

OCTOBER 2024 PROGRAMMING CALENDAR- INDEPENDENT LIVING

ARTISAN AT HUDSON

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <p style="text-align: center;">Theme of The Month</p> <p style="text-align: center;">HEALTH & WELLNESS</p>	<p>1</p> <p>10:00 Multiple Stops Shopping Trip- Stop n Shop, Walmart, Market Basket, Dollar Tree, Shaws</p> <p>11:00 Move For Life (AL Studio)</p> <p>1:00 Mahjong (IL Studio)</p> <p>1:00 Yahtzee (AL Lounge)</p> <p>2:00 Live Concert by Kalifornia Karl (AL Studio)</p> <p>2:30 Spanish Language Club (IL Cafe)</p> <p>3:15 Fall Fitness Challenge Kickoff Party & Registrations (AL Studio)</p> <p>4:00 Happy Hour (IL Bar)</p> <p>6:30 Movie Night (Theater)</p> <p>7:00 Poker Night (IL Studio)</p>	<p>2</p> <p>11:00 Move For Life (AL Studio)</p> <p>1:00 Bible Share & Care (Theater)</p> <p>1:00 Walking Club</p> <p>1:00 Mexican Train Dominos Game (AL Lounge)</p> <p>1:00 Cardio Drumming with Alli (AL Studio)</p> <p>2:00 Cribbage for Beginners (IL Lounge)</p> <p>2:00 BINGO (AL Studio)</p> <p>4:00 Happy Hour (IL Bar)</p> <p>6:30 Playing Card Bingo (AL Studio)</p> <p>7:00 Artisan's Book Club (Theater)</p>	<p>3</p> <p>11:00 Move For Life (AL Studio)</p> <p>1:00 Mahjong (IL Studio)</p> <p>1:00 Yahtzee (AL Lounge)</p> <p>1:30 Meditation with Dr. Raj (Theater)</p> <p>1:30 Community Walk to End Alzheimer's (AL Lounge)</p> <p>2:00 Crafternoon- Pinecone Flowers Bouquet (AL Studio)</p> <p>2:00 Canvas Painting with John (IL Studio)</p> <p>2:00 Watercolor Painting with Paul (IL Studio)</p> <p>4:00 Happy Hour (IL Bar)</p> <p>6:30 Movie Night (Theater)</p>	<p>4</p> <p>11:00 Move For Life (AL Studio)</p> <p>1:00 Walking Club</p> <p>1:00 Mexican Train Dominos Game (AL Lounge)</p> <p>1:00 Crafternoon- Fall Gnome Wreaths (AL Studio)</p> <p>1:30 Meditation with Dr. Raj (Theater)</p> <p>2:00 Playing Card Bingo (AL Studio)</p> <p>2:30 Movie Matinee: Thelma (Theater)</p> <p>4:00 Putt Golf Fridays (IL Bar)</p> <p>6:30 Movie Night (Theater)</p>	<p>5</p> <p>10:30 Ladies Tea Club (AL Studio)</p> <p>11:00 Video Exercises (AL Studio)</p> <p>12:30 Walking Club</p> <p>1:00 Halloween Classics Movie Matinee- Hocus Pocus (Theater)</p> <p>2:00 Spanish Club with Betsy (IL Studio)</p> <p>2:00 BINGO (AL Studio)</p> <p>4:00 Happy Hour (IL Bar)</p> <p>6:30 Movie Night (Theater)</p>
<p>6</p> <p>10:00 In-person Catholic Mass & Communion by Deacon Chuck (IL Lounge)</p> <p>10:15 Word Games (AL Lounge)</p> <p>11:00 Streamed Protestant Service (Theater)</p> <p>11:00 Be Fit with McKayla (AL Studio)</p> <p>11:30 Spa Manicures (AL Studio)</p> <p>1:30 University Lecture Series: American Soldiers in the Great War (Theater)</p> <p>2:00 Playing Card Bingo- Resident-Led (IL Studio)</p> <p>4:00 Happy Hour (IL Bar)</p> <p>6:30 Movie Night (Theater)</p>	<p>7</p> <p>11:00 Move For Life (AL Studio)</p> <p>1:00 Walking Club (Meet in AL Studio)</p> <p>1:00 Mexican Train Dominos Game (AL Lounge)</p> <p>1:30 Meditation with Dr. Raj (Theater)</p> <p>1:30 Activity Discussion Meeting (AL Studio)</p> <p>2:00 Fun with Limericks (AL Studio)</p> <p>2:00 BINGO (AL Studio)</p> <p>2:00 Canvas Painting with John (IL Studio)</p> <p>2:45 Virtual Travels to Iceland with Kristina (IL Studio)</p> <p>4:00 Happy