


# Woodland Terrace July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>KEY</b>  <b>AR:</b> Activity Room  <b>B:</b> Bus  <b>Café:</b> 2nd Floor                      Bistro  <b>CR:</b> Carolina Room  <b>CH:</b> Chapel on 3rd Floor  <b>DR:</b> Dining Room  <b>FC:</b> Fitness Center  <b>LKVR:</b> Lakeview Room  <b>P:</b> Pool  <b>SU:</b> Sign Up  <b>TV CH 1390:</b> In House TV Channel</p>	<p><b>Happy Birthday, Residents!</b>  <b>7/3– Laruen H.</b>  <b>7/3– Janie C.</b>  <b>7/3– Stan W.</b>  <b>7/4– Brenda B.</b>  <b>7/4– Marie G.</b>  <b>7/5– Barbara W.</b>  <b>7/14– Yates S.</b>  <b>7/18– Sara L.</b>  <b>7/20– Phyllis S.</b>  <b>7/24– Jake M</b></p>	<p><b>Happy Birthday, Residents!</b>  <b>7/30– Robert H.</b>  <b>7/31– Ann C.</b>  <b>7/31– Frank K.</b></p>	<p><b>Daily Continental Breakfast Dining Room</b>  <b>8:30 —9:30</b></p> <p>Check the flyer on bulletin boards for the descriptions of this month's Friday Night Movies.</p>			
	<p><b>1</b>  <b>9:00 Shopping at Trader Joe's (Bus , SU)</b>                      10:00 Chair Exercise (TV CH 1390)  <b>10:30 Chair Exercise (CR)</b>  <b>11:00 Cardio Exercise (CR)</b>                      11:00 Chair Stretch (TV CH 1390)</p> <p><b>1:00 Mahjong (Café)</b>  <b>1:30 Lost Masterpieces: Episode 1 (CR)</b>                      1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p><b>3:00 Water Exercise (Pool)</b></p> <p>7:00 Movie Night: Pot O' Gold (TV CH 1390)</p>	<p><b>2</b>                      10:00 Cardio Exercise with Marla (1390)  <b>10:30 Sit to Stand Exercise (CR)</b>  <b>11:00 Weightlifting (FC)</b>                      11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p><b>1:00 Art of Living Well Committee (AR)</b></p> <p><b>2:00 BINGO (LKVR)</b></p> <p>2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p><b>2:30 Patriotic Door Hanger (CR, SU)</b></p> <p>7:00 Movie Night: Pot O' Gold (TV CH 1390)</p>	<p><b>3 Happy Birthday Lauren H., Janie C., &amp; Stan W.!</b>  <b>9:00 Shopping at Harris Teeter (Bus, SU)</b>  <b>9:30 Communion (CH)</b>                      10:00 Chair Exercise (TV CH 1390)  <b>10:30 Chair Exercise (CR)</b>  <b>11:00 Cardio Exercise (CR)</b></p> <p>11:00 Stretch From Your Chair (TV CH 1390)  <b>1:00 Woodland Taxi (Van, SU)</b>                      1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p><b>1:00 Friendship Committee (LKVR)</b>  <b>2:00 Patriotic Puzzles and Popsicles (Café)</b></p> <p><b>3:00 Men's Beer Social BYOB (Café)</b></p> <p><b>3:00 Water Exercise (Pool)</b></p> <p>7:00 Movie Night: Pot O' Gold (TV CH 1390)</p>	<p><b>4 Happy Independence Day! &amp; Happy Birthday Brenda B. &amp; Marie G.!</b>                      10:00 Cardio Exercise w/Marla (TV CH 1390)</p> <p><b>10:00 Walking Club (POND)</b></p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>7:00 Movie Night: Pot O' Gold (TV CH 1390)</p> 	<p><b>5 Wear Red, White and Blue Day! &amp; Happy Birthday Barbara W.!</b>                      9:45 Tai Chi Beginnings (TV CH 1390)  <b>10:30 WTTV Cardio Exercise (CR &amp; 1390)</b>  <b>10:30 Let's Play Dominoes (AR)</b>                      11:00 Stretch From Your Chair (TV CH 1390)                      12:30 Birds in North Carolina (TV CH 1390)  <b>1:00 BINGO (LKVR)</b>  <b>2:00 Executive Director Chat with Amanda K. (DR)</b>  <b>2:00 Knit Wits (AR)</b></p> <p><b>2:30 Patriotic Social hour with Guitarist Burke Long (Café, CR)</b>  <b>3:00 Water Exercise (Pool)</b>  <b>6:30 Movie Night: Hacksaw Ridge (CR)</b>                      7:00 Movie Night: Pot O' Gold (TV CH 1390)</p>	<p><b>6</b>                      10:00 Sit to Stand Exercise with Marla (TV CH 1390)  <b>10:00 Bible Study (CH)</b>                      10:30 Sing Along with Songs We all Know (TV CH 1390)</p> <p>2:30 Chair Exercise (TV CH 1390)</p> <p>7:00 Movie Night: Pot O' Gold (TV CH 1390)</p>



