

Casselman House July 2025 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Virtual Program Meeting ID: 708 669 7678 Password: 1234	1 11 AM: Simple Seated Exercise with Mindy	2 3 PM: ESL Happy Hour with Mindy	3	4 Independence Day NCDF Offices Closed	5
6	7 12:45 PM: Music & Movement with Steve 6 PM: <u>Virtual</u> Evening Meditation with David	8 11 AM: Simple Seated Exercise with Mindy 1 PM: Cooking for One on a Budget!	9 3 PM: ESL Happy Hour with Mindy	10	11 10 AM: Breakfast Club with Yessica 3 PM Technology Support with Ethan	12
13	14 1PM: Sing & Sway with Cathy 4:30PM Technology Support with Ethan 6 PM: <u>Virtual</u> Evening Meditation with David	15 11 AM: Simple Seated Exercise with Mindy	16 3 PM: ESL Happy Hour with Mindy	17 11 AM: Mental Health Discussion with Riverside Community Care	18 10 AM: Breakfast Club with Yessica	19
20	21 12:45 PM: Music & Movement with Steve 6 PM: <u>Virtual</u> Evening Meditation with David	22 11 AM: Simple Seated Exercise with Mindy 3 PM: Birthday Party	23 3 PM: ESL Happy Hour with Mindy	24 11:30 AM: Blood Pressure Clinic with Newton Public Health	25	26
27	28 1PM: Sing & Sway with Cathy 6 PM: <u>Virtual</u> Evening Meditation with David	29 11 AM: Simple Seated Exercise with Mindy	30 3 PM: ESL Happy Hour with Mindy	31 10 AM: Morning Bingo with India	Resident Services Coordinator Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	Assistant Director of Resident Services India Arnold 617-719-0505 larnold@ncdfinc.org