

Woodlands November 2024 Events



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| Code: Black Printing: Activities Red Printing: Exercise Blue Printing: Administration Green Printing: Repeat Community Activities | Every Monday: Ping Pong, 7:15PM, 3rd floor Activity Room | Every Tuesday: Pool, 7:30PM, 4th fl. Billiards Room | Every Wednesday: Mexican Train Dominoes, Dinner, 5:15PM | Every Thursday: Wii Bowling Team, Twigs, 1PM | 1 Aqua Aerobics w/ Jackie, 9AM, Pool Tai Chi for Balance w/Kevin, 10:45AM, Exercise Room Pub Night 4:30PM, Café, BYOB Every Friday: Mah Jongg, 2PM, Café | 2 Movie Night "Dead Poet's Society" 7:30PM, Theater Set clocks back 1 hour tonight |
| 3 Daylight Savings Fall Back 1 hour today | 4 Aqua Aerobics w/ Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room | 5 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/Frances 11AM, Exercise Room | 6 Aqua Aerobics w/Joanna, 9am, Pool Exercise Class w/Paul 10AM, Exercise Room WRA Board Meeting, 1:30PM, 4th fl. Conf. Rm Social, 4PM, Great Room | 7 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/ Frances 11AM, Exercise Room Chorus, 3-3:45PM, Great Room | 8 Aqua Aerobics w/Jackie, 9AM, Pool Tai Chi for Balance w/Kevin, 10:45AM, Exercise Room Pub Night 4:30PM, Café, BYOB | 9 Movie Night "South Pacific" 7:30PM, Theater |
| 10 | 11 Aqua Aerobics w/ Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Social Team Meeting, 1:30PM, 4th, fl. Conf. Rm Veterans Day--Flag Raising Ceremony 2PM, Courtyard | 12 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/Frances 11AM, Exercise Room | 13 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Team Leaders Meeting, 11PM, 4th fl. Conf. Room Chat w/Kitchen, 2PM, Great Room | 14 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/ Frances 11AM, Exercise Room Trip to VT Country Store, Van leaves at 12:45PM | 15 Aqua Aerobics w/ Jackie, 9AM, Pool Tai Chi for Balance w/Kevin, 10:45AM, Exercise Room Pub Night 4:30PM, Café, BYOB | 16 Movie Night "Hidden Figures" 7:30PM, Theater |
| 17 | 18 Aqua Aerobics w/ Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Speaker, Dr. Ross McIntyre, Norris Cotton Cancer Center, History & Mission, 4PM, Great Room | 19 Exercise Class w/Richard 10AM, Exercise Room Doug Erhard, Computer Help, 9:30-11:30AM Gentle Yoga w/Frances 11AM, Exercise Room | 20 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Chat w/Executive Director, Nikki Fortier 3:30PM, Great Room | 21 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/ Frances 11AM, Exercise Room Open House for Wait Listed 3PM-5PM; Great Room/Lobby Lunch Out, 110 Grill, W.Leb. Van leaves at 11:30AM Chorus, 3-3:45PM, Great Room | 22 Aqua Aerobics w/ Jackie, 9AM, Pool Tai Chi for Balance w/Kevin, 10:45AM, Exercise Room Hanover HS Story: "Passion in a Pandemic" 3PM, Theater Pub Night 4:30PM, Café, BYOB | 23 Movie Night "A Good Year" 7:30PM, Theater |
| 24 | 25 Aqua Aerobics w/ Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Maintenance Chat, 2PM, Great Room | 26 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/Frances 11AM, Exercise Room Wellness Discussion: 'Hot Topics in Cancer'; Courtney Stevens, PhD; 2PM Grt. Rm | 27 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room | 28 THANKSGIVING DAY | 29 Aqua Aerobics w/ Jackie, 9AM, Pool Tai Chi for Balance w/Kevin, 10:45AM, Exercise Room Pub Night 4:30PM, Café, BYOB | 30 Movie Night "The Descendants" 7:30PM, Theater |