




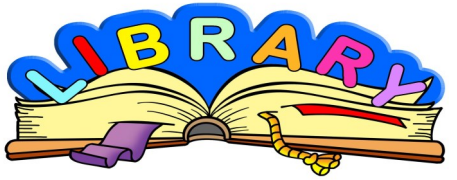





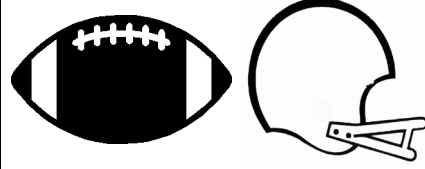






















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
RSVP- Sign Up Required *Shopping Schedule Departs @ 9:30 *Mondays: Food Lion, Dollar General *Wednesdays: Wal-Mart, Harris Teeter, Whole Foods IL: Independent Living VS: Verra Spring ARB - Arboretum AR- Activity Room BR - Bridge Room	B - Bus Outing Conf - Conference Room CR - Carolina Room CH - Chapel DR- Dining Room LB - Library LR - Living Room LKVR - Lakeview Room P - Pool PDR - Private Dining Room WC - Wellness Fitness Center RSVP - Signup Required	 <p>"Tomorrow is the first blank page of a 365-page book. Write a good one."</p> <p>BRAD PAISLEY</p>	1 Happy New Year! 9:00 Resident Water Walk (P) 11:00 Balloon Volleyball (CR) 2:00 Scrabble (AR) 2:00 Berlin Philharmonic's New Year's Gala (WTTV)  100 Day Walking Challenge Cyber Cycle Ride Challenge (Until January 31) Please see Front Desk!	2 10:00 Chair Exercise (CR) 10:00 Homewatch BP Checks (Outside of CR) 11:00 Cardio Exercise (CR) 1:00 BINGO (PDR) 2:00 Public Library Books (LB) 3:00 Social Hour with Music From Caroline Gregory (CR) 6:30 Rosary (CH) 6:30 Mental Aerobics with Anne from Homewatch (CR)	3 Trivia Day 9:00 Water Movement with Heather Roche (P) 9:30 Mall Shopping (B, RSVP) 10:15 Tai Chi (CR) 11:00 Noodling Around Exercise (CR) 1:00 Crossword Puzzles (CR) 2:00 The Knit Wits: Knit & Crochet Group (AR) 2:00 Life in the Oceans (CR) 3:15 Scrabble (BR) 	4 11:00 Balloon Jolly-ball (CR) 12:00 ACC Football (Café) 2:00, 6:30 & 9:15 Movie: (WTTV) 2:00 Handbell Choir (CR) 2:00, 6:30 & 9:15 Movie: <u>Royal Wedding</u> (WTTV) 3:00 Remember When? (CR) 
5 10:00 Woodland Church (CR) 1:00 NFL Sunday Wild Card Football Game (Café) 1:30 Movie with Vic (CR) 2:00, 6:30 & 9:15 Movie: <u>Rudy</u> (WTTV) 2:00 BINGO (PDR) 2:00 Scrabble (AR) 4:00 NFL Sunday Wild Card Football Game (Café) 	6 8:00 Toastmasters (CR) 9:00 Resident Water Walk (P) 9:30 Shopping at Target (B, RSVP) 10:00 Chair Exercise (CR) 12:45 Poker Club (LKVR) 1:00 Wellness Committee (CR) 2:00 Tour of the New Downtown Cary Library (B, RSVP) 3:30 Water Movement (P) 	7 8:00 Men's Breakfast (B) 10:00 Exercise (CR) 11:00 Cardio Exercise (CR) 1:00 Stars of Your Era w/ Wayne: Katherine Hepburn (CR) 2:00 BINGO with Betty (PDR) 3:00 The Skeptics Guide to the Universe: Drug Prices in the News (CR) 	8 9:00 Resident Water Walk (P) 9:30 Communion (CH) 9:30 Shopping (B, RSVP) 10:00 Chair Exercise (CR) 11:00 Friendship Comm. (PDR) 1:00 Terrace Taxi (Car, RSVP) 1:00 Po-Ke-No Game (BR) 2:00 Scrabble (AR) 2:00 Birthday Party for Margarita Parker (CR) 3:00 Fiction Writers (PDR) 6:15 Mental Aerobics (CR) 	9 Podiatrist Visit 9:30 Catholic Mass (VSLR) 10:00 Chair Exercise (CR) 10:00 BP Checks (Outside of CR) 11:00 Cardio Exercise (CR) 1:00 BINGO (PDR) 1:00 Book Club (CR) 2:00-3:30 Dementia Support Group