

# Weeks House October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Weeks House Community Coordinator:</b> Yessica Rodriguez 617-467-3052 yrodriguez@ncdfinc.org	1 <b>11:00AM:</b> Shopping Trip: Home Goods / Dollar Tree, Brighton <b>2:00PM:</b> Tai Chi	2 <b>10:30AM:</b> Morning Chat with Mary Lou <b>12:00PM:</b> Music and Movement <b>1:00-2:30PM:</b> Art Group <b>6:30PM:</b> Evening Meditation	3 <b>10:00AM:</b> Gentle Strengthening <i>New Class!</i> <b>11:00AM:</b> Shopping Trip: Market Basket, Waltham <b>3:00PM:</b> Coffee Hour	4 <b>10:00AM:</b> Friday Morning Brew <b>11:00AM:</b> American Culture Group <b>1:30-3:00PM:</b> Library	5 <b>8:00AM:</b> Bread Donation <b>3:00PM:</b> Canasta
6	7 <b>10:00AM:</b> Morning Chair Yoga <b>2:15PM:</b> Moving Memoirs with Lynn	8 <b>11:00AM:</b> Shopping Trip: Baza Supermarket, Newton Upper Falls <b>No Tai Chi</b> <b>7:15PM:</b> Food to Your Table Farmers Market <i>Yom Kippur begins at sundown</i>	9 <b>10:30AM:</b> Morning Chat with Mary Lou <b>1:00-2:30PM:</b> Art Group <b>6:30PM:</b> Evening Meditation	10 <b>10:00AM:</b> Gentle Strengthening <b>11:00AM:</b> Scenic Drive: Leaf Peeping Tour with Rich <b>1:30PM:</b> Zumba Gold <b>4:00PM:</b> Interfaith Prayer Group	11 <b>10:00AM:</b> Friday Morning Brew with Springwell <b>11:00AM:</b> American Culture Group	12 <b>8:00AM:</b> Bread Donation <b>3:00PM:</b> Canasta
13	14 <b>Columbus Day</b>  <b>NCDF Management and Resident Services Offices Closed</b>	15 <b>11:00AM:</b> Special Outing: Wayside Inn in Sudbury <b>2:00PM:</b> Tai Chi	16 <b>10:30AM:</b> Morning Chat with Mary Lou <b>12:00PM:</b> Music and Movement <b>1:00-2:30PM:</b> Art Group <b>3:00PM:</b> Book Club: Sons by Pearl Buck <b>6:30PM:</b> Evening Meditation	17 <b>10:00AM:</b> Gentle Strengthening <b>11:00AM:</b> Shopping Trip: Sophia's Greek Pantry, Belmont <b>2:00PM:</b> DIY Afternoon: Make Your Own Applesauce	18 <b>10:00AM:</b> Friday Morning Brew: Pancake Breakfast <b>11:00AM:</b> American Culture Group <b>1:30-3:00PM:</b> Library	19 <b>8:00AM:</b> Bread Donation <b>3:00PM:</b> Canasta
20	21 <b>10:00AM:</b> Morning Chair Yoga <b>2:00PM:</b> Yessica's Kitchen: Mini Chicken Pot Pies	22 <b>11:00AM:</b> Shopping Trip: Market Basket, Waltham <b>2:00PM:</b> Tai Chi	23 <b>10:30AM:</b> Morning Chat with Mary Lou <b>1:00-2:30PM:</b> Art Group <b>6:30PM:</b> Evening Meditation	24 <b>10:00AM:</b> Gentle Strengthening <b>11:00AM:</b> Shopping Trip: Amazon Bookstore, Dedham <b>1:30PM:</b> Zumba Gold	25 <b>10:00AM:</b> Friday Morning Brew <b>11:00AM:</b> American Culture Group	26 <b>8:00AM:</b> Bread Donation <b>3:00PM:</b> Canasta
27	28 <b>10:00AM:</b> Morning Chair Yoga	29 <b>11:00AM:</b> Shopping Trip: Marshall's / New England Mobile Book Fair, Newton Upper Falls <b>12:30PM:</b> Food for Thought: New England Soup Factory and 1950's Tribute Concert <b>2:00PM:</b> Tai Chi	30 <b>10:30AM:</b> Morning Chat with Mary Lou <b>12:00PM:</b> Music and Movement <b>1:00-2:30PM:</b> Art Group <b>6:30PM:</b> Evening Meditation	31 <b>Halloween</b> <b>10:00AM:</b> Gentle Strengthening <b>11:00AM:</b> Shopping Trip: Virtuous Teas, Newton Corner <b>2:00PM:</b> Costume Birthday Party	<b>NCDF Director of Resident Services:</b> Marissa Wheeler 617-467-6069 mwheeler@ncdfinc.org	