



Woodlands July 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: Wii Bowling Teams, Roots, 11AM, Trees, 12:30PM, Every Monday: Ping Pong, 7:15PM, 3rd Floor Activity Room	1 <u>Exercise Class w/Richard,</u> 10AM, Exercise Room <u>Gentle Yoga w/ Frances,</u> 11AM, Exercise Room <u>Outdoor Games, 3PM, Courtyard</u>	2 <u>Land 'Aqua' Class w/Joanna,</u> 9AM, Exercise Room <u>Exercise Class w/Paul,</u> 10AM, Exercise Room <u>WRA Board Meeting,</u> 1:30PM, 4 th Fl. Conf. Rm <u>Chat w/Kitchen,</u> 2PM, Great Room	3 <u>Exercise Class w/Richard,</u> 10AM, Exercise Room <u>Gentle Yoga w/ Frances,</u> 11AM, Exercise Room <u>Chorus,</u> 3-3:45PM, Great Room	4 <i>Independence Day!</i> No exercise classes 	5 <u>Movie Night</u> "Roman Holiday" 1953 1 hr. 58 min. 7:30PM, Theater NOTE: Draining of Pool
6	7 <u>Land 'Aqua' Class w/Kathleen,</u> 9AM, Exercise Room <u>Exercise Class w/Paul,</u> 10AM, Exercise Room	8 <u>Exercise Class w/Richard,</u> 10AM, Exercise Room <u>Gentle Yoga w/ Frances,</u> 11AM, Exercise Room <u>Outdoor Games, 3PM, Courtyard</u>	9 <u>Land 'Aqua' Class w/Joanna,</u> 9AM, Exercise Room <u>Exercise Class w/Paul,</u> 10AM, Exercise Room <u>Team Leaders Meeting,</u> 11AM, 4 th Floor Conf. Room <u>Summer Cookout,</u> 4:30PM Front Portico	10 <u>Exercise Class w/Richard,</u> 10AM, Exercise Room <u>Gentle Yoga w/ Frances,</u> 11AM, Exercise Room	11 <u>Land 'Aqua' Class w/Laurie,</u> 9AM, Exercise Room <u>Tai Chi for Balance w/Kevin,</u> 11:45AM, Exercise Room <u>Pub Night</u> 4:30PM, Café, BYOB	12 <u>Movie Night</u> "Some Like it Hot" 1959 2 hrs. 7:30PM, Theater
13 <u>Concert: "Trail Magic" Contradance; 3PM Portico TBD</u>	14 <u>Land 'Aqua' Class w/Kathleen,</u> 9AM, Exercise Room <u>Exercise Class w/Paul,</u> 10AM, Exercise Room <u>Betsey Barnes Birthday Celebration,</u> 4PM Great Room	15 <u>Exercise Class w/Richard,</u> 10AM, Exercise Room <u>Gentle Yoga w/ Frances,</u> 11AM, Exercise Room <u>Garden Party, Ice Cream Social, & Outdoor Games, 3PM, Courtyard</u>	16 <u>Land 'Aqua' Class w/Joanna,</u> 9AM, Exercise Room <u>Exercise Class w/Paul,</u> 10AM, Exercise Room	17 <u>Exercise Class w/Richard,</u> 10AM, Exercise Room <u>Gentle Yoga w/Frances,</u> 11AM, Exercise Room <u>Chorus,</u> 3-3:45PM, Great Room	18 <u>Land 'Aqua' Class w/Joanna,</u> 9AM, Exercise Room <u>Tai Chi for Balance w/Kevin,</u> 11:45AM, Exercise Room <u>Pub Night</u> 4:30PM, Café, BYOB	19 <u>Movie Night</u> "The Music Man" 1962 2 hrs. 13 min. 7:30PM, Theater
20	21 <u>Land 'Aqua' Class w/Kathleen,</u> 9AM, Exercise Room <u>Exercise Class w/Paul,</u> 10AM, Exercise Room	22 <u>Exercise Class w/Richard,</u> 10AM, Exercise Room <u>Gentle Yoga w/ Frances,</u> 11AM, Exercise Room <u>Maintenance Chat,</u> 2PM, Great Room <u>Outdoor Games, 3PM, Courtyard</u>	23 <u>Land 'Aqua' Class w/Joanna,</u> 9AM, Exercise Room <u>Exercise Class w/Paul,</u> 10AM, Exercise Room <u>Chat w/Nikki Fortier</u> 3:30PM, Great Room	24 <u>Exercise Class w/Richard</u> 10AM, Exercise Room <u>Gentle Yoga w/ Frances,</u> 11AM, Exercise Room	25 <u>Land 'Aqua' Class w/Joanna,</u> 9AM, Exercise Room <u>Tai Chi for Balance w/Kevin,</u> 11:45AM, Exercise Room <u>Pub Night</u> 4:30PM, Café, BYOB	26 <u>Movie Night</u> "One Special Night" 1999 1hr. 32 min. 7:30PM, Theater
27	28 <u>Land 'Aqua' Class w/Joanna,</u> 9AM, Exercise Room <u>Exercise Class w/Paul,</u> 10AM, Exercise Room <u>Speaker:</u> Bill Hammond, "Following My Father's WWII Footsteps in Fila Sneakers," 4pm, GR	29 <u>Exercise Class w/Richard,</u> 10AM, Exercise Room <u>Gentle Yoga w/ Frances,</u> 11AM, Exercise Room <u>Outdoor Games, 3PM, Courtyard</u> <u>Every Tuesday:</u> <u>Bowling, Branches, 2PM Pool, 7:15PM,</u> <u>4th Floor Billiards Room</u>	30 <u>Land 'Aqua' Class w/Joanna,</u> 9AM, Exercise Room <u>Exercise Class w/Paul,</u> 10AM, Exercise Room <u>Wellness Discussion, VNA:</u> Understanding Hospice & Palliative Care, 2PM, Great Room <u>Every Wednesday:</u> <u>Bowling, Acorns, 11AM Mexican Train Dinner, 5PM Dominoes Game, 7PM</u>	31 <u>Exercise Class w/Richard</u> 10AM, Exercise Room <u>Gentle Yoga w/ Frances,</u> 11AM, Exercise Room <u>Day Trip:</u> Mt. Sunapee Scenic Lake Cruise; Van Departs at 12:50PM	<u>Every Friday:</u> <u>Mah Jongg, 2PM, Café</u>	