

Woodland Terrace February 2025

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! 2/1– Vaughn H. 2/2 Marta T. 2/10– Richard L. 2/15– John P. 2/16– Liz G. 2/18– Julie A. 2/20– Shirley K.</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 Happy Birthday Vaughn H.! 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 Bish- op’s Wife (TV CH 1390)</p>
<p>2 Groundhog Day! & Hap- py Birthday Marta T.! 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) 3:00 Trip to Cary Theatre for Bountiful Play (BUS, SU– Tick- ets pre-purchased) 7:00 Movie Night: A Woman’s World 1954 (TV CH 1390)</p>	<p>3 9:00 Shopping at Food Lion (BUS, SU) 10:00 Chair Exercise (TV CH 1390) 10:30 Chair Exercise (CR) 11:00 Cardio Exercise (CR) 11:00 Chair Stretch (TV CH 1390) 1:30 Documentary Series: See Flyer for details (CR) 1:30 Chair Yoga for Seniors (TV CH 1390) 2:00 1:1 Technology Assistance with Heather D (CAFÉ, SU– 30 minute time slots) 3:00 Water Exercise (Pool) 7:00 Movie Night: A Woman’s World 1954 (TV CH 1390)</p>	<p>4 10:00 Cardio Exercise (1390) 10:30 Exercise with Legacy (CR) 11:00 Weightlifting (FC) 11:00 Sit to Stand Exercise (TV CH 1390) 1:00 Life Enrichment Committee (AR) 2:00 BINGO (LKVR) 2:00 & 3:30: Beginner 1 Mile Walk (TV CH 1390) 7:00 Movie Night: A Woman’s World 1954 (TV CH 1390)</p>	<p>5 9:00 Shopping at Publix & Dollar Tree (Bus, SU) 9:30 Communion (CH) 10:00 Chair Exercise (TV CH 1390) 10:00 Sense Beyond Sight Program, exploring Taste and Smell—See Flyer for more details (AR, SU) 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) 1:00 Friendship Committee (LKVR) 1:30 Chair Yoga for Seniors (TV CH 1390) 3:00 Men’s Beer Social BYOB (Café) 3:00 Water Exercise (Pool) 7:00 Movie Night: A Woman’s World 1954 (TV CH 1390)</p>	<p>6 8:30 Grief Share Group (CR) 9:00 Men’s Breakfast to IHop (BUS, SU) 10:00 Cardio Exercise (TV CH 1390) 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: A Woman’s World 1954 (TV CH 1390)</p>	<p>7 Go Red Day– Wear RED for Women’s Heart Health 9:45 Tai Chi Beginnings (TV CH 1390) 10:00 Let’s Play Dominoes (AR) 10:30 WTTV Cardio Exercise (CR & 1390) 11:00 Fast Food Fanatics outing to Chicken Salad Chick (BUS, SU) 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) 2:30 ED social Hour with Red Wine Tasting for Heart Health Month (Café) 2:00 Knit Wits (AR) 3:00 Classical Piano Concert with Ruth (CR) 3:00 Water Exercise (Pool) 6:30 Movie Night: The Hustler – Fandango(CR) 7:00 Movie Night: A Woman’s World 1954 (TV CH 1390)</p>	<p>8 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) 2:00 Sip and Paint (AR, SU) 3:00 Resident Led Trivia (CR) 7:00 Movie Night: A Wom- an’s World 1954 (TV CH 1390)</p>

