

Weeks House December 2024 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 12:45 PM: Music & Movement 3-5 PM: Mahjong 6 PM: <u>Virtual</u> Evening Meditation	3 10 AM: Breakfast Club 1PM: Creator's Café	4 1 PM: Rest and Restore Yoga 3 PM: A Walk Back in Time with Ted	5 11 AM: Meditation and Energy Healing 1 PM: Muscle Conditioning 3 PM: House Meeting	6 1PM: Gentle Yoga 3:30 PM: Zumba GOLD with Nerilys at Casselman House 4 PM: Game Afternoon	7
8	9 12:45 PM: <u>Virtual</u> Music & Movement 3PM: Holiday Performance with the New England Conservatory 6 PM: <u>Virtual</u> Evening Meditation	10 No Breakfast Club 1PM: Creator's Café	11 1 PM: Rest and Restore Yoga	12 11 AM: Meditation and Energy Healing 1 PM: Muscle Conditioning	13 1PM: Gentle Yoga 3:30 PM: Zumba GOLD with Nerilys at Casselman House 4 PM: Game Afternoon	14
15	16 12:45 PM: Music & Movement 3-5 PM: Mahjong 6 PM: <u>Virtual</u> Evening Meditation	17 10 AM: Breakfast Club: DIY Edition - Cookie in a Jar! 1PM: Creator's Café 3PM: Newton Parks & Recreation Collaboration: Rummikub with Alex!	18 1 PM: Rest and Restore Yoga 3 PM: A Walk Back in Time with Ted	19 11 AM: Meditation and Energy Healing 1 PM: Muscle Conditioning 3-4:30 PM: Annual Holiday Celebration! <i>Must RSVP</i>	20 1PM: Gentle Yoga 3:30 PM: Zumba GOLD with Nerilys at Casselman House 4 PM: Game Afternoon	21
22	23 12:45 PM: <u>Virtual</u> Music & Movement 3-5 PM: Mahjong 6 PM: <u>Virtual</u> Evening Meditation	24 Christmas Eve 10 AM: Breakfast Club 1PM: Creator's Café	25 Christmas Day <i>NCDF Offices Closed</i> Hanukkah begins at sundown	26 11AM: Meditation and Energy Healing 1 PM: Muscle Conditioning	27 1PM: Gentle Yoga 3:30 PM: Zumba GOLD with Nerilys at Casselman House 4 PM: Game Afternoon	28
29	30 No Music & Movement 3-5 PM: Mahjong 6 PM: <u>Virtual</u> Evening Meditation	31 New Years' Eve 10 AM: Breakfast Club 1 PM: Creator's Café	Virtual Programs: Meeting ID is: 708 669 7678 and password is 1234	Director of Resident Services: Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org	Resident Services Coordinator Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	