# Woodland Terrace January 2025

Sunday	Monday	Tuesday	Wednesday	, Thursday	Friday	Saturday
KEY AR: Activity Room BR: Bridge Room B: Bus Café: 2nd Floor Bistro	Happy Birthday, Residents! 1/5– Nancy F. 1/6– Pat M.	Daily Continental Breakfast Dining Room 8:30 —9:30	1 New Years Day! 10:00 Chair Exercise (TV CH 1390) 11:00 Cardio Exercise with Walt (CR) 11:00 Stretch From Your	2 8:30 Grief Share Group (CR) 9:00 Men's Breakfast (DR, SU) 10:00 Cardio Exercise (TV CH 1390) 10:30 Sit to stand Exercise (CR) 11:00 Weightlifting (FC)	<ul> <li>3</li> <li>9:45 Tai Chi Beginnings (TV CH 1390)</li> <li>10:00 Let's Play Dominoes (AR)</li> <li>10:30 WTTV Cardio Exercise (CR &amp; 1390)</li> <li>11:00 Fast Food Fanatics to Tacobell (BUS, SU)</li> <li>11:00 Stretch From Your</li> </ul>	<ul> <li>4</li> <li>10:00 Sit to Stand Exercise (TV CH 1390)</li> <li>10:00 Bible Study (CR)</li> <li>10:30 Sing Along with Songs We all Know (TV CH 1390)</li> </ul>
CR: Carolina Room CH: Chapel on 3rd Floor DR: Dining Room FC: Fitness Center LKVR: Lakeview Room	1/6– Sue B. 1/10– Kitty I. 1/22– Helen J. 1/22– Merry N. 1/27– Stuart M.	Check the flyer on bulletin boards for the descriptions of this month's	Chair (TV CH 1390) 1:30 Chair Yoga for Seniors (TV CH 1390) Happy New Year!	<ul> <li>11:00 Sit to Stand Exercise (TV CH 1390)</li> <li>1:30 Chair Yoga for Seniors (TV CH 1390)</li> <li>1:30 Stand Strong Testing (CR- By invitation, check your boxes)</li> <li>2:30 Social Hour with Luke (CR,</li> </ul>	Chair (TV CH 1390) 12:30 Birds in North Carolina (TV CH 1390) 1:00 BINGO (LKVR) 2:00 Knit Wits (AR) 2:30 Social hour with– Wine & beer Social (Café, CR) 3:00 Water Exercise (Pool) 6:30 Movie Night: The Man in	2:30 Chair Exercise (TV CH 1390) 7:00 Movie Night: The Bish- op's Wife (TV CH 1390)
P: Pool SU: Sign Up TV CH 1390: In House TV Channel		Friday Night Movies.	7:00 Movie Night: The Bishop's Wife (TV CH 1390)	Café) 7:00 Movie Night: The Bishop's Wife (TV CH 1390)	the White Suit – Fandango (CR) 7:00 Movie Night: The Bishop's Wife (TV CH 1390)	
5 Happy Birthday Nancy F.!	6 Happy Birthday Pat M. & Sue B.! 9:00 Shopping at Food Lion (BUS,	7 10:00 Cardio Exercise (1390) 10:30 Exercise with Legacy (CR)	8 9:00 Shopping at Publix & Dollar Tree (Bus, SU) 9:30 Communion (CH)	9 8:30 Grief Share Group (CR) 10:00 Cardio Exercise (TV CH	<b>10 Happy Birthday Kitty I.!</b> 9:45 Tai Chi Beginnings (TV CH 1390)	<b>11</b> 10:00 Sit to Stand Exercise (TV CH 1390)
9:30 Coffee Chat (Café) 10:00 Woodland Church Service (CR)	SU) 10:00 Chair Exercise (TV CH 1390) 10:30 Chair Yoga Class with	<ul><li><b>11:00 Weightlifting (FC)</b></li><li>11:00 Sit to Stand Exercise (TV)</li></ul>	10:00 Chair Exercise (TV CH 1390) 10:30 Exercise with Legacy (CR) 11:00 Cardio Exercise with Walt (CR)	1390) 10:30 Sit to stand Exercise (CR) 11:00 Weightlifting (FC)	10:00 Let's Play Dominoes (AR) 10:30 WTTV Cardio Exercise (CR & 1390)	<b>10:00 Bible Study (CR)</b> 10:30 Sing Along with Songs We all Know (TV CH 1390)
12:00 Cardio Exercise (TV CH 1390) 1:30 Calm Coloring Corner	Camille (CR) 11:00 Cardio Exercise (CR) 11:00 Chair Stretch (TV CH 1390)	CH 1390) 1:00 Art of Living Well Committee (AR)	11:00 Stretch From Your Chair (TV CH 1390) 1:00 Woodland Taxi (Van, SU)	<ul><li>11:00 Sit to Stand Exercise (TV</li><li>CH 1390)</li><li>1:30 Chair Yoga for Seniors (TV</li></ul>	11:00 Stretch From Your Chair (TV CH 1390) 12:30 Birds in North Carolina (TV CH 1390)	1:30 Women's Bring Your Own Wine Social (Café)
(Café) 2:00 Scrabble (AR)	1:30 Documentary Series: Our National Parks (CR) 1:30 Library Outing (Van, SU)	2:00 BINGO (LKVR)	1:30 Chair Yoga for Seniors (TV CH 1390) 2:00 Book Club (LKVR)	2:30 Trivia Social Hour with Bobo (CR, Café)	1:00 BINGO (LKVR) 2:00 Executive Director Chat with Amanda K. (DR)	2:30 Chair Exercise (TV CH 1390)
7:00 Movie Night: We're Not Married (TV CH 1390)	1:30 Chair Yoga for Seniors (TV CH 1390) 2:00 1:1 Technology Assistance with Heather D (CAFÉ, SU– 30 minute time slote)	2:00 & 3:30: Beginner 1 Mile Walk (TV CH 1390) 3:00 Caregiver Support Group (CR)	3:00 Men's Beer Social BYOB (Café) 3:00 Water Exercise (Pool)	4:00 Surprise Dinner out– See Sign up for pricing (BUS,SU)	3:00 Sense Beyond Sight Program, exploring Smells of the Season—See Flyer for more details (CR, SU) 2:00 Knit Wits (AR)	3:00 Resident Led Trivia (CR) 7:00 Movie Night: We're Not
	minute time slots) 3:00 Water Exercise (Pool) 7:00 Movie Night: We're Not Married (TV CH 1390)	7:00 Movie Night: We're Not Married (TV CH 1390)	7:00 Movie Night: We're Not Mar- ried (TV CH 1390)	7:00 Movie Night: We're Not Married (TV CH 1390)	3:00 Water Exercise (Pool) 6:30 Movie Night: Murder on the Orient Express– Fandango (CR) 7:00 Movie Night: We're Not Married (TV CH 1390)	Married (TV CH 1390)

