



Woodlands January 2025 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>Every Monday: Ping Pong, 7:15PM, 3rd floor Activity Room</p>	<p>Every Tuesday: Pool, 7:30PM, 4th floor Billiards Room</p>	<p>1 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room WRA Board Meeting, 1:30PM, 4th fl. Conf. Room</p>	<p>2 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/Frances, 11AM, Exercise Room Chorus, 3-3:45PM, Great Room</p>	<p>3 Aqua Aerobics w/Jackie, 9AM, Pool Tai Chi for Balance w/ Kevin, 10:45AM, Exercise Room Pub Night, 4:30PM, Cafe Every Friday: Mah Jongg, 2PM, Cafe'</p>	<p>4 Movie Night "The Wife" 7:30PM, Theater</p>
5	<p>6 Aqua Aerobics w/Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room</p>	<p>7 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/ Frances, 11AM, Exercise Room Party for Bowlers, 4PM, 1st Floor Activity Room</p>	<p>8 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Team Leaders Meeting, 11AM, 4th fl. Conf. Room Chat w/Kitchen, 2PM, Great Room</p>	<p>9 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/Frances, 11AM, Exercise Room</p>	<p>10 Aqua Aerobics w/Jackie, 9AM, Pool Tai Chi for Balance w/ Kevin, 10:45AM, Exercise Room Pub Night, 4:30PM, Cafe'</p>	<p>11 Movie Night "A Fish Called Wanda" 7:30PM, Theater</p>
12	<p>13 Aqua Aerobics w/Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Social Team Meeting, 1:30PM, 4th, fl. Conf. Room</p>	<p>14 Exercise Class w/Richard 10AM, Fitness Room Gentle Yoga w/ Frances, 11AM, Exercise Room</p>	<p>15 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Potluck Lunch, 12pm, Dining Room (in place of Lunch Out—for all interested) Chat w/Executive Director, Nikki Fortier 3:30PM, Great Room</p>	<p>16 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/Frances, 11AM, Exercise Room Chorus, 3-3:45PM, Great Room</p>	<p>17 Aqua Aerobics w/Jackie, 9AM, Pool Tai Chi for Balance w/ Kevin, 10:45AM, Exercise Room Pub Night, 4:30PM, Cafe'</p>	<p>18 Movie Night "My Fair Lady" 7:30PM, Theater</p>
19	<p>20 Aqua Aerobics w/Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room</p>	<p>21 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/ Frances, 11AM, Exercise Room Doug Erhard, Computer Help, 9:30-11:30AM</p>	<p>22 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Maintenance Chat 2pm, Great Room</p>	<p>23 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/Frances, 11AM, Exercise Room</p>	<p>24 Aqua Aerobics w/Jackie, 9AM, Pool Tai Chi for Balance w/ Kevin, 10:45AM, Exercise Room Pub Night, 4:30PM, Cafe'</p>	<p>25 Movie Night "Oceans 11" 7:30PM, Theater</p>
26	<p>27 Aqua Aerobics w/Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Speaker, Betsey Barnes, "A Life in the Foreign Service", 4PM, Great Room</p>	<p>28 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/ Frances, 11AM, Exercise Room</p>	<p>29 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Every Wednesday: Mexican Train Dominoes, Dinner, 5:15PM Dominoes Game, 7PM</p>	<p>30 Exercise Class w/Richard 10AM, Exercise Room Gentle Yoga w/Frances, 11AM, Exercise Room Every Thursday: Wii Bowling Team, Twigs, 1PM</p>	<p>31 Aqua Aerobics w/Jackie, 9AM, Pool Tai Chi for Balance w/ Kevin, 10:45AM, Exercise Room Concert: Pianist, Alison Cheroff, MA, 3PM, Great Rm Pub Night, 4:30PM, Cafe'</p>	