

Woodland Terrace December 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!</p> <p>12/3– Paul F. 12/4– Rebecca S. 12/8– Mary A. 12/11– Priscilla Q. 12/13– Bud G. 12/14– Sara F. 12/19– Sandra F. 12/21– Shirly O. 12/27– Betty P. 12/31– Princess B.</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</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: Till the Clouds Roll By (1939) (TV CH 1390)</p>	<p>2</p> <p>9:00 Shopping at Food Lion (BUS, SU)</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 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:30 Technology Class– How to take pictures & share them! (CR, SU)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Till the Clouds Roll By (1939) (TV CH 1390)</p>	<p>3 Deck the Halls Day! & Happy Birthday Paul F.!</p> <p>9:30 Deck the Halls and Hot Coco (Café)</p> <p>10:00 Cardio Exercise (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 Art of Living Well Committee (AR)</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: Till the Clouds Roll By (1939) (TV CH 1390)</p>	<p>4 National Cookie Day & Happy Birthday Rebecca S.!</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 (Kohl's Included) Van, SU)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:00 Decorating Christmas Cookies (CR,SU)</p> <p>3:00 Men's Beer Social BYOB (Café)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Till the Clouds Roll By (1939) (TV CH 1390)</p>	<p>5</p> <p>8:30 Grief Share Group (CR)</p> <p>9:00 Men's Breakfast (DR, SU)</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>1:30 Stand Strong Testing (CR-By invitation, check your boxes)</p> <p>2:30 Social Hour with Luke (CR, Café)</p> <p>7:00 Movie Night: Till the Clouds Roll By (1939) (TV CH 1390)</p>	<p>6</p> <p>9:45 Tai Chi Beginnings (TV CH 1390)</p> <p>10:00 Let's Play Dominoes (AR)</p> <p>10:30 Ride to the Symphony (BUS, SU– Tickets Pre-purchased)</p> <p>10:30 WTTV Cardio Exercise (CR & 1390)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>12:30 Birds in North Carolina (TV CH 1390)</p> <p>1:00 BINGO (LKVR)</p> <p>2:00 Executive Director Chat with Amanda K. (DR)</p> <p>2:00 Knit Wits (AR)</p> <p>2:30 Executive Director Social hour with– Wine & beer Social (Café, CR)</p> <p>3:00 Classical Christmas Piano Concert with Ruth (CR)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: The Man in the White Suit– Fandango (CR)</p> <p>7:00 Movie Night: Till the Clouds Roll By (1939) (TV CH 1390)</p>	<p>7</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 Wooden Reindeer Craft (CR,SU)</p> <p>2:30 Chair Exercise (TV CH 1390)</p> <p>7:00 Movie Night: Till the Clouds Roll By (1939) (TV CH 1390)</p>

