




Woodland Terrace November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>KEY AR: Activity Room BR: Bridge Room B: Bus Café: 2nd Floor Bistro CR: Carolina Room CH: Chapel on 3rd Floor DR: Dining Room FC: Fitness Center LKVR: Lakeview Room P: Pool SU: Sign Up TV CH 1390: In House TV Channel</p>	<p>Happy Birthday, Residents! 11/7– Duave G. 11/8– Kathryn W. 11/9– Meena N. 11/14– Claus W. 11/16– Edith P. 11/19– Marla C. 11/25– Barbara B. 11/26– Marsha P.</p>	<p>Daily Continental Breakfast Dining Room 8:30 —9:30</p> <p>Check the flyer on bulletin boards for the descriptions of this month's Friday Night Movies.</p>			<p>1 9:45 Tai Chi Beginnings (TV CH 1390) 10:00 Let's Play Dominoes (AR) 10:30 WTTV Cardio Exercise (CR & 1390) 11:00 Stretch From Your Chair (TV CH 1390) 12:30 Birds in North Carolina (TV CH 1390) 1:00 BINGO (LKVR) 2:00 Executive Director Chat with Amanda K. (DR) 2:00 Knit Wits (AR) 2:30 Executive Director Social hour with– Wine & beer Social (Café, CR) 3:00 Water Exercise (Pool) 6:30 Movie Night: Braveheart – Fandango (CR) 7:00 Movie Night: The Little Princess– Shirley Temple (1939) (TV CH 1390)</p>	<p>2 10:00 Sit to Stand Exercise (TV CH 1390) 10:00 Bible Study (CR) 10:30 Sing Along with Songs We all Know (TV CH 1390) 2:30 Chair Exercise (TV CH 1390) 7:00 Movie Night: The Little Princess– Shirley Temple (1939) (TV CH 1390)</p>
<p>3 Daylight Savings Time– Fall back an hour! 9:30 Coffee Chat (Café) 10:00 Woodland Church Service (CR) 12:00 Cardio Exercise (TV CH 1390) 1:30 Calm Coloring Corner (Café) 2:00 Scrabble (AR) 2:00 Watercolor Class with Ali—Making Holiday Cards (CR, SU) 7:00 Movie Night: The Little Princess– Shirley Temple (1939) (TV CH 1390)</p>	<p>4 9:00 Shopping at Food Lion (BUS, SU) 10:00 Chair Exercise (TV CH 1390) 10:30 Chair Yoga Class with Camille (CR) 11:00 Cardio Exercise (CR) 11:00 Chair Stretch (TV CH 1390) 1:30 Documentary Series: See flyer for more details (CR) 1:30 Chair Yoga for Seniors (TV CH 1390) 2:30 Technology Class– How to use your new Spectrum Remote (SU, CR) 3:00 Water Exercise (Pool) 7:00 Movie Night: The Little Princess– Shirley Temple (1939) (TV CH 1390)</p>	<p>5 Election Day 10:00 Cardio Exercise (1390) 10:00 Trip to the polls for Election Day! (Bus, SU) 10:30 Exercise with Legacy (CR) 11:00 Weightlifting (FC) 11:00 Sit to Stand Exercise (TV CH 1390) 1:00 Art of Living Well Committee (AR) 2:00 BINGO (LKVR) 2:00 & 3:30: Beginner 1 Mile Walk (TV CH 1390) 3:00 Dementia Support Group (CR) 7:00 Movie Night: The Little Princess– Shirley Temple (1939) (TV CH 1390)</p>	<p>6 9:00 Shopping at Walmart & Harris Teeter (Bus, SU) 9:30 Communion (CH) 10:00 Chair Exercise (TV CH 1390) 10:30 Exercise with Legacy (CR) 11:00 Cardio Exercise with Walt (CR) 11:00 Stretch From Your Chair (TV CH 1390) 1:00 Woodland Taxi (Van, SU) 1:30 Chair Yoga for Seniors (TV CH 1390) 1:00 Friendship Committee (LKVR) 2:30 Cornhole Tournament (Patio) 3:00 Men's Beer Social BYOB (Café) 3:00 Water Exercise (Pool) 7:00 Movie Night: The Little Princess– Shirley Temple (1939) (TV CH 1390)</p>	<p>7 Happy Birthday Duave G.! 8:30 Grief Share Group (CR) 9:00 Men's Breakfast (DR, SU) 10:00 Cardio Exercise (TV CH 1390) 10:00 Walking Club (POND) 10:30 Sit to stand Exercise (CR) 11:00 Weightlifting (FC) 11:00 Sit to Stand Exercise (TV CH 1390) 1:30 Chair Yoga for Seniors (TV CH 1390) 1:30 Stand Strong Testing (CR– By invitation, check your boxes) 2:30 Social Hour with Luke (CR, Café) 7:00 Movie Night: The Little Princess– Shirley Temple (1939) (TV CH 1390)</p>	<p>8 Happy Birthday Kathryn W.! 9:45 Tai Chi Beginnings (TV CH 1390) 9:30 Farmers Market Outing– Lunch and Walk! (BUS, SU) 10:00 Let's Play Dominoes (AR) 10:30 WTTV Cardio Exercise (CR & 1390) 11:00 Stretch From Your Chair (TV CH 1390) 12:30 Birds in North Carolina (TV CH 1390) 1:00 Open enrollment for Medicaid/Medicare info session with Legacy (CR) 1:00 BINGO (LKVR) 2:00 History Discussion with Tony (CR, SU) 2:00 Knit Wits (AR) 3:00 Water Exercise (Pool) 6:30 Movie Night: Around thw world in 80 Days– Disney Plus (CR) 7:00 Movie Night: The Little Princess– Shirley Temple (1939) (TV CH 1390)</p>	<p>9 Happy Birthday Meena N.! 10:00 Sit to Stand Exercise (TV CH 1390) 10:00 Bible Study (CR) 10:30 Sing Along with Songs We all Know (TV CH 1390) 1:30 Women's Bring Your Own Wine Social (Café) 2:30 Chair Exercise (TV CH 1390) 3:00 Resident Led Trivia (CR) 7:00 Movie Night: The Little Princess– Shirley Temple (1939) (TV CH 1390)</p>

