	18 10 AM: Breakfast Club 1 PM: Creator's Café with Mindy	19 <i>Juneteenth</i> NCDF Offices Closed. 1 PM: Rest and Restore Yoga 3 PM: A Walk Back in Time with Ted 5 PM: Virtual ESL Happy Hour with Mindy	20 11AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning 3 PM: Ice Cream on the Patio!	21 1PM: Gentle Yoga with Mindy 2:30 PM: Birthday Party 4 PM: Game Afternoon	22
23	24 12:45PM: Music & Movement with Steve 3-5 PM: Mahjong - Open Play 6 PM: Virtual Evening Meditation with David	25 10 AM: Breakfast Club 1 PM: Creator's Café with Mindy	26 1 PM: Rest and Restore Yoga 5 PM: Virtual ESL Happy Hour with Mindy	27 11AM: Meditation and Energy Healing with David 1 PM: Muscle Conditioning 3 PM: National Smoothie Day: Make your own Smoothies	28 1PM: Gentle Yoga with Mindy 3 PM: Zumba Gold with Nerilys 4 PM: Game Afternoon	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	Community Engagement Coordinator India Arnold 617-719-0505 iarnold@ncdfinc.org	