


# Woodland Terrace April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>KEY</b>  <b>AR:</b> Activity Room  <b>B:</b> Bus  <b>Café:</b> 2nd Floor                      Bistro  <b>CR:</b> Carolina Room  <b>CH:</b> Chapel on 3rd                      Floor  <b>DR:</b> Dining Room  <b>FC:</b> Fitness Center  <b>LKVR:</b> Lakeview                      Room  <b>P:</b> Pool  <b>SU:</b> Sign Up  <b>TV CH 1390:</b> In                      House TV Channel</p>	<p><b>Happy Birthday, Residents!</b>  <b>4/1– Shirley H.</b>  <b>4/3– Alice V.</b>  <b>4/3– Donna A.</b>  <b>4/5– Diana R.</b>  <b>4/9– Charlotte P.</b>  <b>4/23– Jack L.</b>  <b>4/30– Ann B.</b></p>	<p><b>Daily Continental Breakfast Dining Room 8:30 —9:30</b></p> <p><b>Check the flyer on bulletin boards for the descriptions of this month’s Friday Night Movies.</b></p>				
	<p><b>1 April Fools Day &amp; Happy Birthday Shirley H.!</b>  <b>9:00 Shopping at Walmart (BUS, SU)</b>                      10:00 Chair Exercise (TV CH 1390)  <b>10:15 Chair Exercise (CR)</b>  <b>11:00 Cardio Exercise (CR)</b>                      11:00 Chair Stretch (TV CH 1390)                       1:30 Chair Yoga for Seniors (TV                      CH 1390)  <b>1:00 Mahjong (Café)</b>  <b>1:30 Stand Up Comedy– Come Share your best Joke! (CR)</b>   <b>3:00 Water Exercise (Pool)</b>                       7:00 Movie Night: From Time To                      Time (TV CH 1390)</p>	<p><b>2</b>                      10:00 Cardio Exercise with                      Marla (TV CH1390)11:00 Sit                      to Stand Exercise                      with Marla (TV CH 1390)   <b>10:30 Sit to Stand Exercise (CR)</b>   <b>1:00 Art of Living Well Committee (AR)</b>   <b>2:00 BINGO (LKVR)</b>   <b>2:00 Technology Assistance (Café, SU)</b>                       3:30: Beginner 1 Mile Walk                      (TV CH 1390)                      7:00 Movie Night: From Time To                      Time (TV CH 1390)</p>	<p><b>3 Walking Day &amp; Happy Birth- day Alice V. &amp; Donna A.!</b>  <b>9:00 Shopping at Harris Teeter (BUS, SU)</b>  <b>9:30 Communion (CH)</b>                      10:00 Chair Exercise (TV CH 1390)  <b>10:00 Trip to Bond Park for Walking Club (Van, SU)- Lots of Walking!</b>                      11:00 Stretch From Your                      Chair (TV CH 1390)  <b>1:00 Woodland Taxi (Van, SU)</b>                      1:30 Chair Yoga for Seniors (TV CH                      1390)  <b>1:00 Friendship Committee (PDR)</b>  <b>2:30 Dance Party in the Arboretum (Arb– A Hall)</b>  <b>3:00 Men’s Beer Social BYOB (Café)</b>  <b>3:00 Water Exercise (Pool)</b>  <b>3:00 Onsite Dermatology (AR, by appointment)</b>                      7:00 Movie Night: From Time To                      Time (TV CH 1390)</p>	<p><b>4</b>  <b>9:00 Men’s Breakfast (DR, SU)</b>                      10:00 Cardio Exercise w/Marla                      (TV CH 1390)  <b>10:30 Sit to Stand Exercise (CR)</b>  <b>11:00 Weightlifting (FC)</b>  <b>11:00 Stand Strong Testing (CR)</b>                      11:00 Sit to Stand Exercise                      with Marla (TV CH 1390)  <b>1:00 NC Symphony Info and ticket purchase (CR)</b>   <b>2:30 Resident Social w/ Luke (Café, CR)</b>   <b>3:30 Understanding Incontinence Presentation (AR)</b>                       7:00 Movie Night: From Time To                      Time (TV CH 1390)</p>	<p><b>5 Happy Birthday Diana R.!