Hour (IL Bar)</p> <p>6:30 Movie Night (Theater)</p>	<p>8</p> <p>10:45 Lifelong Learning Live Course- Voting in America by Professor David Smailes (Theater)</p> <p>11:00 Fall Foliage Trip & Picnic to Old North Bridge, Concord (Sign-up required)</p> <p>11:00 Move For Life (AL Studio)</p> <p>1:00 Mahjong (IL Studio)</p> <p>1:00 Yahtzee (AL Lounge)</p> <p>1:00 Educational Talk by Move for Life Physical Therapist Alli (AL Studio)</p> <p>1:15 Live Course: Women, Art & Society by Jessica Roscio (Theater)</p> <p>2:30 Make Your Own Wellness Shots (AL Studio)</p> <p>2:30 Spanish Language Club (IL Cafe)</p> <p>3:30 Live Piano Bar with Mel Stiller (IL Bar)</p> <p>4:00 Happy Hour (IL Bar)</p> <p>6:30 Movie Night (Theater)</p> <p>7:00 Poker Night (IL Studio)</p>	<p>9</p> <p>11:00 Move For Life (AL Studio)</p> <p>1:00 Ceramic Painting: Fall Leaf Shaped Dish (AL Studio)</p> <p>1:00 Bible Share & Care (Theater)</p> <p>1:00 Walking Club</p> <p>1:00 Mexican Train Dominos Game (AL Lounge)</p> <p>2:00 Cribbage for Beginners (IL Lounge)</p> <p>2:00 BINGO (AL Studio)</p> <p>4:00 Happy Hour (IL Bar)</p> <p>6:30 Playing Card Bingo (AL Studio)</p>	<p>10</p> <p>11:00 Move For Life (AL Studio)</p> <p>12:30 Concert trip to Groton Hill Music Center</p> <p>1:00 Mahjong (IL Studio)</p> <p>1:00 Yahtzee (AL Lounge)</p> <p>1:30 Meditation with Dr. Raj (Theater)</p> <p>2:00 Make your own Wellness Tea Blend (AL Studio)</p> <p>2:00 Canvas Painting with John (IL Studio)</p> <p>3:15 Activity Discussion Meeting (IL Lounge)</p> <p>3:30 Happy Hour (IL Bar)</p> <p>6:30 Movie Night (Theater)</p>	<p>11 Flu Clinic Day</p> <p>11:00 Move For Life (AL Studio)</p> <p>1:00 Walking Club</p> <p>1:00 Mexican Train Dominos Game (AL Lounge)</p> <p>1:30 Meditation with Dr. Raj (Theater)</p> <p>1:00 Crafternoon- Fall Foliage Terrarium (AL Studio)</p> <p>2:00 Playing Card Bingo (AL Studio)</p> <p>4:00 Happy Hour (IL Bar)</p> <p>4:00 Putt Golf Fridays (IL Bar)</p> <p>6:30 Movie Night (Theater)</p>	<p>12</p> <p>10:30 Ladies Tea Club (AL Studio)</p> <p>11:00 Chair Yoga with Kristina (AL Studio)</p> <p>12:30 Walking Club</p> <p>1:45 Live Jazz Concert by Brian Kane (AL Studio)</p> <p>2:00 Spanish Club with Betsy (IL Studio)</p> <p>4:00 Happy Hour (IL Bar)</p> <p>6:30 Movie Night (Theater)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13 10:00 Livestream of Catholic Mass with Communion (IL Lounge) 10:15 Word Games (AL Lounge) 11:00 Streamed Protestant Service (Theater) 11:00 Chair Yoga with Kristina (AL Studio) 11:30 Spa Manicures (AL Studio) 12:30 Walking Club 1:30 University Lecture Series: The History of Jewish Delis (Theater) 2:00 Playing Card Bingo (AL Studio) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>	<p>14 11:00 Move For Life (AL Studio) 1:00 Walking Club (Meet in AL Studio) 1:00 Healthy Baking Club (AL Studio) 1:30 Meditation with Dr. Raj (Theater) 1:30 Mexican Train Dominos Game (AL Lounge) 2:00 BINGO (AL Studio) 2:00 Canvas Painting with John (IL Studio) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>	<p>15 10:45 Lifelong Learning Live Course- Voting in America by Professor David Smailes (Theater) 11:00 Fall Picnic & Lunch trip to Meadowbrook Orchards 11:00 Move For Life (AL Studio) 