



Woodlands October 2024 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>6</p> <p>13</p>	<p>Every Monday: Ping Pong, 7:15PM, 3rd Floor Activity Room</p> <p>7 Aqua Aerobics w/Kathleen, 9AM, Pool</p> <p>Exercise Class w/Paul 10AM, Exercise Room</p> <p>Guest Speaker: Sue Mooney, M.D., 3PM, Great Room</p> <p>14 Aqua Aerobics w/ Kathleen, 9AM, Pool</p> <p>Exercise Class w/Paul 10AM, Exercise Room</p> <p>Social Team Meeting, 1:30PM, 4th, Fl. Conf. Rm</p>	<p>1 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/ Frances, 11AM, Exercise Room Flu Clinic, 10AM-3PM Wellness Office</p> <p>Every Tuesday: Pool, 7:30PM, 4th Fl. Billiards Room</p> <p>8 Exercise Class w/Richard 10AM, Exercise Room</p> <p>Gentle Yoga w/ Frances, 11AM, Exercise Room</p> <p>15 Exercise Class w/Richard 10AM, Exercise Room</p> <p>Doug Erhard, Computer Help, 9:30-11:30AM</p> <p>Gentle Yoga w/ Frances, 11AM, Exercise Room</p>	<p>2 Aqua Aerobics w/Joanna, 9am, Pool Exercise Class w/Paul 10AM, Exercise Room Absentee Balloting, 11AM-1PM, Great Room WRA Board Meeting, 1:30PM, 4th Fl. Conf. Rm</p> <p>Social, 4PM, Great Room</p> <p>9 Aqua Aerobics w/Joanna, 9am, Pool Exercise Class w/Paul 10AM, Exercise Room</p> <p>Team Leaders Meeting, 11AM, 4th Fl. Conf. Rm Chat w/Kitchen, 2PM, Great Room</p> <p>16 Aqua Aerobics w/Joanna, 9AM, Pool</p> <p>Exercise Class w/Paul 10AM, Exercise Room</p> <p>Chat w/Nikki Fortier 3:30PM, Great Room</p>	<p>3 Exercise Class w/Richard 10AM, Exercise Room</p> <p>Gentle Yoga w/ Frances 11AM, Exercise Room Chorus, 3-3:45PM, Great Room</p> <p>Rosh Hashanah</p> <p>10 Exercise Class w/Richard 10AM, Exercise Room</p> <p>Gentle Yoga w/ Frances 11AM, Exercise Room</p> <p>17 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga 11AM, Exercise Room Lunch Out, Burdick's, Walpole, NH; 11AM Van Chorus, 3-3:45PM, Great Room</p>	<p>4 Aqua Aerobics w/ Jackie, 9AM, Pool Tai Chi for Balance w/Kevin, 11:45AM, Exercise Room Magic Show: Dana Perkins, 3PM, Great Room</p> <p>Pub Night 4:30PM, Café, BYOB</p> <p>11 Aqua Aerobics w/ Jackie, 9AM, Pool</p> <p>Tai Chi for Balance w/Kevin, 11:45AM, Exercise Room</p> <p>Pub Night 4:30PM, Café, BYOB</p> <p>18 Aqua Aerobics w/ Jackie, 9AM, Pool Tai Chi for Balance w/Kevin, 11:45AM, Exercise Room Pub Night 4:30PM, Café, BYOB</p>	<p>5</p> <p>Movie Night "Maestro" 7:30PM, Theater</p> <p>12</p> <p>Movie Night "The Blind Side" 7:30PM, Theater</p> <p>Yom Kippur</p> <p>19</p> <p>Movie Night "Gold Finger" 7:30PM, Theater</p>
20	<p>21 Aqua Aerobics w/ Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room</p> <p>Speaker, A.J. Horvath, Today's Mental Health Challenges Today, 4PM, GR</p>	<p>22 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/ Frances, 11AM, Exercise Room Maintenance Chat, 2PM, Great Room</p>	<p>23 Aqua Aerobics w/Joanna, 9AM, Pool</p> <p>Exercise Class w/Paul 10AM, Exercise Room WRA Annual Meeting for All Residents, 4PM, Great Room</p>	<p>24 Exercise Class w/Richard 10AM, Exercise Room</p> <p>Gentle Yoga w/ Frances 11AM, Exercise Room</p>	<p>25 Aqua Aerobics w/ Jackie, 9AM, Pool</p> <p>Tai Chi for Balance w/Kevin, 11:45AM, Exercise Room Pub Night 4:30PM, Café, BYOB</p>	26
27	<p>28 Aqua Aerobics w/ Kathleen, 9AM, Pool</p> <p>Exercise Class w/Paul 10AM, Exercise Room</p>	<p>29 Exercise Class w/Richard 10AM, Exercise Room</p> <p>Gentle Yoga w/ Frances. 11AM, Exercise Room</p>	<p>30 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room</p> <p>Every Wednesday: Mexican Train Dominoes, Dinner, 5:15PM</p>	<p>31 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/ Frances 11AM, Exercise Room</p> <p>HAPPY HALLOWEEN Every Thursday Wii Bowling Team, Twigs, 1PM</p>	<p>Every Friday: Mah Jongg, 2PM, Café</p>	