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<p>9 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 Wine and Chocolate tasting with Sunita (CR, SU)</p> <p>7:00 Movie Night: Life with Father 1947 (TV CH 1390)</p>	<p>10 Happy Birthday Richard L.!</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 Library Outing (Van, SU)</p> <p>1:30 Documentary Series: See Flyer for details (CR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:00 1:1 Technology Assistance with Heather D (CAFÉ, SU– 30 minute time slots)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Life with Father 1947 (TV CH 1390)</p>	<p>11</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>2:00 BINGO (LKVR)</p> <p>2:00 & 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>3:00 Dining Room Flower arranging (DR)</p> <p>7:00 Movie Night: Life with Father 1947 (TV CH 1390)</p>	<p>12</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>10:00 Sense Beyond Sight Program, exploring Touch— See Flyer for more details (CR, SU)</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>2:00 Book Club (LKVR)</p> <p>3:00 Men's Beer Social BYOB (Café)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Life with Father 1947 (TV CH 1390)</p>	<p>13</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>2:30 Social Hour with music by Dennis (CR)</p> <p>7:00 Movie Night: Life with Father 1947 (TV CH 1390)</p>	<p>14 Happy Valentines Day!</p> <p>9:45 Tai Chi Beginnings (TV CH 1390)</p> <p>9:30-11:00 Valogram Delivery by the Life Enrichment Team! See flyer for more details—all proceeds go to the Local Women's Shelter! (SU-\$)</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>1:30 BIG Valentines BINGO (DR, SU)</p> <p>2:00 Knit Wits (AR)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: Burnt by the Sun– Fandango (CR)</p> <p>7:00 Movie Night: Life with Father 1947 (TV CH 1390)</p>	<p>15 Happy Birthday John 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: Life with Father 1947 (TV CH 1390)</p>
<p>16 Happy Birthday Liz G.!</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 Watercolor Class with Ali T (AR, SU)</p> <p>3:00 Valentines Performance by Capital Transit Band (CR)</p> <p>7:00 Movie Night: Mystery at Wentworth Castle (TV CH 1390)</p>	<p>17 Presidents Day</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 to Food Lion (BUS, SU)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>1:30 Documentary Series: See Flyer for details (CR)</p> <p>7:00 Movie Night: Mystery at Wentworth Castle (TV CH 1390)</p>	<p>18 Happy Birthday Julie A.!</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 Soap (CR, SU)</p> <p>2:30 BINGO (LKVR)</p> <p>7:00 Movie Night: Mystery at Wentworth Castle (TV CH 1390)</p>	<p>19</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>10:00 Sense Beyond Sight Program, exploring hearing— See Flyer for more details (CR, SU)</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>11:30 Women's Luncheon: The General and Honest Abe (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: Mystery at Wentworth Castle (TV CH 1390)</p>	<p>20 Happy Birthday Shirley K.!</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 Trivia Hour with Bobo (CR)</p> <p>2:30 February Birthday Social Hour Caroline Gregory (CR)</p> <p>7:00 Movie Night: Mystery at Wentworth Castle (TV CH 1390)</p>	<p>21</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>2:30 Embroidery Craft with Sunita (CR, SU)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: LION– Fandango (CR)</p> <p>7:00 Movie Night: Mystery at Wentworth Castle (TV CH 1390)</p>	<p>22 Cherry Day</p> <p>10:00 Sit to Stand Exercise (TV CH 1390)</p> <p>10:00 Bible Study (CR)</p> <p>10:30 Making no bake Cherry Cheesecake with Sunita (Café, SU)</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: Mystery at Wentworth Castle (TV CH 1390)</p>

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<p>23</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>3:00 Making Chocolate Covered Strawberries with Sunita (Cafe, SU)</p> <p>7:00 Movie Night: Rock a Bye Baby (TV CH 1390)</p>	<p>24</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: See Flyer for 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: Rock a Bye Baby (TV CH 1390)</p>	<p>25</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 Desert Southwest & Tasting (CR)</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—(CR,SU)</p> <p>7:00 Movie Night: Rock a Bye Baby (TV CH 1390)</p>	<p>26</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>1:00 Woodland Taxi (Van, SU)</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>4:30 End of the Month Dining Party— No Meal Deliveries for dinner (DR)</p> <p>7:00 Movie Night: Rock a Bye Baby (TV CH 1390)</p>	<p>27</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 JP (CR, Café)</p> <p>7:00 Movie Night: Rock a Bye Baby (TV CH 1390)</p>	<p>28</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>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>2:30 Tv Game Show Social Hour hosted by Weston from Griswold (CR, SU)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: The Conclave—Fandango (CR)</p> <p>7:00 Movie Night: Rock a Bye Baby (TV CH 1390)</p>	