

Weeks House December 2023 Program Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Community Engagement Coordinator India Arnold 617-719-0505 iarnold@ncdfinc.org	Resident Services Coordinator Yessica Fuller 617-659-6009 yfuller@ncdfinc.org	Director of Resident Services: Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org	All programs noted in BLACK are offered virtually. Our Zoom Meeting ID is 708 669 7678 and Password is 1234	1 11 AM: Gentle Yoga with Mindy 4PM: Game Afternoon	2
3	4 12:45PM: Music & Movement with Steve 4PM: Game Afternoon 6 PM: Virtual Evening Meditation with David	5 10AM: Breakfast BINGO 4PM: Creator's Café with Mindy	6 1PM: Rest and Restore Yoga 5 PM: ESL Happy Hour with Mindy	7 11AM: Meditation and Energy Healing with David 2PM: House Meeting Hanukkah begins at sundown	8 11 AM: Gentle Yoga with Mindy 3PM: Zumba Gold with Nerilys 4:15PM: Game Afternoon	9
10	11 12:45PM: Virtual Music & Movement with Steve 4PM: Game Afternoon 6 PM: Virtual Evening Meditation with David	12 10AM: Breakfast BINGO 2PM: Special Holiday Prayer Group 4PM: Creator's Café with Mindy	13 1PM: Rest and Restore Yoga 5PM: ESL Happy Hour with Mindy	14 11AM: Meditation and Energy Healing with David 2PM: DIY Afternoon: Holiday Cookie in a Jar	15 11 AM: Gentle Yoga with Mindy 4PM: Game Afternoon	16
17	18 12:45PM: Music & Movement with Steve 4-6PM: Weeks House Holiday Party MUST RSVP 6 PM: Virtual Evening Meditation with David	19 10AM: Breakfast BINGO 3PM: Short Story Group 4PM: Creator's Café with Mindy	20 1PM: Rest and Restore Yoga 5PM: ESL Happy Hour with Mindy	21 11AM: Meditation and Energy Healing with David 4PM: Karaoke with India	22 11 AM: Gentle Yoga with Mindy 12:45PM: Virtual Music & Movement with Steve SPECIAL DAY 4PM: Game Afternoon	23
24 Christmas Eve ----- 31 New Years' Eve	25 Christmas Day NCDF Offices Closed	26 10AM: Breakfast BINGO 4PM: Creator's Café with Mindy	27 1PM: Rest and Restore Yoga 5PM: ESL Happy Hour with Mindy	28 11AM: Meditation and Energy Healing with David 3PM: New Years' Celebration	29 11 AM: Gentle Yoga with Mindy 4PM: Game Afternoon	30