Meeting (AR, RSVP) 3:00 Social Hour with Music from Zek (CR) 	10 9:00 Water Movement with Heather Roche (P) 9:45 NC Museum of Art Trip: Frida Kahlo Exhibit (B, RSVP) 10:15 Tai Chi (CR) 11:00 Noodling Around Exercise (CR) 2:00 The Knit Wits: Knit & Crochet Group (AR) 2:00 Life in the Oceans (CR) 3:15 Scrabble (BR) 	11 9:30-11:30 Technology Assistance with Yutika (Café, RSVP) 11:00 Balloon Jolly-ball (CR) 12:00 ACC Football (Café) 1:30 Kaffeeklatsch Women's Group Get Together (LKVR, RSVP) 2:00, 6:30 & 9:15 Movie: <u>That Midnight Kiss</u> (WTTV) 
12 10:00 Woodland Church (CR) 2:00, 6:30 & 9:15 Movie: <u>Nell</u> (WTTV) 2:00 Ladies Lemonade & Laughter (LKVR, RSVP) 2:00 BINGO (PDR) 2:00 Scrabble (AR) 3:00 Divisional Round NFL Football Game (Café) 6:30 Divisional Round NFL Game (Café) 	13 8:00 Toastmasters (CR) 9:00 Resident Water Walk (P) 9:30 Shopping at Food Lion, Dollar General, Aldi & Trader Joe's (B, RSVP) 10:00 Chair Exercise (CR) 12:45 Poker Club (LKVR) 2:00 Natural Wonders Documentary with Marla (CR) 3:30 Water Movement (P) 	14 10:00 Exercise (CR) 10:00 Hearing Checks (AR) 11:00 Cardio Exercise (CR) 1:00 Dining Committee (LKVR) TBD Movie Matinee Outing (B, RSVP) 2:00 BINGO with Betty (PDR) 3:00 Caroline Gregory in the Arb *CALLING ALL DANCERS!* (ARB) 	15 Winter Hat Day 9:00 Resident Water Walk (P) 9:30 Shopping (B, RSVP) 9:30 Communion (CH) 10:00 Chair Exercise (CR) 11:00 Low Vision Chat 2020 (CR) 1:00 Terrace Taxi (Car, RSVP) 1:00 Bldg. & Grds (PDR) 1:00 Po-Ke-No Game (BR) 1:30 Memoir Writers (LKVR) 200 Scrabble (AR) 2:00 Ladies Coffee, Appetizers & Desserts at Relish (B, RSVP) 2:00 Circuit Training *Limit of 6 Participants* (WC, RSVP) 3:15 Men's Beer Break (CR) 6:15 Mental Aerobics (CR) 	16 10:00 Chair Exercise (CR) 10:00 Homewatch BP Checks (Outside of CR) 11:00 Cardio Exercise (CR) 1:00 BINGO (PDR) 1:00 Art Docent: Artists Paint Celebs & Parades (CR) 2:00 New Library Books (LB) 3:00 Birthday Social Hour with John Franklin (CR) 6:30 Rosary (CH) 	17 9:00 Water Movement with Heather Roche (P) 10:00 Stand Strong Fitness Testing (By Appointment, WC) 10:15 Tai Chi (CR) 11:00 Noodling Around Exercise (CR) 1:00 Wii Bowling (WC) 2:00 The Knit Wits: Knit & Crochet Group (AR) 2:00 Life in the Oceans (CR) 3:15 Scrabble (BR) 	18 11:00 Balloon Jolly-ball (CR) 12:00 ACC Football (Café) 2:00, 6:30 & 9:15 Saturday Movie: The Belle of New York (WTTV) 2:00 Handbell Choir (CR) 3:00 Thanks for the Memory Comedy Program (CR) 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>19</div> <div>10:00 Woodland Church (CR)</div> <div>1:00 NFL Sunday Football Game (Café)</div> <div>2:00 BINGO (PDR)</div> <div>2:00 Scrabble (AR)</div> <div>2:00, 6:30 & 9:15 Saturday Movie: <u>Rumor Has It</u> (WTTV)</div> <div>2:30 Bodybuilding at 93 Discussion (CR)</div> <div>3:00 AFC NFL Championship Game (Café)</div> <div>6:40 NFC NFL Championship Game (Café)</div> <div></div>	