# Woodland Terrace January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 12	13	14	15 0.00 Shaaning at Trader Loop (	16	17	18
9:30 Coffee Chat (Café)	9:00 Shopping at Harris Teeter/	10:00 Cardio Exercise(1390)	9:00 Shopping at Trader Joes/ Aldi's (BUS, SU)	8:30 Grief Share Group (CR)	9:45 Tai Chi Beginnings	10:00 Sit to Stand Exercise
10:00 Woodland Church	Walmart (BUS, SU)	10:30 Chair Exercise with	9:30 Communion (CH) 10:00 Chair Exercise (TV CH	10:00 Cardio Exercise (TV CH	(TV CH 1390)	(TV CH 1390)
Service (CR)	10:00 Chair Exercise (TV CH	Legacy (CR) 11:00 Weightlifting (FC)	1390)	1390)	10:00 Let's Play Dominoes (AR)	10:00 Bible Study (CR)
12:00 Cardio Exercise (TV CH 1390)	1390) 10:30 Chair Yoga Class with	11:00 Sit to Stand Exercise	10:30 Exercise with Legacy (CR) 11:00 Cardio Exercise with Walt	10:30 Sit to stand Exercise (CR) 11:00 Weightlifting (FC)	10:00 Lunch out to Relish and Trip to Homewood Nursery (BUS, SU)	10:30 Sing Along with Songs We all Know (TV CH 1390)
1:30 Calm Coloring Corner (Café)	Camille (CR) 11:00 Cardio Exercise (CR)	(TV CH 1390) 1:00 Dance Party with Dennis	(CR) 11:00 Stretch From Your Chair (TV CH 1390)	11:00 Sit to Stand Exercise (TV CH 1390)	10:30 WTTV Cardio Exercise (CR & 1390)	
	11:00 Chair Stretch (TV CH 1390)	(VSLR) 1:30 Information session on	1:00 Woodland Taxi (Van, SU)	1:30 Chair Yoga for Seniors (TV CH 1390)	11:00 Stretch From Your	1:30 Woodland Terrace
2:00 Scrabble (AR)		the difference between Home	1:30 Chair Yoga for Seniors (TV	1:30 New Resident Welcome	Chair (TV CH 1390)	Writers Group (AR)
7:00 Movie Night: Three	1:30 Documentary Series: Na- tional Parks (CR)	health and Home care with Weston from Griswold (CR,SU)	CH 1390) 1:30 Building and Grounds	with Management (AR,SU)	12:30 Birding in the Carolinas (TV CH 1390)	2:30 Chair Exercise (TV CH 1390)
Secrets (1950) (TV CH 1390)	1:30 Chair Yoga for Seniors (TV CH 1390)	2:00 Making wine glass Snowman candle holders (AR,	Committee (LKVR) 1:30 Comedy Hour (CR)	2:00 Snacks and Drinks before performance (Café)	1:00 BINGO (LKVR) 2:00 Sense Beyond Sight Program, exploring Taste—See	7:00 Movie Night: Three
	3:00 Water Exercise (Pool)	SU) 2:00 BINGO (LKVR)	3:00 Men's Beer Social BYOB	2:30 Social Hour with special	Flyer for more details (CR, SU) 2:00 Knit Wits (AR)	Secrets (1950) (TV CH 1390)
	7:00 Movie Night: Three	2:00 & 3:30: Beginner 1 Mile	(Café)	Elvis Performance (CR)	3:00 Water Exercise (Pool)	
	Secrets (1950) (TV CH 1390)	Walk (TV CH 1390) 3:00 Dining Room Flower	3:00 Water Exercise (Pool)	7:00 Movie Night: Three	6:30 Movie Night: Dr. Strange Love– Fandango (CR)	
