

Weeks House July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30-10:00AM: Fitness Studio 10:00AM: A Matter of Balance	3 8:30-9:45AM: Fitness Studio 11:30AM: American Culture <i>No Tai Chi</i>	4 <i>Independence Day</i> <i>NCDF Management and Resident Services Offices Closed</i>	5 <i>No Meditation and Mindfulness</i>	6 <i>No Breakfast Club</i> 1:30-3:00PM: Library	7 8:00AM: Bread Donation 10:45AM-12:15PM: Fitness Studio
8	9 8:30-10:00AM: Fitness Studio 10:00AM: A Matter of Balance 2:00PM: Documentary: The Royal House of Windsor: Part 1	10 8:30-9:45AM: Fitness Studio 11:30AM: American Culture 2:00PM: Tai Chi	11 8:30-10:00AM: Fitness Studio 10:00AM: A Matter of Balance 12:30-2:30PM: Art Group 3:00PM: Book Club: The Art Forger by B.A. Shapiro	12 9:30AM: Grocery Shopping Trip: Market Basket, Waltham 3:00PM: Coffee Hour 6:30PM: Meditation and Mindfulness	13 8:30-10:30AM: Breakfast Club 1:30-3:00PM: Library	14 8:00AM: Bread Donation 10:45AM-12:15PM: Fitness Studio 5:00PM: Ice Cream Social and Evening concert with Mel Stiller
15	16 8:30-10:00AM: Fitness Studio 10:00AM: A Matter of Balance 2:00PM: Documentary: The Royal House of Windsor: Part 2	17 8:30-9:45AM: Fitness Studio 11:30AM: American Culture 2:00PM: Tai Chi 7:00PM: Elliot and Gay Jacobson Community Room Dedication	18 8:30-10:00AM: Fitness Studio 10:00AM: A Matter of Balance 12:30-2:30PM: Art Group 2:30PM: June Birthday Party	19 9:30AM: Grocery Shopping Trip: Sudbury Farms, Needham 12:30PM: Food for Thought: Medication Management and Bill's Pizzeria 6:30PM: Meditation and Mindfulness	20 <i>No Breakfast Club</i> 1:30-3:00PM: Library	21 8:00AM: Bread Donation 10:45AM-12:15PM: Fitness Studio
22	23 8:30-10:00AM: Fitness Studio 10:00AM: A Matter of Balance 2:00PM: Documentary: The Royal House of Windsor: Part 3	24 8:30-9:30AM: Fitness Studio 11:30AM: American Culture 2:00PM: Tai Chi	25 8:30-10:00AM: Fitness Studio 10:00AM: A Matter of Balance 12:30-2:30PM: Art Group 3:00PM: Current Events with Catie Camp	26 9:30AM: Grocery Shopping Trip: Market Basket, Waltham 6:30PM: Meditation and Mindfulness	27 8:30-10:30AM: Breakfast Club 1:30-3:00PM: Library	28 8:00AM: Bread Donation 10:45AM-12:15PM: Fitness Studio
29	30 8:30-10:00AM: Fitness Studio 10:00AM: A Matter of Balance 1:30PM: Afternoon Field Trip: Target, Watertown	31 8:30-9:45AM: Fitness Studio 11:30AM: American Culture 2:00PM: Tai Chi		<i>Resident Services Coordinator:</i> <i>Marissa Wheeler</i> 617-467-6069 <i>mwheeler@ncdfinc.org</i>	<i>Director of Resident Services:</i> <i>Mary Lou Seitz</i> 617-467-3052 <i>mseitz@ncdfinc.org</i>	<i>Fitness and Wellness Coordinator :</i> <i>Muire Flynn</i> 617-244-4035 x 27 <i>mflynn@ncdfinc.org</i>