

October 2025 ~ At Home In-person and Virtual Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
REGISTRATION INFO Please register at least 48 hours prior to a program. Contact the office for event details. 781.276.1910	**EXCEPTION** For our ZOOM exercise class, please contact the instructor directly to sign up for class. (see enclosed flyer).	10:00 Poet of the Month w Dr. Cammy Thomas ~ Gerard Manley Hopkins 1:00 Watercolor Workshop 2:00 ZOOM AH Exercise Class	9:30 Drawing Through the Masters with Kate Hanlon 2:00 ZOOM AH Exercise Class 3:00 Netflix Streamed Docuseries ~ "Chef's Table Legends: Thomas Keller"	10:30 Transportation to: Boston Symphony Orchestra
6	7	8	9	10
	10:30 ZOOM Art Matters ~ 'The Great American West' 2:00 'Guided Meditation' w Linda Frederick, Reiki Master 2:00 ZOOM AH Exercise Class	1:00 Transportation to Huntington Theatre "The Hills of California"	2:00 ZOOM At Home Exercise Class	9:30 At Home Day Trip The Danforth Museum 10:30 Transportation to: Boston Symphony Orchestra
13	14	15	16	17
10:30 "Exploring Northern Costa Rica" With Bill Gette of Celebrating Nature Talks	2:00 ZOOM AH Exercise Class	10:00 Transportation to: The Harvard Art Museums 1:00 Watercolor Workshop	2:00 ZOOM AH Exercise Class	10:30 Transportation to: Boston Symphony Orchestra 2:00 Apple iPad, iPhone, Laptop Lab ~ 1:1 instruction with Karen Rudnick
20	21	22	23	24
3:00 Book Discussion "Aging as a Spiritual Practice" ~ Part 1	2:00 Garden Club: "Forcing Bulbs" Note: \$5 fee for At Home Members 2:00 ZOOM AH Exercise Class	10:30 "Seniors in the AI Era: Living in a World of Intelligent Machines" 10:30 AH Discussion Group "In Youth We Learn; In Age We Understand" 1:00 Transportation to Merrimack Repertory Theatre "Misery"	2:00 ZOOM AH Exercise Class 3:00 Netflix Streamed Docuseries ~ "Chef's Table Legends: Alice Waters"	10:30 Transportation to: Boston Symphony Orchestra
27	28	29	30	31
3:00 Book Discussion "Aging as a Spiritual Practice" ~ Part 2	2:00 ZOOM At Home Exercise Class 7:00 "Singing Through the Ages" featuring the Silver-Ebony-Ivory Trio		10:30 "Bedford Free Public Library" Presentation with Alyssa Staples, Assistant Director & Rand Hall, Head of Reference Services 2:00 ZOOM AH Exercise Class	