

Woodlands November 2026 Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Codes: Black Printing: Activities Red Printing: Exercise Blue Printing: Administration Green Printing: Repeat Community Activities	2 Library Committee Mtg. 2PM, Library Every Monday: Wii Bowling, Roots, 11AM Trees, 12:30PM Ping Pong, 7:15PM, 3rd Floor Activity Room	3 Exercise Class w/Frances, 10AM, Exercise Room Gentle Yoga w/Frances, 11AM, Exercise Room Dartmouth Med Students Tech Help, 2PM, Great Room	4 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room WRA Board Meeting, 1:30PM, 4th Floor Conf. Room Social, 4PM, Great Room	5 Exercise Class w/Jackie, 10AM, Exercise Room Gentle Yoga w/Jackie, 11AM, Exercise Room Open Wii Bowling, 1PM, Activity Room	6 Aqua Aerobics w/Laurie, 9AM, Pool Tai Chi for Balance w/ Kevin, 10:30AM, Exercise Room Pub Night, 4:30PM, Cafe’	7 Reflections 11AM, 1st Floor Activity Room Movie Night “Nine to Five” 1980, 1 hr., 45 min. 7:30PM, Theater
8	9 Aqua Aerobics w/Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Social Team Meeting, 1:30PM, 4th, Floor Conf. Room	10 Exercise Class w/Frances, 10AM, Exercise Room Gentle Yoga w/Frances, 11AM, Exercise Room	11 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Team Leaders Meeting, 10:30AM, 4th Floor Conf. Room Chat w/ Kitchen 2PM, Great Room	12 Exercise Class w/Jackie, 10AM, Exercise Room Gentle Yoga w/Jackie, 11AM, Exercise Room Wellness Discussion, Jeff Trombley, Ledyard Bank, “Help Understanding 2027 Medicare Changes” 3pm, Great Rm.	13 Aqua Aerobics w/Laurie, 9AM, Pool Tai Chi for Balance w/ Kevin, 10:30AM, Exercise Room Pub Night, 4:30PM, Cafe’	14 Reflections, 10AM, 1st Floor Activity Room Concert: 5th Business Choral Group, 3PM, Great Room Movie Night “Erin Brokovich” 2000, 1 hr., 50 min. 7:30PM, Theater
15	16 Aqua Aerobics w/Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room	17 Exercise Class w/Frances, 10AM, Exercise Room Gentle Yoga w/Frances, 11AM, Exercise Room Doug Erhard, Computer Help, 9:30-11:30AM	18 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Chat w/Executive Director, Nikki Fortier 3:30PM, Great Room	19 Exercise Class w/Jackie, 10AM, Exercise Room Gentle Yoga w/Jackie, 11AM, Exercise Room Lunch Out, 110 GRILL, van leaves at 11:35AM Open Wii Bowling, 1PM, Activity Room	20 Aqua Aerobics w/Laurie, 9AM, Pool Tai Chi for Balance w/ Kevin, 10:30AM, Exercise Room Pub Night, 4:30PM, Cafe’	21 Movie Night “From Russia with Love” 1964, 1 hr., 55 min. 7:30PM, Theater
22	23 Aqua Aerobics w/Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Speaker, Melody Brown Burkins, Arctic Knowledge for a Sustainable Planet, 4PM, Great Room	24 Exercise Class w/Frances, 10AM, Exercise Room Gentle Yoga w/Frances, 11AM, Exercise Room	25 Aqua Aerobics w/Joanna, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room	26 Thanksgiving	27 Aqua Aerobics w/Laurie, 9AM, Pool Tai Chi for Balance w/ Kevin, 10:30AM, Exercise Room Pub Night, 4:30PM, Cafe’	28 Movie Night “The Proposal” 2009, 1 hr., 34 min. 7:30PM, Theater
29	30 Aqua Aerobics w/Kathleen, 9AM, Pool Exercise Class w/Paul 10AM, Exercise Room Maintenance Chat, Jesse Thomas; 2PM, Great Room	Every Tuesday: Wii Bowling, Branches, 12:30-2pm, Activity Room Pool, 7:15PM, 4th Floor Billiards Room	Every Wednesday: Wii Bowling, Acorns, 11AM, Activity Room Mexican Train Dominoes, Dinner, 5PM Dominoes Game, 7PM	Every Thursday: Open Wii Bowling, 1pm, Activity Room	Every Friday: Mah Jongg, 1PM, 1st Floor Activity Room	