

# Woodland Terrace May 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>5/2– Sandra J.</b>  <b>5/6– Bill S.</b>  <b>5/10– John D.</b>  <b>5/11– Eddie C.</b>  <b>5/19– Louise B.</b>  <b>5/21– Mollie M.</b>  <b>5/28– Alice D.</b>  <b>5/29– Anne Mo.</b>  <b>5/30– Paula R.</b>  <b>5/31– Anne Mc.</b>  <b>5/31– Carol S.</b></p>	<p><b>Daily Continental Breakfast Dining Room</b>  <b>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</b>  <b>9:00 Shopping at Harris Teeter (BUS, SU)</b>  <b>9:30 Communion (CH)</b>  <b>10:00 Chair Exercise (TV CH 1390)</b>  <b>10:15 Chair Exercise (CR)</b>  <b>11:00 Cardio Exercise (CR)</b></p> <p>11:00 Stretch From Your Chair (TV CH 1390)  <b>1:00 Woodland Taxi (Van, SU)</b>  <b>1:30 Chair Yoga for Seniors (TV CH 1390)</b>  <b>1:00 Friendship Committee (LKVR)</b>  <b>1:30 Depression in Seniors Lecture (CR,SU)</b></p> <p><b>3:00 Men's Beer Social BYOB (Café)</b></p> <p><b>3:00 Water Exercise (Pool)</b>  <b>7:00 Movie Night: These Old Broads (TV CH 1390)</b></p>	<p><b>2 Happy Birthday Sandra J.!</b>  <b>9:00 Men's Breakfast (DR, SU)</b>  <b>10:00 Cardio Exercise w/Marla (TV CH 1390)</b>  <b>10:00 Walking Club (POND)</b>  <b>10:30 Sit to Stand Exercise (CR)</b>  <b>11:00 Weightlifting (FC)</b></p> <p><b>11:00 Stand Strong Testing (CR)</b>  <b>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</b>  <b>1:30 Chair Yoga for Seniors (TV CH 1390)</b></p> <p><b>2:30 Resident Social w/ Luke (Café, CR)</b></p> <p><b>7:00 Movie Night: These Old Broads (TV CH 1390)</b></p>	<p><b>3</b>  <b>9:45 Tai Chi Beginnings (TV CH 1390)</b>  <b>10:30 WTTV Cardio Exercise (CR &amp; 1390)</b>  <b>10:30 Lunch Outing to Pro Epicurean Café (BUS, SU)</b>  <b>11:00 Stretch From Your Chair (TV CH 1390)</b>  <b>12:30 Birds in North Carolina (TV CH 1390)</b>  <b>1:00 BINGO (LKVR)</b>  <b>2:00 ED Chat (DR)</b>  <b>2:30 ED Social (Café, CR)</b>  <b>3:00 Water Exercise (Pool)</b>  <b>6:30 Movie Night: True Spirit (CR)</b></p> <p><b>7:00 Movie Night: These Old Broads (TV CH 1390)</b></p>	<p><b>4</b>  <b>10:00 Sit to Stand Exercise with Marla (TV CH 1390)</b>  <b>10:00 Bible Study (CH)</b>  <b>10:30 Sing Along with Songs We all Know (TV CH 1390)</b>  <b>2:30 Chair Exercise (TV CH 1390)</b>  <b>5:30 Kentucky Derby Party (CR)</b>  <b>7:00 Movie Night: These Old Broads (TV CH 1390)</b></p>
<p><b>5</b>  <b>9:30 Coffee Chat (Café)</b>  <b>10:00 Woodland Church Service (CR)</b></p> <p>10:30 Kirk of Kildaire Presbyterian Church Service (TV CH 1390)  <b>12:00 Cardio Exercise (TV CH 1390)</b>  <b>1:00 Saint Andrew's Mass (TV CH 1390)</b>  <b>2:00 Scrabble (AR)</b></p> <p><b>7:00 Movie Night: Dancing at Lughnasa (TV CH 1390)</b></p>	<p><b>6 Happy Birthday Bill S.!