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<p>10</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 Calm Coloring Corner (Café)</p> <p>2:00 Scrabble (AR)</p> <p>7:00 Movie Night: *Three Blind Mice* - Loretta Young, Joel McCrea, David Niven (1938) (TV CH 1390)</p>	<p>11 Veterans Day</p> <p>9:00 Shopping at Trader Joes (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>11:30 Veterans Luncheon (DR,- Invites Only)</p> <p>1:30 Library Outing (Van, SU)</p> <p>1:30 Documentary Series: See flyer for more details (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: *Three Blind Mice* - Loretta Young, Joel McCrea, David Niven (1938)(TV CH 1390)</p>	<p>12</p> <p>10:00 Cardio Exercise(1390)</p> <p>10:30 Chair Exercise with Legacy (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise (TV CH 1390)</p> <p>1:30 Painting Wooden Gingerbread Houses (AR, SU)</p> <p>2:00 BINGO (LKVR)</p> <p>2:00 & 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>3:00 Engage Brain Health Program with Christina Buchanan– See Flyer for more Details (CR,SU)</p> <p>3:00 Dining Room Flower arranging (DR)</p> <p>7:00 Movie Night: *Three Blind Mice* - Loretta Young, Joel McCrea, David Niven (1938)(TV CH 1390)</p>	<p>13</p> <p>9:00 Shopping at Publix & Dollar Tree (BUS, SU)</p> <p>9:30 Communion (CH)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:30 Exercise with Legacy (CR)</p> <p>11:00 Cardio Exercise with Walt (CR)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>1:00 Woodland Taxi (Van, SU)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:00 Book Club (LKVR)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: *Three Blind Mice* - Loretta Young, Joel McCrea, David Niven (1938)(TV CH 1390)</p>	<p>14 Happy Birthday Claus W.!</p> <p>8:30 Grief Share Group (CR)</p> <p>10:00 Cardio Exercise (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 (TV CH 1390)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:00 New Resident Welcome with Management (AR,SU)</p> <p>2:30 Meet the New Residents Social Hour with music by Caroline Gregory – Wear your Nametags! (CR, Café)</p> <p>4:30 Dinner Outing to Taverna Agora (BUS, SU)</p> <p>7:00 Movie Night: *Three Blind Mice* - Loretta Young, Joel McCrea, David Niven (1938)(TV CH 1390)</p>	<p>15</p> <p>9:45 Tai Chi Beginnings (TV CH 1390)</p> <p>10:00 Let's Play Dominoes (AR)</p> <p>10:30 WTTV Cardio Exercise (CR & 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>1:30 Operation Christmas Child Shoe boxes (CR, SU)</p> <p>2:00 Knit Wits (AR)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: The Goonies— Fandango (CR)</p> <p>7:00 Movie Night: *Three Blind Mice* - Loretta Young, Joel McCrea, David Niven (1938)(TV CH 1390)</p>	<p>16 Happy Birthday Edith P.!</p> <p>10:00 Sit to Stand Exercise (TV CH 1390)</p> <p>10:00 Bible Study (CR)</p> <p>10:30 Sing Along with Songs We all Know (TV CH 1390)</p> <p>1:30 Woodland Terrace Writers Group (AR)</p> <p>2:30 Chair Exercise (TV CH 1390)</p> <p>7:00 Movie Night: *Three Blind Mice* - Loretta Young, Joel McCrea, David Niven (1938)(TV CH 1390)</p>
<p>17</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: The Lady from Cheyenne (1941) (TV CH 1390)</p>	<p>18</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>1:30 Shopping at Food Lion (BUS, SU)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>1:30 Documentary Series: See flyer for more details (CR)</p> <p>2:00 One on One Technology Assistance with Heather Dew (Café, SU-30 Minute time slots)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: The Lady from Cheyenne (1941) (TV CH 1390)</p>	<p>19 Happy Birthday Marla C.!