

# WEEKS HOUSE - APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 12:30 PM -Easter and Passover Celebration  <b>Passover Begins</b>	2 11 AM - Meditation & Energy Healing	3 11:30 AM - The Monthly Torah  <b>Good Friday</b>
6 3 PM - Mahjong 6 PM - Virtual Evening Meditation	7 10:30 AM - Breakfast Club 1 PM - Walking Group 3 PM - House Meeting	8 11:30 AM - Special Heartbeat Zumba 2 PM - Gentle Seated Yoga 3 PM - Games with Alex	9 10:30 AM - Blood Pressure Clinic 11 AM - Meditation & Energy Healing 1 PM - Muscle Conditioning	10 2 PM - John Week's Birthday Celebration 4 PM - Game Afternoon
13 12:45 PM - Music & Movement with Steve 3 PM - Mahjong 6 PM - Virtual Evening Meditation	14 11 AM - Anagrams 2 PM - Author Event with Carmen Fields 3:30 PM - BINGO	15 11 AM - Blue Zone Documentary and Discussion 2 PM - Gentle Seated Yoga	16 11 AM - Meditation & Energy Healing 1 PM - Muscle Conditioning	17 4 PM - Game Afternoon
20 <b>Patriot's Day NCDF Offices Closed</b> 6 PM - Virtual Evening Meditation	21 10:30 AM - Breakfast Club 2 PM - Live Saxophone Performance: Clyde Wheatley 3:30 PM- BINGO	22 11 AM - Earth Day documentary and Discussion 2 PM - Gentle Seated Yoga 3 PM - Games with Alex	23 11 AM - Meditation & Energy Healing 1 PM - Muscle Conditioning 2:30PM - The Age Stage: The Carroll Center	24 4 PM - Game Afternoon
27 12:45 PM - Music & Movement with Steve 3 PM - Karaoke! 6 PM - Virtual Evening Meditation	28 11 AM - Creative Connections 2 PM - Author Event with Matt Robinson 3:30PM -Birthday Bash	29 11 AM - Short Story Discussion 12:30PM - Green Newton's Earth Day Festival 2 PM - Gentle Seated Yoga	30 11 AM - Meditation & Energy Healing 1 PM - Muscle Conditioning	