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<p>8 Happy Birthday Mary A.!</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>1:30 Tree of Life Caroling Group (CR)</p> <p>2:00 White Wine Tasting (Café, SU)</p> <p>2:00 Scrabble (AR)</p> <p>6:30 Trip to the Cary Arts Center for a Sherlock Carol (BUS, SU– Tickets Pre-purchased)</p> <p>7:00 Movie Night: Renfroe's White Christmas Christmas Classic Nicholas Todd Daniel Glover(1938)(TV CH 1390)</p>	<p>9</p> <p>9:00 Shopping at Walmart & 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 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 Christmas Karaoke (CR)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Renfroe's White Christmas Christmas Classic Nicholas Todd Daniel Glover(1938)(TV CH 1390)</p>	<p>10</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 Making Christmas Gnome Door hangers (CR, SU)</p> <p>2:00 BINGO (LKVR)</p> <p>2:00 & 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>3:00 Dementia Support Group (CR)</p> <p>7:00 Movie Night: Renfroe's White Christmas Christmas Classic Nicholas Todd Daniel Glover(1938)(TV CH 1390)</p>	<p>11 Happy Birthday Priscilla Q.!</p> <p>9:00 Shopping at Food Lion (BUS, SU)</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>6:00 Christmas Lights Ride Around (BUS,SU)</p> <p>7:00 Movie Night: Renfroe's White Christmas Christmas Classic Nicholas Todd Daniel Glover(1938)(TV CH 1390)</p>	<p>12</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 Social Hour with Piano Music by Dennis (CR, Café)</p> <p>7:00 Movie Night: Renfroe's White Christmas Christmas Classic Nicholas Todd Daniel Glover(1938)(TV CH 1390)</p>	<p>13 Happy Birthday Bud G.!</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 Difference between Home Health and Home Care with Weston from Griswold (AR,SU)</p> <p>1:00 BINGO (LKVR)</p> <p>2:00 Associate Holiday Fund Social (CR)</p> <p>2:00 Knit Wits (AR)</p> <p>3:00 Water Exercise (Pool)</p> <p>5:30 Holiday Violin & Scottish dance Performance (CR)</p> <p>7:00 Movie Night: Arsenic and Old Lace– Fandango (CR)</p> <p>7:00 Movie Night: Renfroe's White Christmas Christmas Classic Nicholas Todd Daniel Glover (1938)(TV CH 1390)</p>	<p>14 Happy Birthday Sara F.!</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>2:30 Trip to the Raleigh Ringers (BUS, SU– Tickets pre-purchased)</p> <p>3:00 Resident Led Trivia (CR)</p> <p>7:00 Movie Night: Renfroe's White Christmas Christmas Classic Nicholas Todd Daniel Glover(1938)(TV CH 1390)</p>
<p>15</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>4:30 Holiday Performance by Flobone (CR)</p> <p>7:00 Movie Night: Santa Claus is coming to Town (TV CH 1390)</p>	<p>16 Holiday Spirit Week!- Head to Toe Christmas</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 Holiday Ukelele Performance by the Bonnette's (CR)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Santa Claus is coming to Town (TV CH 1390)</p>	<p>17 Candy Cane Day– Wear red and White!</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>12:00 Lunch out and trip to Homewood Nursery for Poinsettia exhibit (VAN, SU)</p> <p>1:00 Dining Committee (LKVR)</p> <p>2:30 BINGO (LKVR)</p> <p>2:00 & 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>7:00 Movie Night: Santa Claus is coming to Town (TV CH 1390)</p>	<p>18 Dress as your Favorite Holiday Movie</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 (CR, SU)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>1:00 Woodland Taxi (Van, SU)</p> <p>1:30 Building and Grounds Committee (LKVR)</p> <p>1:30 Holiday Movie & Christmas Treats (CR)</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: Santa Claus is coming to Town (TV CH 1390)</p>	<p>19 Holiday Colors & Happy Birthday Sandra F.!</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>3:00 Stuff the Bus (In front of IL)</p> <p>4:00-7:00 Woodland Terrace Holiday Party with Performance by Capital Transit Band (DR)</p> <p>7:00 Movie Night: Santa Claus is coming to Town (TV CH 1390)</p>	<p>20 Christmas Sweater Day</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 Christmas Sweater Contest (VSLR)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: A Christmas Story– Fandango (CR)</p> <p>7:00 Movie Night: Santa Claus is coming to Town (TV CH 1390)</p>	<p>21 First Day of Winter & Happy Birthday Shirley O.!</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>1:00 Christmas Caroling with St Mary Magdalene Church (CR)</p> <p>1:30 Woodland Terrace Writers Group (AR)</p> <p>2:30 Chair Exercise (TV CH 1390)</p> <p>7:00 Movie Night: Santa Claus is coming to Town (TV CH 1390)</p>

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<p>22</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: A Charlie Brown Christmas (TV CH 1390)</p>	<p>23</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>1:30 Documentary Series: See flyer for more details (AR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:00 Christmas Cocktail Mixology Class (CR,SU- \$)</p> <p>3:00 Water Exercise (Pool)</p> <p>4:00 Surprise Dinner out– See Sign up for price range (BUS, SU)</p> <p>7:00 Movie Night: A Charlie Brown Christmas (TV CH 1390)</p>	<p>24 Christmas Eve</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 Christmas eve Sip and Paint Special with Heather D (CR,SU)</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: A Charlie Brown Christmas (TV CH 1390)</p> <p>9:00 Christmas Eve Meditation (WTTV 1390)</p>	<p>25 Christmas Day!</p> <p>First Day of Hanukkah</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>Giant Christmas Coloring sheet in the Café all Day</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:30 Radio City Music Hall Christmas Spectacular (WTTV 1390)</p> <p>7:00 Movie Night: A Charlie Brown Christmas (TV CH 1390)</p> <p>** No Dining Party tonight– it is moved to New Years Eve!</p>	<p>26</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 December Birthday Social Hour with Caroline (CR)</p> <p>7:00 Movie Night: A Charlie Brown Christmas (TV CH 1390)</p>	<p>27 Happy Birthday Betty P.!</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>2:00 Knit Wits (AR)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: Kramer vs Kramer– Fandango (CR)</p> <p>7:00 Movie Night: A Charlie Brown Christmas (TV CH 1390)</p>	<p>28</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>7:00 Movie Night: A Charlie Brown Christmas (TV CH 1390)</p>
<p>29</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 Bishop's Wife (TV CH 1390)</p>	<p>30</p> <p>9:00 Shopping to Harris Teeter & Walmart (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>1:30 Documentary Series: See flyer for more details (CR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:00 Calendar Review (CR)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: The Bishop's Wife (TV CH 1390)</p>	<p>31 New Years Eve! & Happy Birthday Princess B.!</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>2:00 BINGO (LKVR)</p> <p>2:00 & 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>4:30 New Years Eve Dining Party (DR)</p> <p>7:00 Movie Night: The Bishop's Wife (TV CH 1390)</p>				