

# Weeks House October 2024 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Virtual Programs:</b> Meeting ID is: <b>708 669 7678</b> and password is <b>1234</b>	<b>Resident Services Coordinator</b> Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	1 <b>No Breakfast Club</b> <b>1PM:</b> Creator's Café	2 <b>1 PM:</b> Rest and Restore Yoga  <b>Rosh Hashanah begins at sundown</b>	3 <b>11 AM:</b> Meditation and Energy Healing <b>1 PM:</b> Muscle Conditioning	4 <b>1PM:</b> Gentle Yoga <b>1PM:</b> Barn Babies Traveling Petting Zoo <b>4 PM:</b> Game Afternoon	5
6	7 <b>12:45 PM:</b> Music & Movement <b>3-5 PM:</b> Mahjong <b>6 PM:</b> <u>Virtual</u> Evening Meditation	8 <b>10 AM:</b> Breakfast Club <b>1PM:</b> Creator's Café	9 <b>1 PM:</b> Rest and Restore Yoga <b>3 PM:</b> A Walk Back in Time with Ted	10 <b>11 AM:</b> Meditation and Energy Healing <b>1 PM:</b> Muscle Conditioning <b>3 PM:</b> House Meeting	11 <b>No Gentle Yoga</b> <b>12:30-2:30 PM:</b> See flyer for special <b>SURPRISE</b> event  <b>Yom Kippur begins at sundown</b>	12
13	14 <b>Indigenous Peoples' Day</b> <b>NCDF Offices CLOSED</b> <b>12:45 PM:</b> <u>Virtual</u> Music & Movement <b>6 PM:</b> <u>Virtual</u> Evening Meditation	15 <b>No Breakfast Club</b> <b>1PM:</b> Creator's Café <b>3 PM:</b> DIY Afternoon: Tie Dye!	16 <b>1 PM:</b> Rest and Restore Yoga <b>3 PM:</b> Listening Session with the City of Newton Planning Department	17 <b>No Meditation and Energy Healing</b> <b>1 PM:</b> Muscle Conditioning <b>3PM:</b> Presentation by <b>Historic Newton: The History of our City</b>	18 <b>1PM:</b> Gentle Yoga <b>4 PM:</b> Game Afternoon	19
20	21 <b>12:45 PM:</b> Music & Movement <b>3-5 PM:</b> Mahjong <b>6 PM:</b> <u>Virtual</u> Evening Meditation	22 <b>10 AM:</b> Breakfast Club <b>1PM:</b> Creator's Café	23 <b>1 PM:</b> Rest and Restore Yoga <b>3 PM:</b> A Walk Back in Time with Ted	24 <b>11AM:</b> Meditation and Energy Healing <b>1 PM:</b> Muscle Conditioning <b>3 PM:</b> DIY Afternoon: Make your own Autumn Mug	25 <b>1PM:</b> Gentle Yoga <b>4 PM:</b> Game Afternoon	26
27	28 <b>12:45 PM:</b> <u>Virtual</u> Music & Movement <b>3:30 PM:</b> Karaoke with Terri and India <b>6 PM:</b> <u>Virtual</u> Evening Meditation	29 <b>10 AM:</b> Breakfast Club <b>1PM:</b> Creator's Café	30 <b>1 PM:</b> Rest and Restore Yoga	31 <b>11AM:</b> Meditation and Energy Healing <b>1 PM:</b> Muscle Conditioning <b>3 PM:</b> Halloween October Birthday Party!	<b>Community Engagement Coordinator</b> India Arnold 617-719-0505 iarnold@ncdfinc.org	<b>Director of Resident Services:</b> Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org