</b>  <b>9:00 Shopping at Trader Joe's (BUS, SU)</b>  <b>10:00 Chair Exercise (TV CH 1390)</b>  <b>10:15 Chair Exercise (CR)</b>  <b>11:00 Cardio Exercise (CR)</b>  <b>11:00 Chair Stretch (TV CH 1390)</b>  <b>1:00 Mahjong (Café)</b>  <b>1:00 Library Outing (Van, SU)</b>  <b>1:30 Chair Yoga for Seniors (TV CH 1390)</b>  <b>1:00 Post Impressionism: The Beginning of Modern Art, eps 19 (CR)</b>  <b>1:30 Lost Cities Revealed-Oman (CR)</b>  <b>3:00 Water Exercise (Pool)</b>  <b>7:00 Movie Night: Dancing at Lughnasa (TV CH 1390)</b></p>	<p><b>7</b>  <b>10:00 Cardio Exercise with Marla (TV CH 1390)</b>  <b>10:00 Community Picnic &amp; Walk at Bond Park (B, SU)</b>  <b>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</b></p> <p><b>11:00 Weightlifting (FC)</b>  <b>1:00 Art of Living Well Committee (AR)</b></p> <p><b>2:00 BINGO (LKVR)</b>  <b>2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)</b>  <b>3:30 Play Rehearsal (CR)</b>  <b>7:00 Movie Night: Dancing at Lughnasa (TV CH 1390)</b></p>	<p><b>8 Have a Coke Day!</b>  <b>9:00 Shopping at Food Lion (BUS, SU)</b>  <b>9:30 Communion (CH)</b>  <b>10:15 Chair Exercise (CR)</b>  <b>11:00 Cardio Exercise (CR)</b></p> <p>10:00 Chair Exercise (TV CH 1390)  <b>11:00 Stretch From Your Chair (TV CH 1390)</b></p> <p><b>1:00 Woodland Taxi (Van, SU)</b>  <b>2:00 Book Club (LKVR)</b></p> <p><b>3:00 Coke Social (Café)</b></p> <p><b>1:30 Chair Yoga for Seniors (TV CH 1390)</b>  <b>3:00 Water Exercise (Pool)</b></p> <p><b>7:00 Movie Night: Dancing at Lughnasa (TV CH 1390)</b></p>	<p><b>9</b>  <b>9:30 Depart for Governor's Mansion Garden Tour (BUS,SU)</b>  <b>10:00 Cardio Exercise w/ Marla (TV CH 1390)</b>  <b>10:00 Walking Club (POND)</b>  <b>10:30 Sit to stand Exercise (CR)</b>  <b>11:00 Weightlifting (FC)</b>  <b>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</b>  <b>1:30 Chair Yoga for Seniors (TV CH 1390)</b>  <b>2:00 New Resident Welcome with Management (AR, SU)</b></p> <p><b>2:30 Resident Social /No entertainment (CR, Café)</b></p> <p><b>7:00 Movie Night: Back to School Mom (TV CH 1390)</b></p>	<p><b>10 Happy Birthday John D.!</b>  <b>9:45 Tai Chi Beginnings (TV CH 1390)</b>  <b>10:30 Let's Play Dominoes (AR)</b></p> <p><b>10:30 WTTV Cardio Exercise (CR &amp; 1390)</b>  <b>11:00 Stretch From Your Chair (TV CH 1390)</b>  <b>12:30 Birds in North Carolina (TV CH 1390)</b>  <b>1:00 BINGO (LKVR)</b>  <b>2:00 Knit Wits (AR)</b>  <b>3:00 Water Exercise (Pool)</b></p> <p><b>6:30 Movie Night: Bob Marley One Love (CR)</b></p> <p><b>7:00 Movie Night: Back to School Mom (TV CH 1390)</b></p>	<p><b>11 Happy Birthday Eddie C.!</b>  <b>10:00 Sit to Stand Exercise with Marla (TV CH 1390)</b>  <b>10:30 Sing Along with Songs We all Know (TV CH 1390)</b>  <b>1:00-4:00 Woodland Terrace &amp; Wake County Animal Shelter Festival—See flyer for more details (Parking Lot)</b>  <b>2:00 Women's Bring Your Own Wine Social (Café)</b>  <b>2:30 Chair Exercise (TV CH 1390)</b>  <b>7:00 Movie Night: Back to School Mom (TV CH 1390)</b></p>

