



Fine Wine & Chocolate Pairing Event

Join us on **Friday, February 14th, from 2:00 pm to 4:00 pm** for a special **Signature Series Event** celebrating Valentine's Day. Indulge in a delightful afternoon exploring the art of pairing fine wines with decadent chocolates, thoughtfully curated to create a truly unforgettable experience.



Residents, their loved ones, and guests who are considering a move to our community are all invited to share in the warmth, camaraderie, and delicious flavors of this event.

Kindly RSVP by Tuesday, February 11th, to Jane Siegel at jkiegel@residenceatbedford.com or call **781-226-2002**.

Don't miss this opportunity to savor sweet moments with us. We look forward to celebrating with you!

Pet Supply Donation Drive

Help us support the **Lowell Humane Society** by donating essential items for pets in need. Requested donations include:

- * Canned or dry dog & cat food
- * Peanut butter
- * Towels, blankets & pet toys
- * Paper towels, bleach & laundry detergent
- * PetSmart Gift Cards

A complete Wish List is available upon request.

Please drop off donations in the designated box in our lobby through the end of February. Thank you for helping make a meaningful impact in our community!



Welcome February!



Throughout the month of February, The Residence at Bedford will be leaning into our hearts with a series of heart-centered programs designed to engage, inspire, and delight.

We are embracing heart health with activities to promote wellness and vitality, reminding us that self-care is essential to a vibrant life. Valentine's Day will bring indulgence and connection with our Fine Wine & Chocolate Signature Series Event, celebrating the season of love with delectable pairings.

This month, we are also excited to introduce a brand-new weekly engagement program, Heart & Mind Explorations, where residents can dive into meaningful discussions and personal growth opportunities.

Adding to the excitement, Super Bowl Sunday will bring community spirit, cheering, and friendly fun. And through our Pet Supply Donation Drive, we are showing love for animals in need by collecting much-needed items for the Lowell Humane Society.

At the heart of everything, we love warmly welcoming residents, families, and guests into our vibrant and growing community. These programs and events set the stage for even more enriching experiences in the months ahead.

Let's make this February one to remember!

THE RESIDENCE AT BEDFORD Associates

Arzu LeBlanc
Executive Director

Denise Parece
Business Office Director

Landes Dias
Sales Specialist

Jane Kiegel
Business Development Director

Andrea Jourdan
Restaurant Operations Director

Rachel DeCicco
Resident Care Director

Laurel Kilbourn
Resident Engagement Director

Benjamin Noreiga
Maintenance Director



FEBRUARY 2025

Sunday

Monday

Tuesday

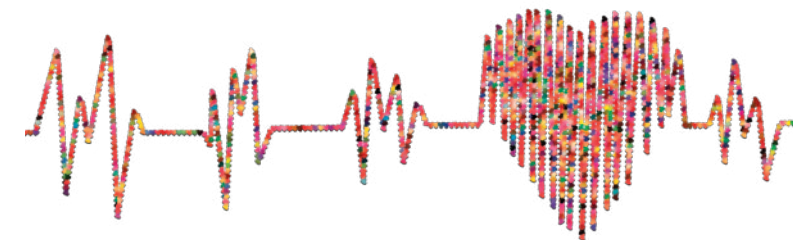
Wednesday

Thursday

Friday

Saturday

Explore!



- 1**
- 10:00 Light Weight Training
 - 11:00 Minuteman Walking Club
 - 11:00 Heart & Mind Explorations
 - 11:30 Bocce Challenge
 - 1:30 Watercolor Fundamentals
 - 2:30 Stretch & Flexibility
 - 3:00 Card Players Group
 - 3:30 Sundae Social
 - 7:15 Feature Film

Live Concerts

Guest Lectures

Yoga - Meditation

Crafting Workshops

Signature Series
Events

Fitness Classes

Film Series

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care



- 2**
- 9:30 Virtual Faith Services
 - 10:00 Resistance Bands Fitness
 - 11:00 Great Art Explained
 - 11:00 Minuteman Walking Club
 - 1:00 Sunday Football Fun-Day
 - 1:30 TED Talks Presents
 - 2:30 Weights & Balance
 - 3:30 Soda Float Social
 - 4:00 Scrabble Club
 - 7:15 Docuseries

- 3**
- 10:00 Light Weight Training
 - 10:30 Guided Meditation
 - 11:00 Watercolor Still Life
 - 11:00 Minuteman Walking Club
 - 11:00 Film Selection Meeting
 - 12:00 Resident Birthday Luncheon
 - 1:30 What in the World
 - 2:30 Barre & Balance
 - 3:00 Pocket Billiards Club
 - 3:30 Frosty Sips Social

- 4**
- 10:00 Active Living Yoga
 - 10:30 Sound Bowl Meditation
 - 11:00 Ambassador Committee
 - 11:00 Minuteman Walking Club
 - 1:00 Scenic Excursion
 - 1:30 Backgammon Club
 - 2:30 Tai Chi for Arthritis
 - 3:00 Food Committee Meeting
 - 3:30 High Tea Social
 - 7:15 Documentary Film