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:00 Cardio Drumming with Alli (AL Studio) 1:15 Lifelong Learning Live Course: Women, Art & Society by Jessica Roscio (Theater) 2:00 Aromatherapy Workshop (AL Studio) 2:30 Spanish Language Club (IL Cafe) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater) 7:00 Poker Night (IL Studio)</p>	<p>16 11:00 Move For Life (AL Studio) 1:00 Bible Share & Care (Theatre) 1:00 Walking Club 1:00 Mexican Train Dominos Game (AL Lounge) 1:00 Afternoon Chair Yoga with Kristina (IL Studio) 2:30 Cribbage for Beginners (IL Studio) 2:00 BINGO (AL Studio) 4:00 Happy Hour (IL Bar) 6:30 Playing Card Bingo (AL Studio)</p>	<p>17 11:00 Move For Life (AL Studio) 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:30 Meditation with Dr. Raj (Theater) 2:00 Line Dancing (AL Studio) 2:00 Canvas Painting with John (IL Studio) 2:00 Beginners Watercolor Painting with Paul (IL Studio) 3:15 New Resident Welcome Social (AL Studio) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>	<p>18 11:00 Move For Life (AL Studio) 1:00 Walking Club 1:00 Mexican Train Dominos (AL Lounge) 1:00 Pumpkin Pie Bake-off Competition (AL Studio) 1:30 Meditation with Dr. Raj (Theater) 2:00 Playing Card Bingo (AL Studio) 3:30 Artisan Triathlon (IL Bar) 6:30 Movie Night (Theater)</p>	<p>19 10:30 Ladies Tea Club (AL Studio) 11:00 Video Exercises (AL Studio) 12:30 Walking Club 1:30 Halloween Classics Movie Matinee- The Haunted Mansion (Theater) 2:00 Spanish Club with Betsy (IL Studio) 2:00 BINGO (AL Studio) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>
<p>20 10:00 Livestream of Catholic Mass, with Communion (IL Lounge) 10:15 Word Games (AL Lounge) 11:00 Streamed Protestant Service (Theater) 11:00 Be Fit with McKayla (AL Studio) 11:30 Spa Manicures (AL Studio) 12:30 Walking Club Documentary Hour: The Fit Generation (Theater) 2:00 Playing Card Bingo (IL Studio) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>	<p>21 11:00 Move For Life (AL Studio) 1:00 Walking Club (Meet in AL Studio) 1:00 Healthy Baking Club (AL Studio) 1:30 Meditation with Dr. Raj (Theater) 1:30 Mexican Train Dominos Game (AL Lounge) 2:00 Fun with Limericks (AL Studio) 2:45 Virtual Travels to Nashville with McKayla (Theater) 2:00 BINGO (AL Studio) 2:00 Canvas Painting with John (IL Studio) 3:00 IL Townhall (IL Dining Room) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>	<p>22 10:45 Lifelong Learning Live Course- Voting in America by Professor David Smailes (Theater) 11:00 Men's Luncheon Trip (AL Studio) 11:00 Move For Life (AL Studio) 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:15 Lifelong Learning Live Course: Women, Art & Society by Jessica Roscio (IL Lounge) 2:00 Presentation on the Life & Music of Frank Sinatra by Joe Malone (Theater) 2:30 Spanish Language Club (IL Cafe) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater) 7:00 Poker Night (IL Studio)</p>	<p>23 11:00 Move For Life (AL Studio) 1:00 Ceramic Painting: Ceramic Owl (AL Studio) 1:00 Walking Club 1:00 Bible Share & Care (Theatre) 1:00 Mexican Train Dominos Game (AL Lounge) 2:00 BINGO (AL Studio) 2:00 Cribbage for Beginners (IL Lounge) 4:00 Happy Hour (IL Bar) 6:30 Playing Card Bingo (AL