		arranging (DR)	7:00 Movie Night: Three	Secrets (1950) (TV CH 1390)	7:00 Movie Night: Three Secrets (1950) (TV CH 1390)	
		7:00 Movie Night: Three Secrets (1950) (TV CH 1390)	Secrets (1950) (TV CH 1390)			
19	20 Martin Luther King Jr.	21	22 Happy Birthday Helen J.	23	24	25
	Day	10:00 Cardio Exercise (TV CH	& Merry N.! 9:00 Shopping at Harris Teeter	8:30 Grief Share Group (CR)	9:45 Tai Chi Beginnings	10:00 Sit to Stand Exercise
9:30 Coffee Chat (Café)	10:00 Chair Exercise (TV CH	1390)	& Walmart (BUS, SU) 10:00 Chair Exercise (TV CH	10:00 Cardio Exercise (TV CH	(TV CH 1390)	TV CH 1390)
10:00 Woodland Church Service (CR)	1390) 10:30 Chair Yoga Class with	10:30 Exercise with Legacy (CR) 11:00 Weightlifting (FC)	1390) 10:30 Exercise with Legacy (CR)	1390) 10:00 Catholic Mass (VSLR)	<b>10:00 Let's Play Dominoes (AR)</b> <b>10:30 WTTV Cardio Exercise</b>	10:00 Bible Study (CR)
12:00 Cardio Exercise	Camille (CR)	11:00 Sit to Stand Exercise	11:00 Cardio Exercise with Walt	10:30 Sit to Stand Exercise (CR)	(CR & 1390)	10:30 Sing Along with Songs
(TV CH 1390)	11:00 Chair Stretch (TV CH 1390)	(TV CH 1390)	(CR, SU) 11:00 Stretch From Your	11:00 Weightlifting (FC)	11:00 Stretch From Your	We all Know (TV CH 1390)
1:30 Calm Coloring Corner (Café)	1:30 Chair Yoga for Seniors (TV CH 1390)	1:00 Dining Committee (LKVR)	Chair (TV CH 1390) 11:30 Women's Luncheon: Out	11:00 Sit to Stand Exercise (TV CH 1390)	Chair (TV CH 1390) 12:30 Birding in the	1:30 Women's Bring Your Own Wine Social (Café)
	3:00 "I have a Dream Speech" on	1:30 Making Valentines	of Africa– Starring Hugh Mckinley (DR, <u>SIGN-UP)</u>	1:30 Chair Yoga for Seniors (TV	Carolinas (TV CH 1390)	2:30 Chair Exercise (TV CH
2:00 Scrabble (AR)	WTTV 1390	Wreaths (CR, SU)	1:00 Woodland Taxi (Van, SU) 1:00 Resident Board Meeting	СН 1390)	1:00 BINGO (LKVR) 2:00 Knit Wits (AR)	1390)
7:00 Movie Night: My Big Fat Greek Wedding (TV CH 1390)	7:00 Movie Night: My Big Fat Greek Wedding (TV CH 1390)	2:30 BINGO (LKVR)	(LKVR) 1:30 Chair Yoga for Seniors (TV	2:30 January Birthday Social Hour Caroline Gregory (CR)	2:00 Sense Beyond Sight Program, exploring Touch —See Flyer for more details (CR, SU)	3:00 Resident Led Trivia (CR)
		7:00 Movie Night: My Big Fat	CH 1390) 3:00 Men's Beer Social BYOB	7.00 Maria Nicht Mar Die Ent	3:00 Water Exercise (Pool)	
		Greek Wedding (TV CH 1390)	(Café) 3:00 Water Exercise (Pool)	7:00 Movie Night: My Big Fat Greek Wedding (TV CH 1390)	6:30 Movie Night: It Ends with Us – Netflix (CR)	7:00 Movie Night: My Big Fat Greek Wedding (TV CH 1390)
			7:00 Movie Night: My Big Fat Greek Wedding (TV CH 1390)		7:00 Movie Night: My Big Fat Greek Wedding (TV CH 1390)	