- 5** Happy BDay Peter K!
- 10:00 Resistance Bands Fitness
 - 10:30 Reflective Meditation
 - 10:30 Signature Series Event
 - 11:00 Minuteman Walking Club
 - 11:30 Jeopardy Challenge
 - 1:30 High Intensity Fitness
 - 2:30 Craft Workshop
 - 3:00 Bananagrams
 - 3:30 Happy Hour
 - 7:15 Comedy Film Series

- 6**
- 10:00 Yoga for Vitality
 - 10:30 Invigorating Meditations
 - 11:00 Outing
 - 11:00 Minuteman Walking Club
 - 11:00 Visiting Presenter
 - 1:30 Calendar Planning Meeting
 - 2:30 Tai Chi Balance & Mobility
 - 3:00 Rummikub Club
 - 3:30 Cornhole Challenge Social
 - 7:15 Film Classics

- 7** Happy BDay Jack!
- 9:30 Shopping & Errands
 - 10:00 Cardio Pump
 - 10:30 Mindful Meditation
 - 11:00 Art - Explore Acrylics
 - 11:00 Minuteman Walking Club
 - 1:30 Left Right Center Game
 - 2:00 Live Music Performance
 - 2:30 Barre & Balance
 - 3:00 Trivial Pursuit
 - 3:30 Wine & Cheese Social

- 8**
- 10:00 Light Weight Training
 - 11:00 Minuteman Walking Club
 - 11:00 Heart & Mind Explorations
 - 11:30 Corn Hole Tournament
 - 1:30 Expressive Abstract Art
 - 2:30 Stretch & Flexibility
 - 3:00 Card Players Group
 - 3:30 Sundae Social
 - 7:15 Feature Film

- 9** Super Bowl Sunday!
- 9:30 Virtual Faith Services
 - 10:00 Resistance Bands Fitness
 - 11:00 Minuteman Walking Club
 - 11:00 Artist Bio
 - 1:30 TED Talks Presents
 - 2:30 Weights & Balance
 - 3:30 Soda Float Social
 - 4:00 Scrabble Club
 - 7:15 Docuseries

- 10**
- 10:00 Light Weight Training
 - 10:30 Guided Meditation
 - 11:00 Watercolor Still Life
 - 11:00 Minuteman Walking Club
 - 1:30 What in the World
 - 2:30 Barre & Balance
 - 3:00 Pocket Billiards Club
 - 3:30 Frosty Sips Social
 - 7:15 Musical Film Production

- 11**
- 10:00 Active Living Yoga
 - 10:30 Sound Bowl Meditation
 - 11:00 Ambassador Committee
 - 11:00 Minuteman Walking Club
 - 1:00 Scenic Excursion
 - 1:30 Backgammon Club
 - 2:30 Tai Chi Balance & Mobility
 - 3:30 High Tea Social
 - 7:15 Documentary Film

- 12**
- 10:00 Resistance Bands Fitness
 - 10:30 Reflective Meditation
 - 11:00 Gratitude Explorations
 - 11:00 Minuteman Walking Club
 - 11:30 Jeopardy Challenge
 - 1:30 High Intensity Fitness
 - 2:30 Craft Workshop
 - 3:00 Mexican Train Dominoes
 - 3:30 Happy Hour
 - 7:15 Comedy Film Series

- 13**
- 10:00 Yoga for Vitality
 - 10:30 Invigorating Meditations
 - 11:00 Outing
 - 11:00 Minuteman Walking Club
 - 11:00 Poetry Group
 - 1:30 Music Appreciation
 - 2:30 Tai Chi Balance & Mobility
 - 3:00 Chess Club
 - 3:30 Cornhole Challenge Social
 - 7:15 Film Classics

- 14** Valentine's Day
Salon Hours 9:00am-Noon
Happy Birthday, Peter D!
- 9:30 Shopping & Errands
 - 10:00 Cardio Pump
 - 10:30 Mindful Meditation
 - 11:00 Creative Line Drawing
 - 11:00 Minuteman Walking Club
 - 1:30 Left Right Center Game
 - 2:00 Signature Series Event
 - 2:30 Barre & Balance

- 15**
- 10:00 Light Weight Training
 - 11:00 Minuteman Walking Club
 - 11:00 Heart & Mind Explorations
 - 11:30 Bocce Challenge
 - 1:30 Watercolor Fundamentals
 - 2:30 Stretch & Flexibility
 - 3:00 Card Players Group
 - 3:30 Sundae Social
 - 7:15 Feature Film

- 16**
- 9:30 Virtual Faith Services
 - 10:00 Resistance Bands Fitness
 - 11:00 Great Art Explained
 - 11:00 Minuteman Walking Club
 - 1:30 TED Talks Presents
 - 2:30 Weights & Balance
 - 3:30 Soda Float Social
 - 4:00 Scrabble Club
 - 7:15 Docuseries

