



Woodlands September 2025 Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Codes: Black Printing: Activities Red Printing: Exercise Blue Printing: Administration Green Printing: Repeat Community Activities	1 <u>Aqua Aerobics</u> <u>w/Kathleen</u> , 9AM, Pool <u>Exercise Class w/Paul</u> , 10AM, Exercise Room Every Monday: <u>Bowling, Roots</u> , 11AM Trees , 12:30PM <u>Ping Pong</u> , 7:15PM, 3rd Floor Activity Room	2 <u>Exercise Class</u> <u>w/Selena</u> , 10AM, Exercise Room <u>Gentle Yoga w/Frances</u> , 11AM, Exercise Room <u>Outdoor Games</u> , 3PM, Courtyard Every Tuesday: <u>Bowling, Branches</u> , 2PM <u>Pool</u> , 7:15PM, 4 th fl. Billiards Room	3 <u>Aqua Aerobics</u> <u>w/Laurie</u> , 9AM, Pool <u>Exercise Class w/Paul</u> , 10AM, Exercise Room <u>WRA Board Meeting</u> , 1:30PM, 4 th fl. Conf. Rm. <u>Social</u> , 4PM, Great Room	4 <u>Exercise Class</u> <u>w/Jackie</u> , 10AM, Exercise Room <u>Gentle Yoga</u> <u>w/Frances</u> , 11AM, Exercise Room <u>Chorus</u> , 3PM, Great Room, B. Schultz/Molly	5 <u>Aqua Aerobics</u> <u>W/Laurie</u> , 9AM, Pool <u>Tai Chi for Balance</u> <u>w/Kevin</u> , 11:45AM, Exercise Room <u>Pub Night</u> 4:30PM, Café, BYOB	6 <u>Movie Night</u> "STEEL MAGNOLIAS" 1989, 1HR. 58 MIN. 7:30PM, Theater
7	8 <u>Aqua Aerobics</u> <u>w/Kathleen</u> , 9AM, Pool <u>Exercise Class w/Paul</u> , 10AM, Exercise Room <u>Social Team Meeting</u> , 1:30PM, 4 th fl. Conf. Room	9 <u>Exercise Class</u> <u>w/Selena</u> , 10AM, Exercise Room <u>Gentle Yoga w/Frances</u> , 11AM, Exercise Room <u>Outdoor Games</u> , 3PM, Courtyard	10 <u>Aqua Aerobics</u> <u>w/Laurie</u> , 9AM, Pool <u>Exercise Class w/Paul</u> , 10AM, Exercise Room <u>Team Leaders Meeting</u> 11AM, 4 th Fl. Conf. Room <u>Chat w/ Kitchen</u> 2PM, Great Room	11 <u>Exercise Class</u> <u>w/Jackie</u> , 10AM, Exercise Room <u>Gentle Yoga</u> <u>w/Frances</u> , 11AM, Exercise Room <u>Dartmouth Med</u> <u>Students Tech Help</u> , 2PM, Great Room	12 <u>Aqua Aerobics</u> <u>W/ Laurie</u> , 9AM, Pool <u>Tai Chi for Balance wKevin</u> , 11:45AM, Exercise Room <u>Concert, "Music with</u> <u>Memories"</u> , 3PM, Great Room <u>Pub Night</u> 4:30PM, Café, BYOB	13 <u>Movie Night</u> "THE TRIP TO BOUNTIFUL" 1985, 1HR. 48 MIN. 7:30PM, Theater
14	15 <u>Aqua Aerobics</u> <u>w/Kathleen</u> , 9AM, Pool <u>Exercise Class w/Paul</u> , 10AM, Exercise Room	16 <u>Exercise Class</u> <u>w/Selena</u> , 10AM, Exercise Room <u>Gentle Yoga w/Frances</u> , 11AM, Exercise Room <u>Doug Erhard, Computer</u> <u>Help</u> , 9:30-11:30AM <u>Outdoor Games</u> , 3PM, Courtyard	17 <u>Aqua Aerobics</u> <u>w/Laurie</u> , 9AM, Pool <u>Exercise Class w/Paul</u> , 10AM, Exercise Room <u>Chat w/Nikki Fortier</u> 3:30PM, Great Room	18 <u>Exercise Class</u> <u>w/Jackie</u> , 10AM, Exercise Room <u>Gentle Yoga</u> <u>w/Frances</u> , 11AM, Exercise Room <u>Lunch Out</u> , THE REFINERY, van departs at 11:40AM	19 <u>Aqua Aerobics</u> <u>W/ Laurie</u> , 9AM, Pool <u>Tai Chi for Balance</u> <u>w/Kevin</u> , 11:45AM, Exercise Room <u>Pub Night</u> 4:30PM, Café, BYOB	20 <u>Movie Night</u> "LITTLE MISS SUNSHINE" 2006, 1HR. 41 MIN. 7:30PM, Theater
21	22 <u>Aqua Aerobics</u> <u>w/Kathleen</u> , 9AM, Pool <u>Exercise Class w/Paul</u> , 10AM, Exercise Room	23 <u>Exercise Class</u> <u>w/Selena</u> , 10AM, Exercise Room <u>Gentle Yoga w/Frances</u> , 11AM, Exercise Room <u>Maintenance Chat</u> , 2PM, Great Room <u>Outdoor Games</u> , 3PM, Courtyard	24 <u>Aqua Aerobics</u> <u>w/Laurie</u> , 9AM, Pool <u>Exercise Class w/Paul</u> , 10AM, Exercise Room	25 <u>Exercise Class</u> <u>w/Jackie</u> , 10AM, Exercise Room <u>Gentle Yoga</u> <u>w/Frances</u> , 11AM, Exercise Room	26 <u>Aqua Aerobics</u> <u>W/ Laurie</u> , 9AM, Pool <u>Tai Chi for Balance</u> <u>w/Kevin</u> , 11:45AM, Exercise Room <u>Pub Night</u> 4:30PM, Café BYOB	27 <u>Movie Night</u> "NOTING HILL" 1999, 2 HR. 4 MIN. 7:30PM, Theater
28	29 <u>Aqua Aerobics</u> <u>w/Kathleen</u> , 9AM, Pool <u>Exercise Class w/Paul</u> , 10AM, Exercise Room <u>Speaker:</u> Dr. Rich Comi, "Societal Implications of Medical Advances," 4PM, Great Room	30 <u>Exercise Class</u> <u>w/Selena</u> , 10AM, Exercise Room <u>Gentle Yoga</u> <u>w/Frances</u> , 11AM, Exercise Room <u>Outdoor Games</u> , 3PM, Courtyard	Every Wednesday: <u>Bowling</u> , Acorns 11AM <u>Mexican Train</u> , Dinner , 5PM <u>Dominoes Game</u> , 7PM		Every Friday: <u>Mah Jongg</u> , 2PM, Café	