# Woodland Terrace January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	
26	27 Happy Birthday Stuart	28	29	30	31
9:30 Coffee Chat (Café)	M.!	10:00 Cardio Exercise (TV CH	8:30-9:30 Waffle Wednesday Breakfast– Join us in the Dining	8:30 Grief Share Group (CR)	9:45
10:00 Woodland Church	9:00 Shopping to Food Lion	1390)	Room or Pick up your Waffle to	10:00 Cardio Exercise (TV CH	(TV
Service (CR)	(BUS, SU)	10:30 Chair Exercise with Legacy	go! (Pick Up in IL LKVR or Eat	1390)	10:0
12:00 Cardio Exercise (TV CH 1390)	10:00 Chair Exercise (TV CH 1390)	(CR) 11:00 Weightlifting (FC)	in Dining Room, SU)	10:30 Sit to Stand Exercise (CR) 11:00 Weightlifting (FC)	10:3
1:30 Calm Coloring Corner	10:30 Chair Yoga Class with Camille (CR)	11:00 Sit to Stand Exercise	<b>9:30 Communion (CH)</b> 10:00 Chair Exercise (TV CH 1390)	11:00 Sit to Stand Exercise	10:3
(Café)	11:00 Cardio Exercise (CR) 11:00 Chair Stretch (TV CH 1390)	(TV CH 1390)	10:30 Exercise with Legacy (CR) 11:00 Cardio Exercise with Walt	(TV CH 1390) 1:30 Chair Yoga for Seniors (TV	(Ticl (BU 11:0
2:00 Scrabble (AR)	1:30 Documentary Series:	1:30 Travel Documentary to California & Tasting (CR)	(CR) 11:00 Stretch From Your	CH 1390)	0
3:00 Resident Quarterly Meeting (DR)	National Parks (CR) 1:30 Chair Yoga for Seniors (TV		Chair (TV CH 1390)	1:30 Calendar Review (CR)	12:3 Carc
weeting (DN)	CH 1390)	2:00 BINGO (LKVR)		2:30 Social Hour with Zeke (CR,	1:00
7:00 Movie Night: A knock on any Door (TV CH 1390)	2:00 Sip and Paint (CR,SU)	2:00 & 3:30: Beginner 1 Mile Walk (TV CH 1390)	1:30 Chair Yoga for Seniors (TV CH 1390)	Café)	2:00 2:00
	3:00 Water Exercise (Pool)	<u>3:00 Engage Brain Health</u> Program with Christina	3:00 Men's Beer Social BYOB (Café)	7:00 Movie Night: A knock on a Door (TV CH 1390)	IV Pros
	7:00 Movie Night: A knock on any	Buchanan–(CR,SU)	3:00 Water Exercise (Pool)		3:00
	Door (TV CH 1390)				6:30 Disn
		7:00 Movie Night: A knock on any Door (TV CH 1390)	7:00 Movie Night: A knock on any Door (TV CH 1390)		7:00 any

### Friday

### Saturday

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45 Tai Chi Beginnings V CH 1390)

#### ):00 Let's Play Dominoes (AR)

0:30 WTTV Cardio Exercise (CR & 1390)

#### **):30** Depart for Symphony ickets pre-purchased) US SU)

US,SU) L:00 Stretch From Your Chair (TV CH 1390) 2:30 Birding in the

arolinas (TV CH 1390)

### 00 BINGO (LKVR)

#### 00 Knit Wits (AR)

00 Sense Beyond Sight rogram, exploring Sounds ee Flyer for more details (CR, J)

#### 00 Water Exercise (Pool)

30 Movie Night: Pinocchio– isney Plus (CR)

00 Movie Night: A knock on ny Door (TV CH 1390)