</p> <p>10:00 Cardio Exercise(TV CH 1390)</p> <p>10:30 Exercise with Legacy (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise (TV CH 1390)</p> <p>1:00 Dining Committee (LKVR)</p> <p>2:30 BINGO (LKVR)</p> <p>3:00 Engage Brain Health Program with Christina Buchanan– See Flyer for more Details (CR, SU)</p> <p>2:00 & 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>7:00 Movie Night: The Lady from Cheyenne (1941) (TV CH 1390)</p>	<p>20</p> <p>9:00 Shopping at Harris Teeter & Walmart (BUS, SU)</p> <p>9:30 Communion (CH)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:30 Exercise with Legacy (CR)</p> <p>11:00 Cardio Exercise with Walt (CR, SU)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>11:30 Women's Luncheon: Critters in our Backyard (DR, SIGN-UP)</p> <p>1:00 Woodland Taxi (Van, SU)</p> <p>1:30 Building and Grounds Committee (LKVR)</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: The Lady from Cheyenne (1941) (TV CH 1390)</p>	<p>21</p> <p>8:30 Grief Share Group (CR)</p> <p>10:00 Cardio Exercise (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 (TV CH 1390)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:30 November Birthday Social Hour with Zeke (CR)</p> <p>7:00 Movie Night: The Lady from Cheyenne (1941) (TV CH 1390)</p>	<p>22</p> <p>9:45 Tai Chi Beginnings (TV CH 1390)</p> <p>10:00 Let's Play Dominoes (AR)</p> <p>10:30 WTTV Cardio Exercise (CR & 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>2:00 History Discussion with Tony (CR, SU)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: Swiss Family Robinson– Disney Plus (CR)</p> <p>7:00 Movie Night: The Lady from Cheyenne (1941) (TV CH 1390)</p>	<p>23</p> <p>10:00 Sit to Stand Exercise TV CH 1390)</p> <p>10:00 Bible Study (CR)</p> <p>10:30 Sing Along with Songs We all Know (TV CH 1390)</p> <p>1:30 Women's Bring Your Own Wine Social (Café)</p> <p>2:30 Chair Exercise (TV CH 1390)</p> <p>3:00 Resident Led Trivia (CR)</p> <p>7:00 Movie Night: The Lady from Cheyenne (1941) (TV CH 1390)</p>

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<p>24</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: Phone Call From A Stranger - Full Movie Bette Davis(TV CH 1390)</p>	<p>25 Happy Birthday Barbara B.!</p> <p>9:00 Shopping to Trader Joes (BUS, SU)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:30 Chair Yoga Class with Heather D (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Chair Stretch (TV CH 1390)</p> <p>12:30-3:00 Special Holiday shopping to Beaver Creek (BUS, SU)</p> <p>1:30 Documentary Series: See flyer for more details (CR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:30 Jeopardy (CR)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Phone Call From A Stranger - Full Movie Bette Davis(TV CH 1390)</p>	<p>26 Happy Birthday Marsha P.!</p> <p>10:00 Cardio Exercise (TV CH 1390)</p> <p>10:30 Chair Exercise with Legacy (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise (TV CH 1390)</p> <p>1:30 Scotland Travel Documentary & Tasting (CR)</p> <p>2:00 BINGO (LKVR)</p> <p>2:00 & 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>7:00 Movie Night: Phone Call From A Stranger - Full Movie Bette Davis(TV CH 1390)</p>	<p>27</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 Exercise with Legacy (CR)</p> <p>11:00 Cardio Exercise with Walt (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 Sip and Paint (CR,SU)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Phone Call From A Stranger - Full Movie Bette Davis (TV CH 1390)</p>	<p>28 Happy Thanksgiving!</p> <p>8:30 Grief Share Group (CR)</p> <p>10:00 Cardio Exercise (TV CH 1390)</p> <p>10:00 Walking Club (POND)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise (TV CH 1390)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>7:00 Movie Night: Phone Call From A Stranger - Full Movie Bette Davis(TV CH 1390)</p> 	<p>29</p> <p>9:45 Tai Chi Beginnings (TV CH 1390)</p> <p>10:00 Let's Play Dominoes (AR)</p> <p>10:30 WTTV Cardio Exercise (CR & 1390)</p> <p>11:00 Calendar Review (CR)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>12:30 Birding in the Carolinas (TV CH 1390)</p> <p>2:00 Knit Wits (AR)</p> <p>2:00 Thanksgiving BINGO (DR, SU)</p> <p>2:00 History Discussion with Tony (CR, SU)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: Indiana Jones – Disney Plus (CR)</p> <p>7:00 Movie Night: Phone Call From A Stranger - Full Movie Bette Davis(TV CH 1390)</p>	<p>30</p> <p>10:00 Sit to Stand Exercise (TV CH 1390)</p> <p>10:00 Bible Study (CR)</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>3:00 Blast from the Past (CR)</p> <p>7:00 Movie Night: Phone Call From A Stranger - Full Movie Bette Davis(TV CH 1390)</p>