





Woodland Terrace December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>KEY</div> <div>AR: Activity Room</div> <div>BR: Bridge Room</div> <div>B: Bus</div> <div>Café: 2nd Floor Bistro</div> <div>CR: Carolina Room</div> <div>CH: Chapel on 3rd Floor</div> <div>DR: Dining Room</div> <div>FC: Fitness Center</div> <div>PDR: Private Dining Room</div> <div>P: Pool</div> <div>SU: Sign Up</div> <div>TV CH 1390: In House TV Channel</div>	<div>Happy Birthday, Residents!</div> <div>Mary Adcock 12/8</div> <div>Priscilla Quinn 12/11</div> <div>Janice Hood 12/12</div> <div>Sara Frazier 12/14</div> <div>Shirley O'Brien 12/21</div> <div>Linda Hudson 12/22</div> <div>Witold Urbanowicz 12/25</div> <div>Sharon McDonald 12/26</div> <div>Betty Pace 12/27</div> <div>Ellen Yeatts 12/30</div> <div>Les Hall 12/31</div> <div>Princess Banerjee 12/31</div>	<div>Daily Continental Breakfast Dining Room</div> <div>8:30 —9:30</div> <div>Check the flyer on bulletin boards for the descriptions of this month's Friday Night Movies.</div>	<div>Tune in everyday on Channel 1390 for activity updates, exercise videos, movies and MORE!</div> <div>Reach out to Heather Dew for a schedule of Channel 1390.</div>			
	<div>1</div> <div>9:00 Shopping at Food Lion (BUS, SU)</div> <div>10:15 Chair Yoga with Laurie (CR)</div> <div>11:00 Cardio Exercise with Walt (CR)</div> <div>1:30 Documentary Series: See Flyer for details (CR)</div> <div>2:45 Sense Beyond Sight Program (AR)</div> <div>3:00 Water Exercise (Pool)</div>	<div>2 Deck the Halls !</div> <div>9:45 Calm Coloring (café)</div> <div>10:30 Chair Exercise with Legacy (CR)</div> <div>1:00 Life Enrichment Committee (AR)</div> <div>2:00 Merry market at the Cardinal (Van, SU)</div> <div>2:00 BINGO (PDR)</div>	<div>3</div> <div>9:00 Shopping at Trader Joes/ Aldis (Bus, SU)</div> <div>10:00 Communion (CH)</div> <div>9:45 Coffee and Word Searches (Café)</div> <div>10:30 Chair Exercise with Heather D (CR)</div> <div>11:00 Cardio Exercise with Walt (CR)</div> <div>1:00 Woodland Taxi (VAN, SU)</div> <div>1:00 Hospitality Services Committee (BR)</div> <div>1:00 Technology assistance with Jan (SU– timeslots are in the book)</div> <div>1:30 Men's group, Driving race cars (Café)</div> <div>3:00 Water Exercise (Pool)</div>	<div>4</div> <div>10:00 Manicures (AR, SU)</div> <div>10:30 Chair Exercise with Legacy (CR)</div> <div>1:30 Afternoon water walk (pool)</div> <div>1:30 Stand Strong Testing (CR, By invitation)</div> <div>2:30 Social Hour with Luke (Café, CR)</div>	<div>5 National Bar tender day!</div> <div>10:00 Depart for Temple Theater & Lunch (BUS) (Tickets pre-purchased)</div> <div>10:00 Morning Chat (Café)</div> <div>10:00 Let's Play Dominoes (AR)</div> <div>10:30 WTTV Cardio Exercise (CR & 1390)</div> <div>1:00 BINGO (PDR)</div> <div>2:00 Executive Director Chat (CR)</div> <div>2:30 ED Social Hour with Polar bear cocktails (Café)</div> <div>3:00 Water Exercise (Pool)</div> <div>3:00 Christmas Piano per- formance by Ruth (CR)</div> <div>6:30 Movie Night: Wicked Part 1 (CR)</div>	<div>6</div> <div>10:00 Bible Study (CR)</div> <div>1:30 Women's Social Hour BYOB—(Café)</div> <div>2</div>

