



FEBURARY 2025 PROGRAMMING CALENDAR- ASSISTED LIVING

ARTISAN AT HUDSON

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Weekly Trips</p> <p>2/4- Shopping Trip 2/11-Luncheon Trip to Bella Costa 2/18- Concord Cheese Shop 2/25- Nashoba Valley Winery</p> <p>Please sign up with the concierge</p>				<p>Theme of The Month</p> <p>FOOD & WINE</p>	<p>1 10:30 Ladies Tea Club (AL Studio) 11:00 Chair Yoga with Kristina (AL Studio) 11:30 Manicures with Life Enrichment (AL Studio) 12:30 Walking Club (Weather Permitting) 1:30 Untold Stories: A Black History Documentary Series (Theater) 2:00 Spanish Club with Betsy (IL Studio) 2:00 BINGO (AL Studio) 3:30 Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>
<p>2 Groundhog Day 10:00 In-person Catholic Mass & Communion with Deacon Chuck (IL Lounge) 11:00 Streamed Protestant Service (Theater) 11:00 Chair Yoga with Kristina (AL Studio) 11:30 Manicures with Life Enrichment (AL Studio) 12:30 Spa Sundays (Theater) 2:00 Playing Card Bingo (AL Studio) 3:30 Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>	<p>3 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club (Weather Permitting) 1:00 Cheese Making Class: Feta Cheese (AL Studio) 1:00 Mexican Train Dominos Game (AL Lounge) 1:30 Scrabble with Francine (IL Studio) 1:30 Meditation with Dr. Raj (Theater) 2:00 BINGO (AL Studio) 3:30 Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>	<p>4 11:00 Trip to Multiple Stops Shopping Trip to Market Basket, TJ Maxx, Dollar Tree 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 1:00 Mahjong (IL Studio) 1:00 Spanish Language Club (IL Lounge) 1:00 Yahtzee (AL Lounge) 1:30 Presentation on the Life & Music of Louis Armstrong (Theater) 3:30 Live Concert by Kalifornia Karl with Happy Hour (AL Studio) 6:30 Movie Night (Theater) 7:00 Poker Night (IL Studio)</p>	<p>5 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club (Weather Permitting) 1:00 Bible Share & Care (Theater) 1:00 Cardio Drumming with Alli (Gym) 1:00 Zumba with Beginners (IL Studio) 2:00 Cribbage for Beginners (IL Lounge) 2:00 BINGO (AL Studio) 3:30 Happy Hour (AL Bar) 6:30 Playing Card Bingo (AL Studio)</p>	<p>6 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:30 Meditation with Dr. Raj (Theater) 1:30 Scrabble with Francine (IL Studio) 2:00 Wine Making Lesson-Red Wine (AL Studio) 2:00 Canvas Painting with John (IL Studio) 2:00 Beginners Watercolor Painting with Paul (AL Studio) 3:00 Presentation on Greatest Love Songs of All Time by John Clark (Theater) 6:30 Movie Night (Theater)</p>	<p>7 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club (Weather Permitting) 1:00 Valentine's Day Wreaths (AL Studio) 1:30 Meditation with Dr. Raj (Theater) 2:00 Playing Card Bingo (AL Studio) 2:30 No Sew Blanket Making (IL Studio) 3:30 Sip & Savor Fridays (AL Bar) 6:30 Movie Night (Theater)</p>	<p>8 10:30 Ladies Tea Club (AL Studio) 11:00 Video Exercises (AL Studio) 11:30 Manicures with McKayla (AL Studio) 12:30 Walking Club (Weather Permitting) 1:30 Untold Stories: A Black History Documentary Series – Harriet Tubman (Theater) 2:00 Spanish Club with Betsy (IL Studio) 2:00 BINGO (AL Studio) 3:30 Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9 10:00 Livestream of Catholic Mass with Communion (IL Lounge) 11:00 Streamed Protestant Service (Theater) 11:00 Be Fit with McKayla (AL Studio) 11:30 Spa Manicures (AL Studio) 1:00 Spa Sundays (Theater) 2:00 Playing Card Bingo (AL Studio) 3:30 Superbowl Pre Game Happy Hour (AL Bar) 6:30 Superbowl Sunday (Theater)</p>	<p>10 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club (Weather Permitting) 1:00 Wire Wrapped Ring Social (AL Lounge) 