Studio)</p>	<p>24 11:00 Move For Life (AL Studio) 11:00-4:00 Jewelry Show by Susie (AL Lounge) 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:00 Crafternoon: Seasonal Fall Crafts (AL Studio) 1:30 Meditation with Dr. Raj (Theater) 2:00 Live Concert by P E James (AL Studio) 2:00 Canvas Painting with John (IL Studio) 2:00 Beginners Watercolor Painting with Paul (IL Studio) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>	<p>25 11:00 Move For Life (AL Studio) 1:00 Walking Club 1:00 Mexican Train Dominos Game (AL Lounge) 1:00 Crafternoon: Seasonal Fall Crafts (AL Studio) 1:30 Meditation with Dr. Raj (Theater) 2:00 Playing Card Bingo (IL Studio) 4:00 Putt Golf Fridays (IL Bar) 6:30 Movie Night (Theater)</p>	<p>26 10:30 Ladies Tea Club (AL Studio) 11:00 Chair Yoga with Kristina (AL Studio) 12:30 Walking Club 1:30 Halloween Classics Movie Matinee- The Addams Family (Theater) 2:00 Spanish Club with Betsy (IL Studio) 2:00 BINGO (AL Studio) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>
<p>27 10:00 Livestream of Catholic Mass with Communion (IL Lounge) 10:15 Word Games (AL Lounge) 11:00 Streamed Protestant Service (Theater) 11:00 Chair Yoga with Kristina (AL Studio) 11:30 Spa Manicures (AL Studio) 12:30 Walking Club 1:45 Live Concert by Greg Peters (AL Studio) 3:00 Trick or Treat Social (AL Studio) 2:00 Playing Card Bingo-</p>	<p>28 11:00 Move For Life (AL Studio) 1:00 Walking Club 1:00 Healthy Baking Club (AL Studio) 1:30 Meditation with Dr. Raj (Theater) 1:30 Mexican Train Dominos Game (AL Lounge) 2:00 BINGO (AL Studio) 2:00 Documentary Hour: Salem Witch Trials (Theater) 2:00 Canvas Painting with John (IL Studio) 4:00 Happy Hour (IL Bar)</p>	<p>29 10:45 Voting in America by Professor David Smailes (Theater) 11:00 Luncheon trip to Wayside Inn 11:00 Move For Life (AL Studio) 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:00 Halloween Themed Movement Class (AL Studio) 1:15 Women, Art & Society by Jessica Roscio (IL Lounge) 2:00 Mini Pumpkin Decoupage (AL Studio)</p>	<p>30 11:00 Move For Life (AL Studio) 11:00-3:00 Bae Smith's Clothing Show (AL Lounge) 1:00 Walking Club 1:00 Bible Share & Care (Theatre) 1:00 Mexican Train Dominos Game (AL Lounge) 1:00 Afternoon Chair Yoga with Kristina (IL Studio) 2:00 BINGO (AL Studio) 2:00 Cribbage for Beginners (IL</p>	<p>31 Halloween 11:00 Move For Life (AL Studio) 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:30 Meditation with Dr. Raj (Theater) 2:00 Halloween Costume Party (AL Studio) 2:00 Canvas Painting with John (IL Studio) 2:00 Beginners Watercolor Painting with Paul (IL Studio)</p>	<p>Please note that all activities and/or programs are subject to change without prior notice, please refer to the daily schedule on the bulletin boards for the most up to date programs</p>	 <p>HELLO FALL</p>

Resident Led (IL Studio) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)	6:30 Movie Night (Theater)	2:30 Spanish Language Club (IL Cafe) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater) 7:00 Poker Night (IL Studio)	Lounge 4:00 Happy Hour (IL Bar) 6:30 Playing Card Bingo (AL Studio)	4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)		
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