

Casselman House July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 11:30AM-12:30PM: Fitness Studio	3 10:00-11:00AM: American Culture Group 11:30AM: Group Exercise No Evening Meditation	4 Independence Day NCDF Management and Resident Services Office Closed	5 10:15-10:45AM: Fitness Studio 11:30AM: Gentle Yoga 1:00PM: Brain Games	6 10:30-11:30AM: Morning Conversations: Resident's Choice!	7 8:30AM: Bread Donation 12:30-1:45PM: Fitness Studio
8	9 9:30AM: Grocery Shopping Trip: Market Basket, Waltham 11:30AM-12:30PM: Fitness Studio 12:30PM: Lunch N Learn	10 10:00-11:00AM: American Culture Group 11:30AM: Group Exercise 6:30PM: Evening Meditation	11 10:00-11:00AM: BINGO Breakfast 11:30AM-12:30PM: Fitness Studio 12:30-1:30PM: Color My World 1:30PM: Tai Chi	12 10:15-10:45AM: Fitness Studio 11:30AM: Gentle Yoga 3:00PM: Coffee Hour	13 10:30AM: Morning Games: Dominoes	14 8:30AM: Bread Donation 10:30AM-12:30PM: Fitness Studio
15	16 9:30AM: Grocery Shopping Trip: Sudbury Farms, Needham 11:30AM-12:30PM: Fitness Studio	17 10:00-11:00AM: American Culture Group 11:30AM: Group Exercise 6:30PM: Evening Meditation 6:45PM: Food To Your Table Farmer's Market	18 11:30AM-12:30PM: Fitness Studio 12:30-1:30PM: Color My World 1:30PM: Tai Chi	19 10:15-10:45AM: Fitness Studio 11:30AM: Gentle Yoga 1:00PM: Walking Group 1:30PM: Afternoon Field Trip: Target, Watertown	20	21 8:30AM: Bread Donation 10:30AM-12:30PM: Fitness Studio
22	23 9:30AM: Grocery Shopping Trip: Market Basket, Waltham 11:30AM-12:30PM: Fitness Studio	24 10:00-11:00AM: American Culture Group 11:30AM: Group Exercise 6:30PM: Evening Meditation	25 10:00-11:00AM: BINGO Breakfast 11:30AM-12:30PM: Fitness Studio 12:30-1:30PM: Color My World 1:30PM: Tai Chi	26 10:15-10:45AM: Fitness Studio 11:30AM: Gentle Yoga 3:00PM: Wellness Documentary: The Brain Fitness Program	27 10:30AM: Morning Conversations: Learn to Speak Russian Part III	28 8:30AM: Bread Donation 12:30-1:45PM: Fitness Studio
29	30 9:30AM: Grocery Shopping Trip: Sudbury Farms, Needham 11:30AM-12:30PM: Fitness Studio	31 10:00-11:00AM: American Culture Group 11:30AM: Group Exercise 6:30PM: Evening Meditation		<i>Resident Activities Coordinator:</i> India Arnold 617-719-0505 iarnold@ncdfinc.org	<i>Resident Services Coordinator:</i> Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org	<i>Springwell Care Coordinator:</i> Chelsea Hancock 617-607-1116 chancock@springwell.com