1:30 Meditation with Dr. Raj (Theater) 1:30 Mexican Train Dominos Game (AL Lounge) 1:30 Scrabble with Francine (IL Studio) 2:00 BINGO (AL Studio) 2:00 Canvas Painting with John (IL Studio) 3:00 AL Townhall (Dining Room) 3:30 Mystery Drink Mondays at Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>	<p>11 11:00 Luncheon trip to Bella Costa Restaurant (Framingham) 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 1:00 Mahjong (IL Studio) 1:00 Spanish Language Club (IL Lounge) 1:00 Yahtzee (AL Lounge) 2:00 Line Dancing (AL Studio) 2:30 History of Valentine's Day (Theater) 3:30 Blind Taste Test Tuesdays at Happy Hour (AL Bar) 3:30 Happy Hour (AL Bar) 6:30 Movie Night (Theater) 7:00 Poker Night (IL Studio)</p>	<p>12 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club (Weather Permitting) 1:00 Bible Share & Care (Theatre) 1:00 Cardio Drumming with Alli (Gym) 1:00 Ceramic Painting (AL Studio) 2:00 Cribbage for Beginners (IL Studio) 2:00 Cupid's Bingo Bash (AL Studio) 3:00 Monthly Culinary Meeting (AL Café) 3:30 Happy Hour (AL Bar) 4:30 BBQ Turkey Buffet (Dining Room) 6:30 Playing Card Bingo (AL Studio)</p>	<p>13 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Trip to Groton Hill for A String Quartet 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:00 Gary's Grub Group-Gourmet Hot Chocolate Demo (AL Café) 1:30 Meditation with Dr. Raj (Theater) 1:30 Scrabble with Francine (IL Studio) 2:00 Pop Up Zumba for Beginners with Sarah (AL Studio) 2:00 Canvas Painting with John (IL Studio) 2:00 Beginners Watercolor Painting with Paul (IL Studio) 3:30 Blind Taste Test Thursdays at Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>	<p>14 Valentine's Day 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club (Weather Permitting) 1:00 Wine Glass Painting with Hot Cocoa Social (AL Studio) 1:30 Meditation with Dr. Raj (Theater) 2:00 Playing Card Bingo (AL Studio) 3:30 Happy Hour & Cocktail of the Month Demo with Chef Gary (AL Bar) 4:30 Valentine's Day Special Dinner (Dining Room) 6:30 Movie Night (Theater)</p>	<p>15 10:30 Ladies Tea Club (AL Studio) 11:00 Chair Yoga with Kristina (AL Studio) 11:30 Manicures with Life Enrichment (AL Studio) 12:30 Walking Club (Weather Permitting) 1:30 Untold Stories: A Black History Documentary Series – Ida B Wells- Black Investigative Journalist (Theater) 2:00 BINGO (AL Studio) 2:00 Spanish Club with Betsy (IL Studio) 3:30 Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>
<p>16 10:00 Livestream of Catholic Mass, with Communion (IL Lounge) 11:00 Streamed Protestant Service (Theater) 11:00 Chair Yoga with Kristina (AL Studio) 11:30 Spa Manicures (AL Studio) 1:00 Spa Sundays (Theater) 2:00 Playing Card Bingo (AL Studio) 3:30 Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>	<p>17 Presidents Day 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club 1:00 Create your own Chocolate Bar (AL Studio) 1:30 Meditation with Dr. Raj (Theater) 1:30 Mexican Train Dominos Game (AL Lounge) 1:30 Scrabble with Francine (IL Studio) 2:00 Celebrating Black History Bingo (AL Studio) 2:00 Canvas Painting with John (IL Studio) 3:30 Presidents Day Fun Facts at Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>	<p>18 11:00 Trip to The Concord Cheese Shop 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:00 Spanish Language Club (IL Lounge) 1:00 Educational Program: Online Food Delivery Application Lesson (AL Studio) 2:00 Armchair Travel to Provincetown, Cape Cod (AL Studio) 3:30 Happy Hour (AL Bar) 6:30 Movie Night (Theater) 7:00 Poker Night (IL Studio)</p>	<p>19 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 11:00-4:00 Susie's Trunk Show (AL Lounge) 12:30 Walking Club (Weather Permitting) 1:00 Bible Share & Care (Theater) 1:00 Zumba with Beginners (IL Studio) 1:00 Cardio Drumming with Alli (Gym) 2:00 Cribbage for Beginners (IL Lounge) 2:00 BINGO (AL Studio) 3:30 Happy Hour (AL Bar) 6:30 Playing Card Bingo (AL Studio)</p>	<p>20 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:00 Gary's Grub Group-The Art of Sauté (AL Café) 1:30 Meditation with Dr. Raj (Theater) 1:30 Scrabble with Francine (IL Studio) 2:00 Armchair Travel to Aruba with McKayla (Theater) 2:00 Canvas Painting with John (IL Studio) 2:00 Beginners Watercolor Painting with Paul (AL Studio) 3:15 New Resident Welcome Social (AL Studio) 3:30 Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>	<p>21 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club (Weather Permitting) 1:00 Bake Away- Carmella's Famous Banana Bread Recipe (AL Studio) 1:30 Meditation with Dr. Raj (Theater) 2:00 Playing Card Bingo (AL Studio) 2:30 No Sew Blanket Making (IL Studio) 3:30 Sip & Savor Fridays (AL Bar) 6:30 Movie Night (Theater)</p>	<p>22 National Margarita Day 10:30 Ladies Tea Club (AL Studio) 11:00 Video Exercises (AL Studio) 12:30 Walking Club (Weather Permitting) 1:30 Untold Stories: A Black History Documentary Series – Sammy Davis Jr (Theater) 12:30 Walking Club (Weather Permitting) 2:00 Spanish Club with Betsy (IL Studio) 2:00 BINGO (AL Studio) 3:30 Margaritaville Happy Hour (AL Bar) Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>
<p>23 10:00 Livestream of Catholic Mass with Communion (IL Lounge) 11:00 Streamed Protestant Service (Theater) 11:00 Be Fit with McKayla (AL Studio) 11:30 Spa Manicures (AL Studio) 1:00 Spa Sundays (Theater) 2:00 Playing Card Bingo (AL Studio) 3:30 Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>	<p>24 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club (Weather Permitting) 1:30 Meditation with Dr. Raj 1:30 Scrabble with Francine (IL Studio) 1:30 Mexican Train Dominos Game (AL Lounge) 1:00 Snacktivity: Chocolate Covered Nut (AL Studio) 2:00 BINGO (AL Studio) 3:30 Mystery Drink Mondays at Happy Hour (AL Bar) 6:30 Movie Night (Theater)</p>	<p>25 11:00 Wine Tasting & Lunch Trip to Nashoba Valley Winery 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:00 Spanish Language Club (IL Cafe) 2:30 Live Piano Bar with Mel (AL Bar) 3:30 Blind Taste Test Tuesdays at Happy Hour (AL Bar) 3:30 Happy Hour (AL Bar) 4:30 Greek Themed Buffet (Dining Room) 6:30 Movie Night (Theater) 7:00 Poker Night (IL Studio)</p>	<p>26 10:45 Move For Life (IL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club (Weather Permitting) 1:00 Bible Share & Care (Theater) 1:00 Cardio Drumming with Alli (Gym) 2:00 Cribbage for Beginners (IL Lounge) 2:00 BINGO (IL Studio) 3:30 Happy Hour (AL Bar) 6:30 Playing Card Bingo (AL Studio)</p>	<p>27 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 1:00 Mahjong (IL Studio) 1:00 Yahtzee (AL Lounge) 1:00 Gary's Grub Group-Blind Culinary Creation Challenge Demo (AL Café) 1:30 Meditation with Dr. Raj (Theater) 1:30 Scrabble with Francine (IL Studio) 2:00 Traveling the Underground Railroad- A Presentation (AL Studio) 2:00 Canvas Painting with John (IL Studio) 2:00 Watercolor Painting with Paul (AL Studio) 6:30 Movie Night (Theater)</p>	<p>28 10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club (Weather Permitting) 1:00 Hot Cocoa Social with Crafts (AL Studio) 1:30 Meditation with Dr. Raj (Theater) 2:00 Playing Card Bingo (AL Studio) 3:30 Sip & Savor Fridays (AL Bar) 6:30 Movie Night (Theater)</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>

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