

Casselman House December 2023 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>Director of Resident Services:</u> Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org	<u>Resident Services Coordinator</u> Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	All programs noted in BLACK are virtual. Our Zoom Meeting ID is: 708 669 7678 and password is 1234		1 10 AM: Breakfast BINGO	2
3	4 12:45PM: Virtual Music & Movement with Steve 6 PM: Virtual Evening Meditation with David	5 11 AM: Simple Seated Exercise with Mindy	6 11:00AM: Coloring and Relaxation 5PM: ESL Happy Hour with Mindy	7 11AM: Simple Seated Exercise with Mindy Hanukkah begins at sundown	8 10 AM: Breakfast BINGO	9
10	11 12:45PM: Music & Movement with Steve 6 PM: Virtual Evening Meditation with David	12 11 AM: Simple Seated Exercise with Mindy 4-6PM: Casselman House Holiday Party <i>MUST RSVP</i>	13 No Coloring and Relaxation 3PM: Zumba Gold with Nerilys 5PM: ESL Happy Hour with Mindy	14 11AM: Simple Seated Exercise with Mindy	15 10 AM: Breakfast BINGO	16
17	18 12:45PM: Virtual Music & Movement with Steve 6 PM: Virtual Evening Meditation with David	19 11 AM: Simple Seated Exercise with Mindy 3PM: DIY Afternoon: Holiday Cookie in a Jar	20 11:00AM: Coloring and Relaxation 5PM: ESL Happy Hour with Mindy	21 11AM: Simple Seated Exercise with Mindy	22 No Breakfast BINGO 12:45PM: Music & Movement with Steve SPECIAL DAY	23
24 Christmas Eve ----- 31 New Years' Eve	25 Christmas Day NCDF Offices Closed	26 11 AM: Simple Seated Exercise with Mindy	27 11:00AM: Coloring and Relaxation 5PM: ESL Happy Hour with Mindy	28 11AM: Simple Seated Exercise with Mindy	29 No Breakfast BINGO 12 PM: New Years' Celebration	30