# Woodland Terrace May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>12 Mothers Day</b>  <b>9:30 Coffee Chat (Café)</b>  <b>10:00 Woodland Church Service (CR)</b>            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)</p> <p><b>2:00 Scrabble (AR)</b></p> <p><b>6:00 Mother's Day Concert by Flobone (CR)</b></p> <p>7:00 Movie Night: Bonneville (1938) (TV CH 1390)</p>	<p><b>13</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)</p> <p><b>1:00 Mahjong (Café)</b>  <b>1:00 Post Impressionism: The Beginning of Modern Art, eps 20 (CR)</b>  <b>1:30 Drain the Oceans-Alaska (CR)</b>            1:30 Chair Yoga for Seniors (TV CH 1390)  <b>2:30 Apple Pie Social (Café)</b>  <b>3:00 Water Exercise (Pool)</b></p> <p>7:00 Movie Night: Bonneville (1938) (TV CH 1390)</p>	<p><b>14</b>            10:00 Cardio Exercise with Marla (1390)  <b>10:30 Sit to Stand (CR)</b>  <b>11:00 Weightlifting (FC)</b>            11:00 Sit to Stand Exercise with Marla (TV CH 1390)  <b>1:00 Dining Committee (LKVR)</b></p> <p><b>2:00 BINGO (LKVR)</b>  <b>2:00 Technology Assistance (Café, SU)</b></p> <p>2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p><b>3:30 Play Dress Rehearsal (CR)</b></p> <p>7:00 Movie Night: Bonneville (1938) (TV CH 1390)</p>	<p><b>15</b>  <b>9:00 Shopping at Publix &amp; Dollar Tree (BUS, SU)</b>  <b>9:30 Communion (CH)</b>            10:00 Chair Exercise (TV CH 1390)  <b>10:15 Chair Exercise (CR)</b>  <b>11:00 Cardio Exercise (CR)</b>            11:00 Stretch From Your Chair (TV CH 1390)</p> <p><b>12:00 Ladies Luncheon (DR, SU)</b></p> <p><b>1:00 Woodland Taxi (Van, SU)</b></p> <p><b>1:30 Building and Grounds Committee (PDR)</b>            1:30 Chair Yoga for Seniors (TV CH 1390)  <b>3:00 Silver Alert Resident Play (CR)</b>  <b>3:00 Men's Beer Social BYOB (Café)</b>  <b>3:00 Water Exercise (Pool)</b>  <b>6:30 Silver Alert Resident Play (CR)</b></p> <p>7:00 Movie Night: Bonneville (1938) (TV CH 1390)</p>	<p><b>16</b>            10:00 Cardio Exercise w/ Marla (TV CH 1390)  <b>10:00 Walking Club (POND)</b>  <b>10:30 Sit to stand Exercise (CR)</b>  <b>11:00 Weightlifting (FC)</b>            11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p><b>1:00 Technology Class: with Heather Dew-TVs (CR, SU)</b></p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p><b>2:30 Resident Social Music by Zeke (CR, Café)</b></p> <p>7:00 Movie Night: Northern Borders (1938) (TV CH 1390)</p>	<p><b>17</b>            9:45 Tai Chi Beginnings (TV CH 1390)  <b>10:30 WTTV Cardio Exercise (CR &amp; 1390)</b>  <b>10:30 Let's Play Dominoes (AR)</b>            11:00 Stretch From Your Chair (TV CH 1390)            12:30 Birding in the Carolinas (TV CH 1390)  <b>1:00 BINGO (LKVR)</b>  <b>1:30 Making Strawberry Ice Box Cake (Café, SU)</b>  <b>2:00 Knit Wits (AR)</b>  <b>3:00 Water Exercise (Pool)</b></p> <p>3:30 How to get up from the floor after a fall (TV CH 1390)  <b>6:30 Movie Night: One Life (CR)</b></p> <p>7:00 Movie Night: Northern Borders (1938) (TV CH 1390)</p>	<p><b>18</b>            10:00 Sit to Stand Exercise with Marla (TV CH 1390)  <b>10:00 Bible Study (CH)</b></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><b>1:30 Woodland Terrace Writers Group (CR)</b></p> <p><b>3:00 Resident Led Trivia (CR)</b></p> <p><b>5:30 Preakness Party (CR)</b></p> <p>7:00 Movie Night: Northern Borders (1938) (TV CH 1390)</p>
<p><b>19 Happy Birthday Louise B.!</b>  <b>9:30 Coffee Chat (Café)</b>  <b>10:00 Woodland Church Service (CR)</b>            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)</p> <p><b>2:00 Scrabble (AR)</b></p> <p>7:00 Movie Night: Slipaway (TV CH 1390)</p>	<p><b>20</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)  <b>1:00 Mahjong (Café)</b>            1:30 Chair Yoga for Seniors (TV CH 1390)  <b>1:00 Post Impressionism: The Beginning of Modern Art, eps 21 (CR)</b>  <b>1:30 Drain the Oceans-Raise the Mob (CR)</b>  <b>1:30 Shopping at Food Lion (BUS, SU)</b>  <b>2:00 Technology Assistance (Café, SU)</b>  <b>3:00 Water Exercise (Pool)</b></p> <p>7:00 Movie Night: Slipaway (TV CH 1390)</p>	<p><b>21 Ireland &amp; Happy Birthday Mollie M.!</b>            10:00 Cardio Exercise with Marla (TV CH 1390)</p> <p><b>10:30 Sit to Stand (CR)</b>  <b>11:00 Weightlifting (FC)</b>            11:00 Sit to Stand Exercise with Marla (TV CH 1390)  <b>11:00 Travel to Ireland (CR,SU)</b></p> <p><b>2:00 BINGO (LKVR)</b>            2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)  <b>1:30 C.S. Lewis, J.R.R.Tolkien and their circle (AR)</b></p> <p>7:00 Movie Night: Slipaway (TV CH 1390)</p>	<p><b>22</b>  <b>9:00 Shopping at Harris Teeter</b>            10:00 Chair Exercise (TV CH 1390)  <b>11:00 Cardio Exercise (CR)</b>            11:00 Stretch From Your Chair (TV CH 1390)</p> <p><b>1:00 Resident Board Meeting (LKVR)</b></p> <p><b>1:00 Woodland Taxi (Van, SU)</b></p> <p><b>1:30 Post Impressionism: The Beginning of Modern Art, eps 22 &amp; 23 (AR)</b></p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)  <b>2:30 Sip and Paint (CR,SU)</b>  <b>3:00 Water Exercise (Pool)</b></p> <p>7:00 Movie Night: Slipaway (TV CH 1390)</p>	<p><b>23</b>            10:00 Cardio Exercise w/Marla (TV CH 1390)  <b>10:00 Catholic Mass (VSLR)</b>  <b>10:00 Walking Club (POND)</b>  <b>10:30 Sit to Stand (CR)</b></p> <p><b>11:00 Weightlifting (FC)</b>            11:00 Sit to Stand Exercise with Marla (TV CH 1390)            1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p><b>1:30 Jeopardy (AR)</b></p> <p><b>2:30 Resident Social w/Caroline (CR, Café)</b></p> <p>7:00 Movie Night: Yesterday's Children (TV CH 1390)</p>	<p><b>24</b>  <b>9:30 Depart for Jordan Lake Boat Tour &amp; Box Lunch (BUS, SU)</b>            9:45 Tai Chi Beginnings (TV CH 1390)  <b>10:30 WTTV Cardio Exercise (CR &amp; 1390)</b>  <b>10:30 Let's Play Dominoes (AR)</b>            11:00 Stretch From Your Chair (TV CH 1390)            12:30 Birding in the Carolinas (TV CH 1390)  <b>1:00 BINGO (LKVR)</b>  <b>1:30 Beach Ball Volleyball (CR)</b>  <b>2:00 Knit Wits (AR)</b>  <b>3:00 Water Exercise (Pool)</b>  <b>6:30 Movie Night: Lost in Translation (CR)</b></p> <p>7:00 Movie Night: Yesterday's Children (TV CH 1390)</p>	<p><b>25</b>            10:00 Sit to Stand Exercise with Marla (TV CH 1390)            10:30 Sing Along with Songs We all Know (TV CH 1390)</p> <p>2:30 Chair Exercise (TV CH 1390)</p> <p><b>2:00 Women's Bring Your Own Wine Social (Café)</b></p> <p>7:00 Movie Night: Yesterday's Children (TV CH 1390)</p>



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<p><b>26</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: Treasures of the Snow (TV CH 1390)</p>	<p><b>27 Memorial Day</b></p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>11:00 Chair Stretch (TV CH 1390)</p> <p>1:00 Mahjong (Café)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>7:00 Movie Night: Treasures of the Snow (TV CH 1390)</p> 	<p><b>28 Happy Birthday Alice D.!</b></p> <p>10:00 Cardio Exercise with Marla (TV CH 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>1:30 Breco tea Bingo Outing (BUS, SU)</p> <p>2:00 Brain Games (AR, SU)</p> <p>2:00 &amp; 3:30: Beginner 1 Mile Walk (TV CH 1390)</p> <p>3:00 Koffee Klatch (CR, SU)</p> <p>7:00 Movie Night: Treasures of the Snow (TV CH 1390)</p>	<p><b>29 Happy Birthday Anne Mo.!</b></p> <p>8:30-9:30 Waffle Breakfast (Pick Up in IL LKVR or Eat in Dining Room, SU)</p> <p>9:30 Communion (CH)</p> <p>10:00 Chair Exercise (TV CH 1390)</p> <p>10:15 Walking The Pond (pond)</p> <p>11:00 Stretch From Your Chair (TV CH 1390)</p> <p>1:00 Woodland Taxi (Van, SU)</p> <p>1:30 Post Impressionism: The Beginning of Modern Art, eps 24 (AR)</p> <p>1:30 Community Wide Cornhole Tournament (Patio)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>3:00 Water Exercise (Pool)</p> <p>4:30 Dining Party (DR)</p> <p>7:00 Movie Night: The Adventures of Ociece Nash (TV CH 1390)</p>	<p><b>30 Happy Birthday Paula R.!</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 (CR)</p> <p>11:00 Calendar Review (CR)</p> <p>11:00 Weightlifting (FC)</p> <p>11:00 Sit to Stand Exercise with Marla (TV CH 1390)</p> <p>1:30 Chair Yoga for Seniors (TV CH 1390)</p> <p>1:00 Salsa Tasting w/ Margaritas (CR,SU)</p> <p>2:30 Resident Birthday Social w/ Ed Lyons (CR, Café)</p> <p>4:30 Dinner Out to Amedeo's (BUS, SU)</p> <p>7:00 Movie Night: The Adventures of Ociece Nash (TV CH 1390)</p>	<p><b>31 Happy Birthday Anne Mc. &amp; Carol S.!</b></p> <p>9:45 Tai Chi Beginnings (TV CH 1390)</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 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>6:30 Movie Night: Ordinary Angels (CR)</p> <p>7:00 Movie Night: The Adventures of Ociece Nash (TV CH 1390)</p>	