

Casselman House September 2024 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day <i>NCDF Offices Closed</i> 12:45 PM: Music & Movement with Steve	3 11 AM: Simple Seated Exercise with Mindy	4 3 PM: ESL Happy Hour with Mindy <i>New TIME and IN-PERSON!</i>	5	6 10 AM: Breakfast Club	7
8	9 12:45 PM: Music & Movement with Steve 6 PM: <u>Virtual</u> Evening Meditation with David	10 11 AM: Simple Seated Exercise with Mindy 3 PM: DIY Afternoon: Make Your Own Pressed Flower Hanging	11 3 PM: ESL Happy Hour with Mindy 4 PM: Karaoke at Weeks House	12	13 10 AM: Breakfast Club 3 PM: Zumba GOLD with Nerilys <i>New DAY and now offered WEEKLY!</i>	14
15	16 12:45 PM: <u>Virtual</u> Music & Movement with Steve 2PM: Fraud Prevention with The Village Bank 6 PM: <u>Virtual</u> Evening Meditation with David	17 11 AM: Simple Seated Exercise with Mindy 1 PM: Flu Shot Clinic with Keyes Pharmacy	18 3 PM: ESL Happy Hour with Mindy	19 3 PM: National Chocolate Milkshake Day Celebration!	20 10 AM: Breakfast Club 3 PM: Zumba GOLD with Nerilys	21
22	23 <i>No Music and Movement</i> 6 PM: <u>Virtual</u> Evening Meditation with David	24 11 AM: Simple Seated Exercise with Mindy 3 PM: Birthday Party	25 3 PM: ESL Happy Hour with Mindy	26 3PM: Book Review with Newton Free Library at Weeks House	27 10 AM: Breakfast Club 3 PM: Zumba GOLD with Nerilys	28
29	30 12:45 PM: Music & Movement with Steve 3 PM: House Meeting 6 PM: <u>Virtual</u> Evening Meditation with David		Virtual Programs: Meeting ID is 708 669 7678 and password is 1234	<u>Director of Resident Services:</u> Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org	<u>Resident Services Coordinator</u> Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	