


Woodlands May 2023 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Code: Black Printing: Activities Red Printing: Exercise Blue Printing: Administration Green Printing: Repeat Community Activities</p>	<p>1 <u>Aqua Aerobics w/Joanna</u>, 9AM, Pool</p> <p><u>Exercise Class w/Paul</u> 10AM, Exercise Room</p>	<p>2 <u>Exercise Class w/Richard</u> 10AM, Exercise Room <u>Gentle Yoga</u> 11AM, Exercise Room Every Tuesday: <u>Wii Bowling Teams, Branches, 1:30PM, Twigs, 3PM</u> Every Tuesday: <u>Pool, 7:30PM, 4th fl. Billiards</u></p>	<p>3 <u>Aqua Aerobics w/Joanna</u>, 9AM, Pool <u>Exercise Class w/Paul</u> 10AM, Exercise Room <u>WRA Board Meeting</u>, 1:30PM, 4th fl. Conf. Rm. <u>Social</u>, 4pm, 3rd fl. Sofa /Sunroom Chapel Area</p>	<p>4 <u>Exercise Class w/Richard</u> 10AM, Exercise Room</p> <p><u>Gentle Yoga</u> 11AM, Exercise Room</p> <p><u>Chorus</u> 3-3:45PM, 4th Fl. East Alcove</p>	<p>5 <u>Aqua Aerobics W/Frances</u>, 9AM, Pool</p> <p><u>Tai Chi for Balance</u> 10:45AM, Exercise Room</p> <p><u>Pub Night</u> 4:30PM, 4th fl. Conf. Rm., BYOB</p>	<p>6</p> <p><u>Movie Night</u> <i>Pride and Prejudice</i> 1st fl. Activity Rm. 7:30PM</p>
<p>7</p>	<p>8 <u>Aqua Aerobics w/Joanna</u>, 9AM, Pool</p> <p><u>Exercise Class w/Paul</u> 10AM, Exercise Room</p> <p><u>Social Team Meeting</u>, 1:30PM, 4th fl. Conf. Room</p>	<p>9 <u>Exercise Class w/Richard</u> 10AM, Exercise Room</p> <p><u>Gentle Yoga</u> 11AM, Exercise Room</p>	<p>10 <u>Aqua Aerobics w/Joanna</u>, 9AM, Pool</p> <p><u>Exercise Class w/Paul</u> 10AM, Exercise Room</p> <p><u>Chat w/ Kitchen</u> 2PM, 1st fl. Activity Rm.</p>	<p>11 <u>Exercise Class w/Richard</u> 10AM, Exercise Room</p> <p><u>Gentle Yoga</u> 11AM, Exercise Room</p>	<p>12 <u>Aqua Aerobics W/Frances</u>, 9AM, Pool</p> <p><u>Tai Chi for Balance</u> 10:45AM, Exercise Room</p> <p><u>Pub Night</u> 4:30PM, 1st fl. Activity Rm., BYOB</p>	<p>13 <u>Reflections</u>, 10AM, 1st Fl. Activity Room</p> <p><u>Movie Night</u> <i>The Conspirator</i> 1st fl. Activity Rm. 7:30PM</p>
<p>14 Happy Mother's Day!</p> 	<p>15 <u>Aqua Aerobics w/Joanna</u>, 9AM, Pool</p> <p><u>Exercise Class w/Paul</u> 10AM, Exercise Room</p>	<p>16 <u>Exercise Class w/Richard</u> 10AM, Exercise Room</p> <p><u>Gentle Yoga</u> 11AM, Exercise Room</p> <p><u>Doug Erhard, Computer Help</u>, 9:30-11:30AM</p>	<p>17 <u>Aqua Aerobics w/Joanna</u>, 9AM, Pool</p> <p><u>Exercise Class w/Paul</u> 10AM, Exercise Room</p> <p><u>Team Leaders Meeting</u> 11AM, 4th Fl. Conf. Room</p> <p><u>Chat w/Sona</u> 3:30PM, 1st fl. Activity Rm.</p>	<p>18 <u>Exercise Class w/Richard</u> 10AM, Exercise Room</p> <p><u>Gentle Yoga</u> 11AM, Exercise Room</p> <p><u>Chorus</u> 3-3:45PM, 4th Fl. East Alcove</p>	<p>19 <u>Aqua Aerobics W/Frances</u>, 9AM, Pool</p> <p><u>Tai Chi for Balance</u> 10:45AM, Exercise Room</p> <p><u>Ladies Lunch Out</u> Snax: Van leaves 11:30am</p> <p><u>Pub Night</u> 4:30PM, 1st fl. Activity Rm., BYOB</p>	<p>20</p> <p><u>Movie Night</u> <i>The Bodyguard</i> 1st fl. Activity Rm. 7:30PM</p>
<p>21</p>	<p>22 <u>Birdsong Walkabout</u>, 8AM, East Entrance</p> <p><u>Aqua Aerobics w/Joanna</u>, 9AM, Pool</p> <p><u>Exercise Class w/Paul</u> 10AM, Exercise Room</p>	<p>23 <u>Class w/Richard</u> 10AM, Exercise Room</p> <p><u>Gentle Yoga</u> 11AM, Exercise Room</p> <p><u>Maintenance Chat</u>, 2PM, 1st fl. Activity Rm.</p>	<p>24 <u>Aqua Aerobics w/Joanna</u>, 9AM, Pool</p> <p><u>Exercise Class w/Paul</u> 10AM, Exercise Room</p> <p><u>Semi-Annual Meeting of WRA (ALL Residents)</u>, 4PM, 1st fl. Activity Rm.</p>	<p>25 <u>Exercise Class w/Richard</u> 10AM, Exercise Room</p> <p><u>Gentle Yoga</u> 11AM, Exercise Room</p>	<p>26 <u>Aqua Aerobics W/Frances</u>, 9AM, Pool</p> <p><u>Tai Chi for Balance</u> 10:45AM, Exercise Room</p> <p><u>Pub Night</u> 4:30PM, 1st fl. Activity Rm., BYOB</p>	<p>27</p> <p><u>Movie Night</u> <i>Casablanca</i> 1st fl. Activity Rm. 7:30PM</p>
<p>28</p>	<p>29 Memorial Day</p> <p><u>Speaker:</u> Charles Wheelan, "Political Polarization" 4PM, 1st fl. Act. Room</p>	<p>30 <u>Exercise Class w/Richard</u> 10AM, Exercise Room</p> <p><u>Gentle Yoga</u> 11AM, Exercise Room</p>	<p>31 <u>Aqua Aerobics w/Joanna</u>, 9AM, Pool</p> <p><u>Exercise Class w/Paul</u> 10AM, Exercise Room <u>Wellness Discussion Group</u>, Aging Issues, 2:30PM, 1st fl. Activity Rm. Every Wednesday: <u>Mexican Train Dominoes, Dinner, 5:15PM</u></p>	<p>Every Monday: <u>Wii Bowling Teams, Roots, 11AM, Trees, 1:30PM, Acorns, 3PM</u></p> <p>Every Monday: <u>Ping Pong, 7:15PM, 3rd fl. Activity Rm</u></p>	<p>Every Friday: <u>Mah Jongg, 2PM, 3rd fl. Sunroom Chapel</u></p>	