

# Weeks House September 2024 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Labor Day</b> <i><b>NCDF Offices Closed</b></i> <b>11:30 AM : Music &amp; Movement</b> <i><b>SPECIAL TIME</b></i>	3 <b>10 AM:</b> Breakfast Club <b>1PM:</b> Creator's Café	4 <b>1 PM:</b> Rest and Restore Yoga	5 <b>11 AM:</b> Meditation and Energy Healing <b>1 PM:</b> Muscle Conditioning <b>3PM:</b> House Meeting / <b>India's BABY GENDER REVEAL!</b>	6 <b>1PM:</b> Gentle Yoga <b>2:30 PM: Birthday Party</b> <b>4 PM:</b> Game Afternoon	7
8	9 <b>12:45 PM: Virtual</b> Music & Movement <b>2PM:</b> Fraud Prevention with The Village Bank <b>3-5 PM:</b> Mahjong <b>6 PM: Virtual</b> Evening Meditation	10 <b>10 AM:</b> Breakfast Club <b>1PM:</b> Creator's Café	11 <b>1 PM:</b> Rest and Restore Yoga <b>4 PM: Karaoke!</b>	12 <b>11 AM:</b> Meditation and Energy Healing <b>1 PM:</b> Muscle Conditioning <b>3PM:</b> National Chocolate Milkshake Day Celebration!	13 <b>1PM:</b> Gentle Yoga <b>4 PM:</b> Game Afternoon	14
15	16 <b>12:45 PM: Music &amp; Movement</b> <b>3-5 PM:</b> Mahjong <b>6 PM: Virtual</b> Evening Meditation	17 <b>10 AM:</b> Breakfast Club <b>1PM:</b> Creator's Café	18 <b>1 PM:</b> Rest and Restore Yoga <b>3 PM: A Walk Back in Time with Ted</b>	19 <b>11AM:</b> Meditation and Energy Healing <b>No Muscle Conditioning</b> <b>1 PM: Flu Shot Clinic with Keyes Pharmacy</b>	20 <b>1PM:</b> Gentle Yoga <b>4 PM:</b> Game Afternoon	21
22	23 <b>No Music and Movement</b> <b>3-5 PM:</b> Mahjong <b>6 PM: Virtual</b> Evening Meditation	24 <b>10 AM:</b> Breakfast Club <b>1PM:</b> Creator's Café	25 <b>1 PM:</b> Rest and Restore Yoga	26 <b>11AM:</b> Meditation and Energy Healing <b>1 PM:</b> Muscle Conditioning <b>3PM:</b> Book Review with Newton Free Library	27 <b>1PM:</b> Gentle Yoga <b>4 PM:</b> Game Afternoon	28
29	30 <b>12:45 PM: Virtual</b> Music & Movement <b>3-5 PM:</b> Mahjong <b>6 PM: Virtual</b> Evening Meditation		<b>Resident Services Coordinator</b> Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	<b>Director of Resident Services:</b> Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org	<b>Community Engagement Coordinator</b> India Arnold 617-719-0505 iarnold@ncdfinc.org	<b>Virtual Programs:</b> Meeting ID is: <b>708 669 7678</b> and password is <b>1234</b>