

Woodlands May 2025 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Code: Black Printing: Activities Red Printing: Exercise Blue Printing: Administration Green Printing: Repeat Community Activities	Every Monday: Ping Pong, 7:15PM, 3 rd Floor Activity Room Wii Bowling Team, Roots, 11AM Trees, 12:30PM	Every Tuesday: Bowling, Branches, 2PM Pool, 7:15PM, 4 th Floor Billiards Room Outdoor Games, every afternoon	Every Wednesday: Wii Bowling Team Acorns, 11AM Mexican Train, Dinner, 5:15PM, Dominoes, 7PM	1 Exercise Class w/Jackie 10AM, Exercise Room Gentle Yoga w/ Francis, 11AM, Exercise Room Chorus 3-3:45PM, Great Room	2 Every Friday: Mah Jongg, 2PM, Café Aqua Aerobics W/Laurie, 9AM, Pool Tai Chi for Balance w/Kevin, 10:45AM, Exercise Room Pub Night, 4:30PM, Café	3 Reflections, 10am Movie Night “Casablanca” (1942) 1 hr. 42 min. 7:30PM, Theater
4	5 Aqua Aerobics 9AM, Pool w/Kathleen Exercise Class w/Paul 10AM, Exercise Room	6 Exercise Class w/Selena 10AM, Exercise Room Gentle Yoga w/ Frances, 11AM, Exercise Room Concert: Uganda Africa Percussion 1pm, Great Rm	7 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room WRA Board Meeting 1:30PM, 4 th fl. Conf. Room Social, 4PM, Great Room	8 Exercise Class w/Jackie 10AM, Exercise Room Gentle Yoga w/ Frances, 11AM, Exercise Room	9 Aqua Aerobics W/Laurie, 9AM, Pool Tai Chi for Balance w/Kevin, 10:45AM, Exercise Room Day Trip, ‘Farmway’ in Bradford; van departs 1PM Pub Night, 4:30PM, Café	10 Movie Night “Show Boat” (1951) 1 hr. 48 min. 7:30PM, Theater
11	12 Aqua Aerobics 9AM, Pool w/ Kathleen Exercise Class w/Paul 10AM, Exercise Room Social Team Meeting, 1:30PM, 4 th fl. Conf. Room	13 Exercise Class w/Selena 10AM, Exercise Room Gentle Yoga w/ Frances, 11AM, Exercise Room Dartmouth Med Students Tech Help, 3:30PM Grt Rm	14 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Team Leaders Meeting 11AM, 4 th fl. Conf. Room Chat w/Kitchen 2PM, Great Room	15 Exercise Class w/Jackie, 10AM, Exercise Room Gentle Yoga w/ Frances, 11AM, Exercise Room Chorus 3-3:45PM, Great Room	16 Aqua Aerobics W/Laurie, 9AM, Pool Tai Chi for Balance w/Kevin, 10:45AM, Exercise Room Sally Pinkas Concert 3pm, Great Room Pub Night, 4:30PM, Café	17 Reflections, 10am Movie Night “A Shot in the Dark” (1964) (A Pink Panther Movie) 1 hr. 42 min. 7:30PM, Theater
18	19 Aqua Aerobics 9AM, Pool w/ Kathleen Exercise Class w/Paul 10AM, Exercise Room Chat w/ Maintenance 2pm, Great Room	20 Doug Erhard, Computer Help, 9:30-11:30AM Exercise Class w/Selena 10AM, Exercise Room Gentle Yoga w/ Frances, 11AM, Exercise Room	21 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Chat w/ Executive Director, Nikki Fortier 3:30pm, Great Room	22 Exercise Class w/Jackie, 10AM, Exercise Room Gentle Yoga w/ Frances, 11AM, Exercise Room	23 Aqua Aerobics W/Laurie, 9AM, Pool Tai Chi for Balance w/Kevin, 10:45AM, Exercise Room Lunch Out, 11:20am, Van departs Pub Night, 4:30PM, Café	24 Movie Night “42” (The Jackie Robinson story) (2013) 2 hr. 8 min. 7:30PM, Theater
25	26 Aqua Aerobics 9AM, Pool w/ Kathleen Exercise Class w/Paul 10AM, Exercise Room Speaker:Dr. John Sanders Good Neighbor Health Clinic, 4PM, Great Room	27 Exercise Class w/Selena 10AM, Exercise Room Gentle Yoga w/Frances, 11AM, Exercise Room	28 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Semi-Annual WRA Meeting (for all residents); 4PM, Great Rm	29 Exercise Class w/Jackie, 10AM, Exercise Room Gentle Yoga w/Frances, 11AM, Exercise Room	30 Aqua Aerobics W/Laurie, 9AM, Pool Tai Chi for Balance w/Kevin, 10:45AM, Exercise Room Bird Walk 8AM, Meet at Main Entrance Pub Night, 4:30PM, Café	31 Movie Night “Love Story” (1970) 1 hr. 39 min. 7:30PM, Theater