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<div>7</div> <div>9:30 Coffee Chat (Café)</div> <div>10:00 Woodland Church Service (CR)</div> <div>2:00 Needle work Group (Ivy Room)</div>	<div>8 Spirit week (HEAD TO TOE HOLIDAY) & Happy Birthday Mary A!</div> <div>9:00 Shopping at Walmart/ Harris Teeter (BUS, SU)</div> <div>10:15 Chair Yoga with Laurie (CR)</div> <div>11:00 Cardio Exercise with Walt CR)</div> <div>1:00 Library Outing (Van, SU)</div> <div>1:30 Documentary Series: See Flyer for details (CR)</div> <div>3:00 Water Exercise (Pool)</div> <div>3:30 Martini Monday: Holiday Happy Hour (Café)</div>	<div>9 Candy Cane Christmas!</div> <div>9:45 Morning Word game (AR)</div> <div>10:30 Chair Exercise with Legacy (CR)</div> <div>1:00 Making Christmas Cards (AR, SU)</div> <div>2:00 Piano Music with Dennis (CR)</div> <div>2:00 BINGO (PDR)</div>	<div>10 Winter Wonderland!</div> <div>9:00 Shopping at Publix/Dollar Tree (BUS, SU)</div> <div>9:45 Coffee and word searches with Christina (Café)</div> <div>10:30 Chair Exercise with Heather D (CR)</div> <div>11:00 Cardio Exercise with Walt (CR)</div> <div>1:00 Woodland Taxi (CAR, SU)</div> <div>1:00 Technology assistance with Jan (SU– timeslots are in the book)</div> <div>2:00 Book Club (CR)</div> <div>3:00 Men’s Beer Social BYOB (Café)</div> <div>3:00 Water Exercise (Pool)</div>	<div>11 Happy Birthday Priscilla Q & red and white day!</div> <div>9:00-10:00 1:1 Sessions with Cary Audiology (AR)</div> <div>9:45 Play a Game of Tapple (Cafe)</div> <div>10:30 Chair exercise with Legacy (CR)</div> <div>3:30-5:00 Stuff the Bus with appetizers & Drinks (Café, CR, BUS)</div> <div>5:00 Holiday Party Dinner (DR)</div> <div>6:30– 8:00 Holiday Music with The Capital Transit Band (CR)</div>	<div>12 Happy Birthday Janice H & Holiday sweater day!</div> <div>10:00 Morning Coffee and Chat (Café)</div> <div>10:00 Let’s Play Dominoes (AR)</div> <div>10:30 WTTV Cardio Exercise (CR & 1390)</div> <div>10:30 Depart for Symphony (Tickets pre-purchased) (BUS)</div> <div>1:00 BINGO (PDR)</div> <div>2:00 Holiday Fund Social (CR)</div> <div>3:00 Water Exercise (Pool)</div> <div>6:30 Movie Night: White Christmas (CR)</div>	<div>13</div> <div>10:00 Bible Study (CR)</div> <div>1:30 Women’s Social Hour BYOB—(Café)</div> <div>2:30 Woodland Terrace Writers Group (AR)</div> <div>3:00 Carolina Chorus lace Quartet (CR)</div>
<div>14 Happy Birthday Sara F!</div> <div>9:30 Coffee Chat (Café)</div> <div>10:00 Woodland Church Service (CR)</div> <div>2:00 Needle work Group (Ivy Room)</div> <div>2:45 Depart for Raleigh Ringers Concert (VAN) (Tickets pre-purchased)</div>	<div>15</div> <div>10:15 Chair Yoga with Laurie (CR)</div> <div>11:00 Cardio Exercise with Walt CR)</div> <div>1:30 Documentary Series: See Flyer for details (CR)</div> <div>1:30 Shopping to Food Lion (BUS, SU)</div> <div>2:45 Sense Beyond Sight Program (AR)</div> <div>3:00 Water Exercise (Pool)</div>	<div>16</div> <div>9:45 Morning Word Game (AR)</div> <div>10:30 Exercise with Legacy (CR)</div> <div>2:30 Sip and Paint (AR)</div> <div>2:00 BINGO (PDR)</div> <div>3:00 Engage Brain Body with Christina Buchanan (CR)</div>	<div>17</div> <div>9:00 Shopping at Trader Joes/ Aldis (BUS, SU)</div> <div>9:30 Communion (CH)</div> <div>9:45 Coffee and Crosswords with Christina (Café)</div> <div>10:30 Chair Exercise with Heather D (CR)</div> <div>11:00 Cardio Exercise with Walt (CR)</div> <div>1:00 Technology assistance with Jan (SU– timeslots are in the book)</div> <div>1:00 Woodland Taxi (Van, SU)</div> <div>1:30 Environmental Services Committee (PDR)</div> <div>2:00 Health Talk with Legacy (CR)</div> <div>3:00 Men’s Beer Social BYOB (Café)</div> <div>3:00 Water Exercise (Pool)</div>	<div>18</div> <div>10:00 Manicures (AR ,SU)</div> <div>10:30 Chair exercise with Legacy (CR)</div> <div>1:30 Afternoon Water walk (Pool)</div> <div>2:30 December Birthday Social hour with Carolina Gregory (CR, Café)</div>	<div>19 Holiday Pajama Day !</div> <div>9:30 Fun Drumming Heather R (CR)</div> <div>10:00 Morning Chat (Café)</div> <div>10:00 Let’s Play Dominoes (AR)</div> <div>10:30 WTTV Cardio Video (1390)</div> <div>11:00 Lunch Outing to Outback (BUS, SU)</div> <div>1:00 BINGO (PDR)</div> <div>2:30 Holiday Movie: The Santa Claus & Snacks!- Pajama Party (CR)</div> <div>3:00 Water Exercise (Pool)</div> <div>6:30 Movie Night: A Christmas Carol (CR)</div>	<div>20</div> <div>1:30 Women’s Social Hour BYOB—(Café)</div> <div>3:00 Resident Led Trivia (CR)</div>

