

Weeks House July 2025 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Virtual Programs: Meeting ID is: 708 669 7678 and password is 1234	Assistant Director of Resident Services India Arnold 617-719-0505 larnold@ncdfinc.org	1 10 AM Community Room TV Guide! 1PM: Creator’s Café	2 1 PM: Yoga with Mindy	3 11 AM: Meditation and Energy Healing 1 PM: Muscle Conditioning	4 Independence Day NCDF Offices Closed 7 PM : Boston Pops Fireworks Spectacular Viewing	5
6	7 3-5 PM: Mahjong 6 PM: Virtual Evening Meditation	8 11:30 AM: Monthly Blood Pressure Clinic 1PM: Creator’s Café	9 11 AM : Cooking for One on a Budget! 1 PM: Yoga with Mindy 3 PM: A Walk Back in Time with Ted	10 No Meditation and Energy Healing 1 PM: Muscle Conditioning	11 4 PM: Game Afternoon	12
13	14 12:45 PM: Music & Movement 3-5 PM: Mahjong 6 PM: Virtual Evening Meditation	15 10 AM: Breakfast Club with Yessica 1PM: Creator’s Café 3PM: Games with Alex	16 1 PM: Yoga with Mindy	17 11 AM: Meditation and Energy Healing 1 PM: Muscle Conditioning	18 4 PM: Game Afternoon	19
20	21 No Mahjong 3:30 PM: Karaoke with Terri and India 6 PM: Virtual Evening Meditation	22 1PM: Creator’s Café	23 1 PM: Yoga with Mindy 3 PM: A Walk Back in Time with Ted	24 11AM: Meditation and Energy Healing 1 PM: Muscle Conditioning 2 PM: Mental Health Discussion with Riverside Community Care!	25 4 PM: Game Afternoon	26
27	28 12:45 PM: Music & Movement 3-5 PM: Mahjong 6 PM: Virtual Evening Meditation	29 10 AM: Breakfast Club with Yessica 1PM: Creator’s Café	30 1 PM: Yoga with Mindy	31 11AM: Meditation and Energy Healing 1 PM: Muscle Conditioning	Resident Services Coordinator Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	