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<p><b>7</b></p> <p>9:30 Coffee Chat (Café)</p> <p>10:00 Woodland Church Service (CR)</p> <p>12:00 Cardio Exercise (TV CH 1390)</p> <p><b>2:00 Scrabble (AR)</b></p> <p>7:00 Movie Night: Pot O' Gold (TV CH 1390)</p>	<p><b>8</b></p> <p>9:00 Shopping at Walmart &amp; Harris Teeter (BUS, SU)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:30 Chair Exercise (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Chair Stretch (TV CH 1390)</p> <p>1:00 Mahjong (Café)</p> <p>1:00 Library Outing (Van, SU)</p> <p>1:30 Lost Masterpieces: Episode 2 (CR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p><b>2:30 Dining Focus Group (CR)</b></p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Shirley Temple: Little Colonel (TV CH 1390)</p>	<p><b>9</b></p> <p>10:00 Cardio Exercise with Marla (1390)</p> <p>10:30 Chair Exercise Video (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p><b>2:00 Technology Assistance (Café, SU)</b></p> <p>2:00 BINGO (LKVR)</p> <p>2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>7:00 Movie Night: Shirley Temple: Little Colonel (TV CH 1390)</p>	<p><b>10</b></p> <p>9:00 Shopping at Publix &amp; Dollar Tree (BUS, SU)</p> <p>9:30 Communion (CH)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:30 Chair Exercise (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p><b>12:30 Woodland Taxi (Van, SU)</b></p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p><b>2:00 Book Club (LKVR)</b></p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Shirley Temple: Little Colonel (TV CH 1390)</p>	<p><b>11</b></p> <p>9:00 Men's Breakfast (DR, SU)</p> <p>10:00 Cardio Exercise w/ Marla (TV CH 1390)</p> <p>10:00 Walking Club (POND)</p> <p>10:30 Sit to stand Exercise (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p><b>2:00 New Resident Welcome with Management (AR,SU)</b></p> <p><b>2:30 Meet the New Residents Social Hour (CR, Café)</b></p> <p>7:00 Movie Night: Shirley Temple: Little Colonel (TV CH 1390)</p>	<p><b>12</b></p> <p>9:45 Tai Chi Beginnings (TV CH 1390)</p> <p>10:30 Let's Play Dominoes (AR)</p> <p>10:30 Fast Food Fanatics: Lunch out Bojangles( BUS, SU)</p> <p>10:30 WTTV Cardio Exercise (CR &amp; 1390)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>12:30 Birding in the Carolinas (TV CH 1390)</p> <p>1:00 BINGO (LKVR)</p> <p>2:00 Knit Wits (AR)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: The Starling (CR)</p> <p>7:00 Movie Night: Shirley Temple: Little Colonel (TV CH 1390)</p>	<p><b>13</b></p> <p>10:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p><b>10:00 Bible Study (CH)</b></p> <p>10:30 Sing Along with Songs We all Know (TV CH 1390)</p> <p>2:30 Chair Exercise (TV CH 1390)</p> <p><b>1:30 Women's Bring Your Own Wine Social (Café)</b></p> <p><b>3:00 Resident Led Trivia (CR)</b></p> <p>7:00 Movie Night: Shirley Temple: Little Colonel (TV CH 1390)</p>