</b>                      9:45 Tai Chi Beginnings                      (TV CH 1390)  <b>10:30 Let’s Play-Learn to play Dominoes (AR)</b>  <b>10:30 WTTV Cardio Exercise (CR &amp; 1390)</b>                      11:00 Stretch From Your                      Chair (TV CH 1390)                      12:30 Birds in North Carolina (TV                      CH 1390)  <b>1:00 BINGO (LKVR)</b>  <b>2:00 ED Chat (DR)</b>  <b>2:00 Knit Wits (AR)</b>  <b>2:30 ED Social (Café, CR)</b>  <b>3:00 Water Exercise (Pool)</b>  <b>6:30 Movie Night: Blackberry (CR)</b>                      7:00 Movie Night: From Time To                      Time (TV CH 1390)</p>	<p><b>6</b>                      10:00 Sit to Stand Exercise                      with Marla (TV CH 1390)  <b>10:00 Bible Study (CH)</b>                      10:30 Sing Along with Songs                      We all Know (TV CH 1390)                       2:30 Chair Exercise (TV CH                      1390)   <b>1:30 Woodland Terrace Writers Group (CR)</b>                       7:00 Movie Night: From Time                      To Time (TV CH 1390)</p>

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<p><b>7</b></p> <p>9:30 Coffee Chat (Café)</p> <p>10:00 Woodland Church Service (CR)</p> <p>10:30 Kirk of Kildaire Presbyterian Church Service (TV CH 1390)</p> <p>12:00 Cardio Exercise (TV CH 1390)</p> <p>1:00 Saint Andrew's Mass (TV CH 1390)</p> <p>2:00 Scrabble (AR)</p> <p>7:00 Movie Night: Ballet Shoes (TV CH 1390)</p>	<p><b>8 Solar Eclipse Day</b></p> <p>9:00 Shopping at Trader Joe's (BUS, SU)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:15 Chair Exercise (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Chair Stretch (TV CH 1390)</p> <p>1:00 Mahjong (Café)</p> <p>1:00 Library Outing (Van, SU)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>1:30 Post Impressionism: The Beginning of Modern Art, eps 13 (CR)</p> <p>1:30 Gardening Club Meeting (Café)</p> <p>2:30 Solar Eclipse Viewing Party (Lake side)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Ballet Shoes (TV CH 1390)</p>	<p><b>9 Happy Birthday Charlotte P.!</b></p> <p>10:00 Cardio Exercise with Marla (TV CH 1390)</p> <p>10:30 Sit to Stand Exercise (CR)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>11:00 Weightlifting (FC)</p> <p>1:30 Making Spring Wreaths (AR, SU)</p> <p>2:00 BINGO (LKVR)</p> <p>2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>3:30 Play Rehearsal (CR)</p> <p>7:00 Movie Night: Ballet Shoes (TV CH 1390)</p>	<p><b>10</b></p> <p>9:00 Shopping at Publix &amp; Dollar Tree (BUS, SU)</p> <p>9:30 Communion (CH)</p> <p>10:15 Chair Exercise (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>1:00 Woodland Taxi (Van, SU)</p> <p>2:00 Book Club (LKVR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: Ballet Shoes (TV CH 1390)</p>	<p><b>11 Pet Day</b></p> <p>10:00 Cardio Exercise w/ Marla (TV CH 1390)</p> <p>10:00 Walking Club (POND)</p> <p>10:30 Sit to stand Exercise (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>12:30-2:00 Covid Clinic (AR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>1:30 Pup Pawty, If you would like to bring your Dog in Please RSVP to Heather.dew@kis-cosl.com (Patio)</p> <p>2:30 Resident Social with Burke Long (CR, Café)</p> <p>7:00 Movie Night: Ballet Shoes (TV CH 1390)</p>	<p><b>12</b></p> <p>9:45 Tai Chi Beginnings (TV CH 1390)</p> <p>10:30 Let's Play Dominoes (AR)</p> <p>10:30 Ride to the Symphony (BUS, SU- Tickets Pre-purchased)</p> <p>10:30 WTTV Cardio Exercise (CR &amp; 1390)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>12:30 Birds in North Carolina (TV CH 1390)</p> <p>1:00 BINGO (LKVR)</p> <p>1:30 Trip to Fairview Nursery (VAN,SU)</p> <p>2:00 Knit Wits (AR)</p> <p>3:00 Water Exercise (Pool)</p> <p>6:30 Movie Night: Ferrari (CR)</p> <p>7:00 Movie Night: Ballet Shoes (TV CH 1390)</p>	<p><b>13</b></p> <p>10:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>10:00 Bible Study (CH)</p> <p>10:30 Sing Along with Songs We all Know (TV CH 1390)</p> <p>2:00 Women's Bring Your Own Wine Social (Café)</p> <p>2:30 Chair Exercise (TV CH 1390)</p> <p>7:00 Movie Night: Ballet Shoes (TV CH 1390)</p>