<div>20 Martin Luther King Jr. Day</div> <div>8:00 Toastmasters (CR)</div> <div>9:00 Resident Water Walk (P)</div> <div>9:30 Shopping at Food Lion, Dollar General, Aldi & Trader Joe's (B, RSVP)</div> <div>10:00 Chair Exercise (CR)</div> <div>12:45 Poker Club (LKVR)</div> <div>1:45 Krispy Kreme Delivery (All Halls & Cottages)</div> <div>2:00 Natural Wonders Documentary (CR)</div> <div>3:30 Water Movement (P)</div> <div></div>	<div>21</div> <div>10:00 Exercise (CR)</div> <div>11:00 Cardio Exercise (CR)</div> <div>1:00 Stars of Your Era w/ Wayne: Stafford Repp (CR)</div> <div>2:00 BINGO with Betty (PDR)</div> <div>3:00 Dr. Franklin Lee Discusses Eye Health: What's Your Vision: 2020 (CR)</div> <div>3:45 Free Eye Checks & Eye Glass Cleanings (CR)</div> <div></div>	<div>22</div> <div>9:00 Resident Water Walk (P)</div> <div>9:30 Shopping at Publix & Dollar Tree (B, RSVP)</div> <div>9:30 Communion (CH)</div> <div>10:00 Chair Exercise (CR)</div> <div>12:00 Ladies Luncheon (LKVR, RSVP)</div> <div>1:00 Board Meeting (PDR)</div> <div>1:00 Terrace Taxi (Car, RSVP)</div> <div>1:00 Po-Ke-No Game (BR)</div> <div>2:00 Scrabble (AR)</div> <div>2:00 Circuit Training *Limit of 6 Participants* (WC, RSVP)</div> <div>3:00 Fiction Writers (PDR)</div> <div>6:15 Mental Aerobics (CR)</div>	<div>23</div> <div>10:00 Chair Exercise (CR)</div> <div>10:00 Homewatch BP Checks (Outside of CR)</div> <div>11:00 Cardio Exercise (CR)</div> <div>1:00 BINGO (PDR)</div> <div>2:00-3:30 Dementia Support Group Meeting (AR, RSVP)</div> <div>2:00 New Resident Orientation (LKVR, By Invite)</div> <div>3:00 New Resident Social Hour (CR)</div> <div></div>	<div>24</div> <div>9:00 Water Movement with Heather Roche (P)</div> <div>10:15 Tai Chi (CR)</div> <div>11:00 Noodling Around Exercise (CR)</div> <div>11:00 Lunch & Explore Wegmans (B, RSVP)</div> <div>2:00 The Knit Wits: Knit & Crochet Group (AR)</div> <div>2:00 Life in the Oceans (CR)</div> <div>3:15 Scrabble (BR)</div> <div>3:15 Executive Director Social Hour (CR)</div> <div></div>	<div>25</div> <div>9:30-11:30 Technology Assistance with Yutika (Café, RSVP)</div> <div>11:00 Balloon Jolly-ball (CR)</div> <div>12:00 ACC Football (Café)</div> <div>2:00, 6:30 & 9:15 Saturday Movie: <u>Sweet Home Alabama</u> (WTTV)</div> <div>3:30 Understanding and Enjoying Classical Music with Mary Ann Nilsson (CR)</div> <div></div>
<div>26</div> <div>10:00 Woodland Church (CR)</div> <div>1:00 Game Day BINGO & NFL Football Game (Café)</div> <div>2:00 BINGO (PDR)</div> <div>2:00, 6:30 & 9:15 Saturday Movie: <u>The Bank Job</u> (WTTV)</div> <div>2:00 Scrabble (AR)</div> <div>3:00 Quarterly Resident Meeting (DR)</div> <div>4:00 Pro Bowl Game (Café)</div> <div></div>	<div>27</div> <div>8:00 Toastmasters (CR)</div> <div>9:00 Resident Water Walk (P)</div> <div>9:30 Shopping at Food Lion, Dollar General, Aldi & Trader Joe's (B, RSVP)</div> <div>10:00 Chair Exercise (CR)</div> <div>12:45 Poker Club (LKVR)</div> <div>2:00 Natural Wonders Documentary (CR)</div> <div>3:30 Water Movement (P)</div> <div>4:30 Out on the Town: Banana Leaf (B, RSVP)</div>	<div>28</div> <div>10:00 Exercise (CR)</div> <div>11:00 Cardio Exercise (CR)</div> <div>1:00 Stars of Your Era w/ Wayne: Diana Lynn (CR)</div> <div>2:00 BINGO with Betty (PDR)</div> <div>3:00 State Climate Change Lecture (CR)</div> <div>6:30 Active Minds Like a Think: Upgrading our Infrastructure (CR)</div> <div></div>	<div>29</div> <div>9:00 Resident Water Walk (P)</div> <div>*9:30 Shopping (B, RSVP)</div> <div>9:30 Communion (CH)</div> <div>10:00 Chair Exercise (CR)</div> <div>1:00 Terrace Taxi (Car, RSVP)</div> <div>1:00 Po-Ke-No Game (BR)</div> <div>1:30 Memoir Writers (LKVR)</div> <div>2:00 Scrabble (AR)</div> <div>2:00 Mr. Dittmer Talks About Kidney Function (CR)</div> <div>2:00 Circuit Training *Limit of 6 Participants* (WC, RSVP)</div> <div>3:15 Men's Beer Break (CR)</div> <div>6:30 Bob's Birthday Party with Caroline (CR)</div>	<div>30</div> <div>10:00 Chair Exercise (CR)</div> <div>10:00 Homewatch BP Checks (Outside of CR)</div> <div>11:00 Cardio Exercise (CR)</div> <div>1:00 BINGO (PDR)</div> <div>3:00 Pinot & Potato Social Hour with Mike Davis on Piano (CR)</div> <div>6:15 Resident Led Mental Aerobics (CR)</div> <div></div>	<div>31</div> <div>9:00 Water Movement with Heather Roche (P)</div> <div>10:15 Tai Chi (CR)</div> <div>11:00 Noodling Around Exercise (CR)</div> <div>1:00 Calendar Review (CR)</div> <div>2:00 The Knit Wits: Knit & Crochet Group (AR)</div> <div>2:00 Life in the Oceans (CR)</div> <div>3:15 Scrabble (BR)</div> <div></div>	<div>Reminder:</div> <div>Be sure to let Stephie in Wellness know if you would like to purchase a Carpenter Bee Trap or a Wooden Puzzle which are a steal at \$10 a piece. Our residents will get right to work on any orders and all money collected will be donated to the Alzheimer's Association!</div>
<div></div> <div>Woodland Terrace</div> <div>A KISCO SENIOR LIVING COMMUNITY</div>	<div></div> <div>"May all your troubles last as long as your New Year's resolutions."</div> <div>JOEY ADAMS</div>	<div></div>	<div>Live the full life of the mind, exhilarated by new ideas, intoxicated by the romance of the unusual.</div> <div>-Ernest Hemingway</div> <div></div>	<div>IL: Independent Living</div> <div>VS: Verra Spring</div> <div>AR - Activity Room</div> <div>ARB - Arboretum</div> <div>BR - Bridge Room</div> <div>B - Bus Outing</div> <div>C - Car Shuttle</div> <div>CK - Country Kitchen</div> <div>Conf - Conference Room</div> <div>CR - Carolina Room</div>	<div>CH - Chapel</div> <div>DR- Dining Room</div> <div>FL - Front Lobby</div> <div>LB - Library</div> <div>LR - Living Room</div> <div>LKVR - Lakeview Room</div> <div>P - Pool</div> <div>PDR - Private Dining Room</div> <div>WC - Wellness Fitness Center</div> <div>RSVP—Please Sign Up!</div>	