



FEBURARY 2025 PROGRAMMING CALENDAR- INDEPENDENT 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</p> <p>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) 4:00 Happy Hour (IL 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) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>	<p>3</p> <p>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) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>	<p>4</p> <p>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</p> <p>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) 4:00 Happy Hour (IL Bar) 6:30 Playing Card Bingo (AL Studio)</p>	<p>6</p> <p>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</p> <p>10:45 Move For Life (AL Studio) 11:30 Move For Life 2nd Class (IL Studio) 12:30 Walking Club 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) 4:00 Putt Golf at Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>	<p>8</p> <p>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) 4:00 Happy Hour (IL Bar) 6:30 Movie Night (Theater)</p>

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