<p><b>14</b></p> <p>9:30 Coffee Chat (Café)</p> <p>10:00 Woodland Church Service (CR)</p> <p>10:30 Kirk of Kildaire Presbyterian Church Service (TV CH 1390)</p> <p>12:00 Cardio Exercise (TV CH 1390)</p> <p>1:00 Saint Andrew's Mass (1390)</p> <p>2:00 Scrabble (AR)</p> <p>7:00 Movie Night: I Met My Love Again (1938) (TV CH 1390)</p>	<p><b>15</b></p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:15 Chair Exercise (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Chair Stretch (TV CH 1390)</p> <p>1:00 Mahjong (Café)</p> <p>1:00 Post Impressionism: The Beginning of Modern Art, eps 14 (CR)</p> <p>1:30 Lost Cities Revealed eps. 3-Peru (CR)</p> <p>1:30 Shopping at Food Lion (BUS, SU)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: I Met My Love Again (1938) (TV CH 1390)</p>	<p><b>16 Pajama Day</b></p> <p>10:00 Cardio Exercise with Marla (1390)</p> <p>10:30 Sit to Stand (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>1:00 Dining Committee (LKVR)</p> <p>1:30 Travel to Poland (CR,SU)</p> <p>2:00 BINGO (LKVR)</p> <p>2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>3:30 Play Rehearsal (CR)</p> <p>7:00 Movie Night: I Met My Love Again (1938) (TV CH 1390)</p>	<p><b>17 Banana Day</b></p> <p>9:00 Shopping at Harris Teeter (BUS, SU)</p> <p>9:30 Communion (CH)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:15 Chair Exercise (CR)</p> <p>11:00 Cardio Exercise (CR)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>12:00 Ladies Luncheon (DR, SU)</p> <p>1:00 Woodland Taxi (Van, SU)</p> <p>1:30 Building and Grounds Committee (PDR)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:00 Making Banana Pudding (Café, SU)</p> <p>3:00 Men's Beer Social BYOB (Café)</p> <p>3:00 Water Exercise (Pool)</p> <p>7:00 Movie Night: I Met My Love Again (1938) (TV CH 1390)</p>	<p><b>18</b></p> <p>10:00 Cardio Exercise w/ Marla (TV CH 1390)</p> <p>10:00 Walking Club (POND)</p> <p>10:30 Sit to stand Exercise (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>1:00 Technology Class: with Heather Dew-Cellphones (CR, SU)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>2:00 New Resident Welcome with Management (AR, SU)</p> <p>2:30 Resident Social Music by Zeke- The Longest Day Kick Off! (CR, Café)</p> <p>7:00 Movie Night: I Met My Love Again (1938) (TV CH 1390)</p>	<p><b>19</b></p> <p>9:45 Tai Chi Beginnings (TV CH 1390)</p> <p>10:30 WTTV Cardio Exercise (CR &amp; 1390)</p> <p>10:30 Let's Play Dominoes (AR)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>11:00 Lunch Out to Culver's (BUS, SU)</p> <p>12:30 Birding in the Carolinas (TV CH 1390)</p> <p>1:00 BINGO (LKVR)</p> <p>2:00 Knit Wits (AR)</p> <p>3:00 Water Exercise (Pool)</p> <p>3:30 How to get up from the floor after a fall (TV CH 1390)</p> <p>6:30 Movie Night: Society of Snow (CR)</p> <p>7:00 Movie Night: I Met My Love Again (1938) (TV CH 1390)</p>	<p><b>20</b></p> <p>10:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>10:00 Bible Study (CH)</p> <p>10:30 Sing Along with Songs We all Know (TV CH 1390)</p> <p>2:30 Chair Exercise (TV CH 1390)</p> <p>1:30 Woodland Terrace Writers Group (CR)</p> <p>3:00 Resident Led Trivia (CR)</p> <p>7:00 Movie Night: I Met My Love Again (1938) (TV CH 1390)</p>

