


# Woodland Terrace January 2025

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

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



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<p><b>26</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 Calm Coloring Corner (Café)</p> <p>2:00 Scrabble (AR)</p> <p>3:00 Resident Quarterly Meeting (DR)</p> <p>7:00 Movie Night: A knock on any Door (TV CH 1390)</p>	<p><b>27 Happy Birthday Stuart M.!</b></p> <p>9:00 Shopping to 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 Documentary Series: National Parks (CR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:00 Sip and Paint (CR,SU)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: A knock on any Door (TV CH 1390)</p>	<p><b>28</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>1:30 Travel Documentary to California &amp; Tasting (CR)</p> <p>2:00 BINGO (LKVR)</p> <p>2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>3:00 Engage Brain Health Program with Christina Buchanan—(CR,SU)</p> <p>7:00 Movie Night: A knock on any Door (TV CH 1390)</p>	<p><b>29</b></p> <p>8:30-9:30 Waffle Wednesday Breakfast— Join us in the Dining Room or Pick up your Waffle to go! (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>1:30 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: A knock on any Door (TV CH 1390)</p>	<p><b>30</b></p> <p>8:30 Grief Share Group (CR)</p> <p>10:00 Cardio Exercise (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 (TV CH 1390)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>1:30 Calendar Review (CR)</p> <p>2:30 Social Hour with Zeke (CR, Café)</p> <p>7:00 Movie Night: A knock on any Door (TV CH 1390)</p>	<p><b>31</b></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 &amp; 1390)</p> <p>10:30 Depart for Symphony (Tickets pre-purchased) (BUS,SU)</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 Sense Beyond Sight Program, exploring Sounds— See Flyer for more details (CR, SU)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: Pinocchio— Disney Plus (CR)</p> <p>7:00 Movie Night: A knock on any Door (TV CH 1390)</p>	