


November 2024 ~ At Home In-person and Virtual Events & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
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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 attached flyer).	**SATURDAY MOVIES** (see attached flyer)		10:00 Transportation to: MFA ~ "Georgia O'Keefe and Henry Moore" (timed entry exhibit) 10:00 Watercolor Workshop 10:30 "Geriatrics – Patient Focused Care" with Dr. Ashmeet Bhatia
4	5	6	7	8
11:00 ZOOM <i>'Writing Life' w Barbara O'Neil</i> 10:00 iPad Workshop: <i>"The iPad is so Versatile!"</i>	10:30 ZOOM Art Matters ~ <i>'Leonardo Da Vinci'</i> 2:00 ZOOM At Home Exercise Class		2:00 ZOOM At Home Exercise Class 7:15 pm <i>"Skylark to Stardust": The Songs of Hoagy Carmichael</i>	10:00 Watercolor Workshop
11	12	13	14	15
9:30 ZOOM <i>'Mixed Media Art Sample' with Kate Hanlon</i>	2:00 ZOOM AH Exercise Class 7:15 pm <i>"A Night in Mongolia" ~ learn about the history, culture & traditions and enjoy some Mongolian foods!</i>	10:30 ZOOM At Home Discussion Group <i>'Bring Awareness to Your Gratitude Practice'</i>	2:00 ZOOM At Home Exercise Class	10:30 Transportation to: Boston Symphony Orchestra
18	19	20	21	22
11:00 ZOOM <i>'Writing Life' w Barbara O'Neil</i>	10:00 iPhone Workshop: <i>"Organize Your Home Screen"</i> 2:00 Garden Club: <i>'Mini Forest Development by Miyawaki Method' Note: \$5 fee</i> 2:00 ZOOM AH Exercise Class	2:00 Healthy Aging Series: <i>"Spiritual Health & Wellness"</i> 7:15 pm <i>"Special Needs Arts Program in Concert" ~ a concert for people with disabilities to celebrate their unique abilities</i>	2:00 ZOOM At Home Exercise Class	9:30 At Home Day Trip McMullen Museum of Art Boston College
25	26	27	28	29
	2:00 ZOOM At Home Exercise Class			10:30 Transportation to: Boston Symphony Orchestra