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<div>21 Happy Birthday Shirley O!</div> <div>9:30 Coffee Chat (Café)</div> <div>10:00 Woodland Church Service (CR)</div> <div>2:00 Watercolor Class with Ali T (AR, SU)</div> <div>2:00 Needle work Group (Ivy Room)</div>	<div>22 Happy Birthday Linda H!</div> <div>10:15 Chair Yoga with Laurie (CR)</div> <div>11:00 Cardio Exercise with Walt (CR)</div> <div>1:30 Shopping to Walmart/ Harris Teeter (BUS, SU)</div> <div>1:30 Documentary Series: See Flyer for details (CR)</div> <div>3:00 Water Exercise (Pool)</div>	<div>23</div> <div>9:45 Morning Word Game (AR)</div> <div>10:30 Chair Exercise with Legacy (CR)</div> <div>2:00 BINGO (PDR)</div> <div>2:30 Christmas coloring (Café)</div> <div>6:00 Holiday Light Ride Around (BUS,SU)</div>	<div>24 National Eggnog day!</div> <div>9:00 Shopping: Publix/Dollar Tree (BUS, SU)</div> <div>9:30 Communion (CH)</div> <div>9:45 Coffee and Crosswords with Christina (Café)</div> <div>10:30 Chair Exercise with Heather D (CR)</div> <div>11:00 Cardio Exercise with Walt (CR)</div> <div>1:00 Technology assistance with Jan (SU– timeslots are in the book)</div> <div>1:00 Woodland Taxi (VAN, SU)</div> <div>2:00 Enjoy Eggnog with Christina (Café)</div> <div>3:00 Men’s Beer Social BYOB (Cafe)</div> <div>3:00 Water Exercise (Pool)</div>	<div>25 Merry Christmas & Happy Birthday Witold U!</div> <div></div>	<div>26 National Candy cane day & Happy Birthday Sharon M!</div> <div>9:30 Fun Exercise w/Heather R & Kim (CR)</div> <div>10:00 Morning Chat (Café)</div> <div>10:00 Let’s Play Dominoes (AR)</div> <div>10:30 WTTV Cardio Exercise (CR & 1390)</div> <div>1:00 BINGO (PDR)</div> <div>2:30 Lets make candy Cane body scrub (AR, not real candy cane in the scrub)</div> <div>3:00 Water Exercise (Pool)</div> <div>6:30 Movie Night: A Christmas Story (CR)</div>	<div>27 Happy Birthday Betty P!</div> <div>1:30 Women’s Social Hour BYOB—(Café)</div>
<div>28</div> <div>9:30 Coffee Chat (Café)</div> <div>10:00 Woodland Church Service (CR)</div> <div>2:00 Needle work Group (Ivy Room)</div>	<div>29</div> <div>9:00 Shopping to Food Lion (BUS, SU)</div> <div>10:15 Chair Yoga with Laurie (CR)</div> <div>11:00 Cardio Exercise with Walt (CR)</div> <div>1:30 Documentary Series: See Flyer for details (CR)</div> <div>2:45 December Trivia with Bobo (CR)</div> <div>3:00 Water Exercise (Pool)</div>	<div>30 Happy Birthday Ellen Y!</div> <div>9:45 Morning Word game (AR)</div> <div>10:30 Chair Exercise with Legacy (CR)</div> <div>1:30 January Calendar Review (CR)</div> <div>2:00 BINGO (PDR)</div>	<div>31 National Champagne Day & Happy birthday Les H and Princess B!- New Years Eve!</div> <div>9:00 Shopping: Trader Joes/Aldis (BUS,SU)</div> <div>9:30 Communion (CH)</div> <div>9:45 Coffee and Crosswords with Christina (Café)</div> <div>10:30 Chair Exercise with Heather D (CR)</div> <div>11:00 Cardio Exercise with Walt (CR)</div> <div>1:00 Technology assistance with Jan (SU– timeslots are in the book)</div> <div>1:00 Woodland Taxi (VAN, SU)</div> <div>3:00 Water Exercise (Pool)</div> <div>4:30 New Years Eve Dinner (DR)</div> <div>6:00 Ball Drop & New Years Eve Party with Capital Transit Band (CR)</div>	<div></div>	<div></div>	<div></div>