- 17** President's Day
- 10:00 Light Weight Training
 - 10:30 Guided Meditation
 - 11:00 Watercolor Still Life
 - 11:00 Minuteman Walking Club
 - 11:00 Visiting Presenter
 - 1:30 What in the World
 - 2:30 Barre & Balance
 - 3:00 Pocket Billiards Club
 - 3:30 Frosty Sips Social
 - 7:15 Musical Film Production

- 18**
- 10:00 Active Living Yoga
 - 10:30 Sound Bowl Meditation
 - 11:00 Ambassador Committee
 - 11:00 Minuteman Walking Club
 - 1:00 Scenic Excursion
 - 1:30 Backgammon Club
 - 2:30 Tai Chi Balance & Mobility
 - 3:30 High Tea Social
 - 7:15 Documentary Film

- 19**
- 10:00 Resistance Bands Fitness
 - 10:30 Reflective Meditation
 - 11:00 Gratitude Explorations
 - 11:00 Minuteman Walking Club
 - 11:30 Jeopardy Challenge
 - 1:30 High Intensity Fitness
 - 2:30 Craft Workshop
 - 3:00 Bananagrams
 - 3:30 Happy Hour
 - 7:15 Comedy Film Series

- 20**
- 10:00 Yoga for Vitality
 - 10:30 Invigorating Meditations
 - 11:00 Sketching 101
 - 11:00 Outing
 - 11:00 Minuteman Walking Club
 - 1:30 Philosophy Circle
 - 2:00 Memory Care Cafe
 - 2:30 Tai Chi Balance & Mobility
 - 3:00 Rummikub Club
 - 3:30 Cornhole Challenge Social

- 21**
- 9:30 Shopping & Errands
 - 10:00 Cardio Pump
 - 10:30 Mindful Meditation
 - 11:00 Art - Explore Acrylics
 - 11:00 Minuteman Walking Club
 - 1:30 Left Right Center Game
 - 2:00 Live Music Performance
 - 2:30 Barre & Balance
 - 3:00 Trivial Pursuit
 - 3:30 Wine & Cheese Social

- 22**
- 10:00 Light Weight Training
 - 11:00 Minuteman Walking Club
 - 11:00 Heart & Mind Explorations
 - 11:30 Corn Hole Tournament
 - 1:30 Expressive Abstract Art
 - 2:30 Stretch & Flexibility
 - 3:00 Card Players Group
 - 3:30 Sundae Social
 - 7:15 Feature Film

- 23**
- 9:30 Virtual Faith Services
 - 10:00 Resistance Bands Fitness
 - 11:00 Minuteman Walking Club
 - 11:00 Artist Bio
 - 1:30 TED Talks Presents
 - 2:30 Weights & Balance
 - 3:30 Soda Float Social
 - 4:00 Scrabble Club
 - 7:15 Docuseries

- 24** Happy BDay Philip C!
- 10:00 Light Weight Training
 - 10:30 Guided Meditation
 - 11:00 Watercolor Still Life
 - 11:00 Minuteman Walking Club
 - 1:30 What in the World
 - 2:30 Barre & Balance
 - 3:00 Pocket Billiards Club
 - 3:30 Frosty Sips Social
 - 7:15 Musical Film Production

- 25** Happy BDay Lois Y!
- 10:00 Active Living Yoga
 - 10:30 Sound Bowl Meditation
 - 11:00 Ambassador Committee
 - 11:00 Minuteman Walking Club
 - 1:00 Scenic Excursion
 - 1:30 Backgammon Club
 - 2:00 Resident Council Meeting
 - 2:30 Tai Chi Balance & Mobility
 - 3:30 High Tea Social
 - 7:15 Documentary Film

- 26**
- 10:00 Resistance Bands Fitness
 - 10:30 Reflective Meditation
 - 11:00 Gratitude Explorations
 - 11:00 Minuteman Walking Club
 - 11:30 Jeopardy Challenge
 - 1:30 High Intensity Fitness
 - 2:30 Craft Workshop
 - 3:00 Mexican Train Dominoes
 - 3:30 Happy Hour
 - 7:15 Comedy Film Series

- 27** Happy BDay Bob M!
- 10:00 Yoga for Vitality
 - 10:30 Invigorating Meditations
 - 11:00 Outing
 - 11:00 Minuteman Walking Club
 - 11:00 Poetry Group
 - 1:30 Music Appreciation
 - 1:30 Bedford Library Book Club
 - 2:30 Tai Chi Balance & Mobility
 - 3:00 Chess Club
 - 3:30 Cornhole Challenge Social

- 28** Salon Hours 9:00am-Noon
- 9:30 Shopping & Errands
 - 10:00 Cardio Pump
 - 10:30 Mindful Meditation
 - 11:00 Creative Line Drawing
 - 11:00 Minuteman Walking Club
 - 1:30 Left Right Center Game
 - 2:00 Live Music Performance
 - 2:30 Barre & Balance
 - 3:00 Trivial Pursuit