<p><b>14 Happy Birthday Yates S.!</b></p> <p>9:30 Coffee Chat (Café)</p> <p>10:00 Woodland Church Service (CR)</p> <p>12:00 Cardio Exercise (TV CH 1390)</p> <p><b>1:30 Environmental History Lecture with Amy (CR, SU) - See flyer for more details!</b></p> <p><b>2:00 Scrabble (AR)</b></p> <p>7:00 Movie Night: Shirley Temple: Little Colonel (TV CH 1390)</p>	<p><b>15</b></p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:30 Chair Yoga Class with Camille (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Chair Stretch (TV CH 1390)</p> <p>1:00 Mahjong (Café)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>1:30 Lost Masterpieces: Episode 3 (CR)</p> <p>1:30 Shopping at Food Lion (BUS, SU)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: 5 Golden Hours (TV CH 1390)</p>	<p><b>16</b></p> <p>10:00 Cardio Exercise with Marla (TV CH 1390)</p> <p>10:30 Sit to stand Exercise (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p><b>1:00 Dining Committee (LKVR)</b></p> <p><b>2:00 Technology Class: How to use phone calendars/ set reminders (CR, SU)</b></p> <p><b>2:30 BINGO (LKVR)</b></p> <p>2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>7:00 Movie Night: 5 Golden Hours (TV CH 1390)</p>	<p><b>17</b></p> <p>9:00 Shopping at Harris Teeter (BUS, SU)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:30 Chair Exercise (CR)</p> <p>11:00 Cardio Exercise: Learn to Line Dance! (CR, SU)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>1:00 Woodland Taxi (Van, SU)</p> <p><b>1:30 Building and Grounds Committee (LKVR)</b></p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>3:00 Men's Beer Social BYOB (Café)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: 5 Golden Hours (TV CH 1390)</p>	<p><b>18 Happy Birthday Sara L.!</b></p> <p>10:00 Catholic Mass (VSLR)</p> <p>10:00 Cardio Exercise w/Marla (TV CH 1390)</p> <p>10:00 Walking Club (POND)</p> <p>10:30 Sit to Stand Exercise (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p><b>2:30 Wine Social (CR, Café)</b></p> <p><b>3:00 Violin Performance by Benedict (CR)</b></p> <p>7:00 Movie Night: 5 Golden Hours (TV CH 1390)</p>	<p><b>19</b></p> <p>9:45 Tai Chi Beginnings (TV CH 1390)</p> <p>10:30 WTTV Cardio Exercise (CR &amp; 1390)</p> <p>10:30 Let's Play Dominoes (AR)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>12:30 Birding in the Carolinas (TV CH 1390)</p> <p>1:00 BINGO (LKVR)</p> <p>1:30 Trip to Howling Cow Ice Cream (BUS, SU)</p> <p>2:00 Knit Wits (AR)</p> <p>3:00 Water Exercise (Pool)</p> <p><b>6:30 Movie Night: Bird Box (CR)</b></p> <p>7:00 Movie Night: 5 Golden Hours (TV CH 1390)</p>	<p><b>20 Happy Birthday Phyllis S.!</b></p> <p>10:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p><b>10:00 Bible Study (CH)</b></p> <p>10:30 Sing Along with Songs We all Know (TV CH 1390)</p> <p><b>1:30 Woodland Terrace Writers Group (AR)</b></p> <p>2:30 Chair Exercise (TV CH 1390)</p> <p>7:00 Movie Night: 5 Golden Hours (TV CH 1390)</p>

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<p><b>21</b></p> <p>9:30 Coffee Chat (Café)</p> <p>10:00 Woodland Church Service (CR)</p> <p>12:00 Cardio Exercise (TV CH 1390)</p> <p>2:00 Scrabble (AR)</p> <p>7:00 Movie Night: 5 Golden Hours (TV CH 1390)</p>	<p><b>22</b></p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>9:00 Shopping to Trader Joe's (BUS, SU)</p> <p>10:30 Chair Yoga Class with Camille (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Chair Stretch (TV CH 1390)</p> <p>1:00 Mahjong (Café)</p> <p>1:30 Lost Masterpieces: Episode 4 (CR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Made for Each Other (TV CH 1390)</p>	<p><b>23</b></p> <p>10:00 Cardio Exercise with Marla (TV CH 1390)</p> <p>10:30 Sit to stand Exercise (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>2:00 Bingo (LKVR)</p> <p>2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>3:00 Koffee Klatch (CR, SU)</p> <p>7:00 Movie Night: Made for Each Other (TV CH 1390)</p>	<p><b>24 Happy Birthday Jake M.!