

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	10:30 ZOOM Art Matters ~ 'Henri Matisse' 2:00 'Guided Meditation' w Linda Frederick, Reiki Master 2:00 ZOOM AH Exercise Class	10:00 Poet of the Month w Dr. Cammy Thomas ~ William Blake, Revolutionary Spirit 1:00 Watercolor Workshop	9:30 Drawing Through the Masters A drawing class that explores the materials & methods of a few master artists 2:00 ZOOM AH Exercise Class	3:00 Feature Film ~ "Lawrence of Arabia" Part 1 (Part 2 will be shown on Saturday 9/6 at 2:00)
8	9	10	11	12
	2:00 ZOOM At Home Exercise Class	2:00 Apple iPad, iPhone, Laptop Lab ~ 1:1 instruction with Karen Rudnick	2:00 ZOOM AH Exercise Class	
15	16	17	18	19
10:30 "Musical Journey Concert" Exploring captivating works by Rachmaninoff and other romantic composers	2:00 Garden Club: "The Blizzard of '78" with Harvey Leonard, Chief Meteorologist Emeritus, WCVB Channel 5. 2:00 ZOOM AH Exercise Class	1:00 Watercolor Workshop	2:00 ZOOM AH Exercise Class	10:00 Transportation to: Worcester Art Museum "Lee Mingwei: Our Peaceful Kingdom" 10:30 "High Holy Day Program" ~ includes folk, cantorial & liturgical styles.
22	23	24	25	26
	10:30 "Best Practices for Securing Your Apple Devices" with Karen Rudnick 2:00 ZOOM AH Exercise Class	10:30 At Home Discussion Group "The Power of Connection"	9:30 At Home Day Trip Longfellow House – Washington's Headquarters National Historic Site 2:00 ZOOM AH Exercise Class	10:30 Transportation to: Boston Symphony Orchestra
29	30			
	2:00 ZOOM At Home Exercise Class	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).	**SATURDAY MOVIES** (see enclosed flyer)