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<p><b>21</b> 9:30 Coffee Chat (Café) 10:00 Woodland Church Service (CR) 10:30 Kirk of Kildaire Presbyterian Church Service (TV CH 1390) 12:00 Cardio Exercise (TV CH 1390) 1:00 Saint Andrew's Mass (1390) 2:00 Wine Social (Café) 2:00 Trip to See Brigadoon— Tickets Pre-purchased (BUS,SU) 2:00 Scrabble (AR) 7:00 Movie Night: On Golden Pond (TV CH 1390)</p>	<p><b>22 Earth Day</b> 9:00 Shopping at Walmart (BUS, SU) 10:00 Chair Exercise (TV CH 1390) 10:15 Chair Exercise (CR) 11:00 Cardio Exercise (CR) 11:00 Chair Stretch (TV CH 1390) 1:00 Mahjong (Café) 1:30 Chair Yoga for Seniors (TV CH 1390) 1:00 Post Impressionism: The Beginning of Modern Art, eps 15 (CR) 1:30 Lost Cities Revealed – Scotland eps 4 (CR) 2:30 Let's Plant— Patio! (Patio, SU) 3:00 Water Exercise (Pool) 7:00 Movie Night: On Golden Pond (TV CH 1390)</p>	<p><b>23 Happy Birthday Jack L.!</b> 10:00 Cardio Exercise with Marla (TV CH 1390) 10:30 Sit to Stand (CR) 11:00 Weightlifting (FC) 11:00 Sit to Stand Exercise with Marla (TV CH 1390) 12:00 Volunteer Luncheon (DR, Invite only) 2:00 BINGO (LKVR) 2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390) 3:00 Koffee Klatch (CR, SU) - See the Hobsons to Host! 7:00 Movie Night: On Golden Pond (TV CH 1390)</p>	<p><b>24</b> 8:30-9:30 Waffle Breakfast (Pick Up in IL LKVR or Eat in Dining Room, SU) 9:30 Communion (CH) 10:00 Chair Exercise (TV CH 1390) 10:15 Chair Exercise (CR) 10:30 Jeopardy (AR) 11:00 Cardio Exercise (CR) 11:00 Stretch From Your Chair (TV CH 1390) 1:00 Resident Board Meeting (Bridge Room) 1:00 Woodland Taxi (Van, SU) 1:30 Post Impressionism: The Beginning of Modern Art, eps 16 &amp; 17 (AR) 2:30 Sip and Paint (CR, SU) 1:30 Chair Yoga for Seniors (TV CH 1390) 3:00 Water Exercise (Pool) 4:30 Dining Party (DR) 7:00 Movie Night: On Golden Pond (TV CH 1390)</p>	<p><b>25</b> 10:00 Cardio Exercise w/Marla (TV CH 1390) 10:00 Walking Club (POND) 10:30 Sit to Stand (CR) 11:00 Weightlifting (FC) 11:00 Sit to Stand Exercise with Marla (TV CH 1390) 1:30 Chair Yoga for Seniors (TV CH 1390) 1:00 Puzzle Day (CR,SU) 2:30 Resident Birthday Social w/ Caroline (CR, Café) 4:30 Dinner Out to Chili's (BUS, SU) 7:00 Movie Night: On Golden Pond (TV CH 1390)</p>	<p><b>26</b> 9:45 Tai Chi Beginnings (TV CH 1390) 10:30 WTTV Cardio Exercise (CR &amp; 1390) 10:30 Let's Play Dominoes (AR) 11:00 Stretch From Your Chair (TV CH 1390) 12:30 Birding in the Carolinas (TV CH 1390) 1:00 BINGO (LKVR) 1:30 Beach Ball Volleyball (CR) 2:00 Knit Wits (AR) 2:30 Clown Show! (VSLR) 3:00 Water Exercise (Pool) 6:30 Movie Night: Gran Turismo (CR) 7:00 Movie Night: On Golden Pond (TV CH 1390)</p>	<p><b>27</b> 10:00 Sit to Stand Exercise with Marla (TV CH 1390) 10:00 Bible Study (CH) 10:30 Sing Along with Songs We all Know (TV CH 1390) 2:30 Chair Exercise (TV CH 1390) 2:00 Women's Bring Your Own Wine Social (Café) 3:00 Blast from the Past (CR) 7:00 Movie Night: On Golden Pond (TV CH 1390)</p>
<p><b>28</b> 9:30 Coffee Chat (Café) 10:00 Woodland Church Service (CR) 10:30 Kirk of Kildaire Presbyterian Church Service (TV CH 1390) 12:00 Cardio Exercise (TV CH 1390) 1:00 Saint Andrew's Mass (1390) 2:00 Scrabble (AR) 3:00 Quarterly Meeting (DR) 7:00 Movie Night: Is There Life Out There (TV CH 1390)</p>	<p><b>29</b> 9:00 Shopping at Food Lion (BUS, SU) 10:00 Chair Exercise (TV CH 1390) 10:15 Chair Exercise (CR) 11:00 Cardio Exercise (CR) 11:00 Chair Stretch (TV CH 1390) 1:00 Mahjong (Café) 1:30 Chair Yoga for Seniors (TV CH 1390) 1:00 Post Impressionism: The Beginning of Modern Art, eps 18 (CR) 1:30 Lost Cities Revealed- Canaanites eps 5 (CR) 2:30 Calendar Review (CR) 3:00 Water Exercise (Pool) 7:00 Movie Night: Is There Life Out There (TV CH 1390)</p>	<p><b>30 Happy Birthday Ann B.!</b> 10:00 Cardio Exercise with Marla (TV CH 1390) 10:30 Sit to Stand (CR) 11:00 Weightlifting (FC) 11:00 Sit to Stand Exercise with Marla (TV CH 1390) 2:00 BIG Spring BINGO (DR, SU) 2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390) 3:30 Play Rehearsal (CR) 7:00 Movie Night: Is There Life Out There (TV CH 1390)</p>	