</b></p> <p>9:00 Shopping to Harris Teeter (BUS,SU)</p> <p>9:30 Communion (CH)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:30 Chair Exercise (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>1:00 Woodland Taxi (Van, SU)</p> <p>1:00 Resident Board Meeting (LKVR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>1:30 Sip and Paint (CR,SU)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Made for Each Other (TV CH 1390)</p>	<p><b>25</b></p> <p>10:00 Cardio Exercise w/Marla (TV CH 1390)</p> <p>10:00 Walking Club (POND)</p> <p>10:30 Sit to stand Exercise (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:30 July Birthday Social w/ Caroline (CR, Café)</p> <p>7:00 Movie Night: Made for Each Other (TV CH 1390)</p>	<p><b>26 Opening Day of 2024 Olympics!</b></p> <p>9:45 Tai Chi Beginnings (TV CH 1390)</p> <p>10:30 WTTV Cardio Exercise (CR &amp; 1390)</p> <p>10:30 Let's Play Dominoes (AR)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>12:30 Birding in the Carolinas (TV CH 1390)</p> <p>1:00 BINGO (LKVR)</p> <p>1:30 Watch Party: Olympics Opening Ceremony! (CR)</p> <p>2:00 Knit Wits (AR)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: Lion King 1 1/2 (CR)</p> <p>7:00 Movie Night: Made for Each Other (TV CH 1390)</p>	<p><b>27</b></p> <p>10:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>10:00 Bible Study (CH)</p> <p>10:30 Sing Along with Songs We all Know (TV CH 1390)</p> <p>2:30 Chair Exercise (TV CH 1390)</p> <p>1:30 Women's Bring Your Own Wine Social (Café)</p> <p>3:00 Resident Led Trivia (CR)</p> <p>7:00 Movie Night: Made for Each Other (TV CH 1390)</p>
<p><b>28</b></p> <p>9:30 Coffee Chat (Café)</p> <p>10:00 Woodland Church Service (CR)</p> <p>12:00 Cardio Exercise (TV CH 1390)</p> <p>1:30 Environmental History Lecture 2 with Amy (CR, SU) - See flyer for more details!</p> <p>2:00 Scrabble (AR)</p> <p>7:00 Movie Night: Made for Each Other (TV CH 1390)</p>	<p><b>29</b></p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>9:00 Shopping to Food Lion (BUS, SU)</p> <p>10:30 Chair Yoga Class with Camille (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Chair Stretch (TV CH 1390)</p> <p>1:00 Mahjong (Café)</p> <p>1:30 Lost Masterpieces: Episode 5 (CR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:30 Calendar Review (CR)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Ball of Fire (TV CH 1390)</p>	<p><b>30 Happy Birthday Robert H.!</b></p> <p>10:00 Cardio Exercise with Marla (TV CH 1390)</p> <p>10:30 Sit to stand Exercise (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>2:00 BINGO (LKVR)</p> <p>2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>2:30 Jeopardy (CR)</p> <p>7:00 Movie Night: Ball of Fire (TV CH 1390)</p>	<p><b>31 Guacamole Day &amp; Happy Birthday Ann C. &amp; Frank K.!</b></p> <p>8:30-9:30 Waffle Breakfast (Pick Up in IL LKVR or Eat in Dining Room, SU)</p> <p>9:30 Communion (CH)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:30 Chair Exercise (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>1:00 Woodland Taxi (Van, SU)</p> <p>2:00 Let's Make Guacamole! (CR, SU)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>3:00 Water Exercise (Pool)</p> <p>4:30 Dining Party (DR)</p> <p>7:00 Movie Night: Ball of Fire (TV CH 1390)</p>			<p><b>31 Guacamole Day &amp; Happy Birthday Ann C. &amp; Frank K.!</b></p> <p>8:30-9:30 Waffle Breakfast (Pick Up in IL LKVR or Eat in Dining Room, SU)</p> <p>9:30 Communion (CH)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:30 Chair Exercise (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>1:00 Woodland Taxi (Van, SU)</p> <p>2:00 Let's Make Guacamole! (CR, SU)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>3:00 Water Exercise (Pool)</p> <p>4:30 Dining Party (DR)</p> <p>7:00 Movie Night: Ball of Fire (TV CH 1390)</p>