


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Scrabble weekly, usually Friday afternoons, in the café. Contact Cynthia Thompson, #407, <a href="mailto:cynst@comcast.net">cynst@comcast.net</a>, if you'd like to be notified when games will take place</p>		<p><b>1 Fitness Class</b> 9:15-10 AM Gym <b>Games Day</b> 3pm</p>	<p><b>2 Chair Yoga</b> 9:30 - 10:15AM 1<sup>st</sup> Fl. Act. Rm. <b>Tai ji Quan</b> 10:30 - 11:30 AM 1<sup>st</sup> Fl. Act. Rm <b>WRA Board Mtg</b> 1:30pm 4<sup>th</sup> Floor Conf. Rm <b>New Year's Gala</b> 4pm-6pm Great Rm</p>	<p><b>3 Aqua Fitness</b> 9-9:45 AM Pool <b>Fitness Class</b> 10:15 - 11 AM Gym <b>Line Dancing</b> 2-3 PM 1<sup>st</sup> Fl. Act. Rm.</p>	<p><b>4 Tai ji Quan</b> 12-1PM 1<sup>st</sup> Fl. Act Rm. <b>Weight lifting</b> 10am Fitness Rm <b>Pub Night</b> 4:30pm Café BYOB</p>	<p><b>5 Movie Night</b> 7:30pm Theater</p>
6	<p><b>7 Aqua Fitness</b> 9-9:45 <b>Chair Fitness</b> 10:30-11:15 AM 1<sup>st</sup> Fl Act. Rm</p>	<p><b>8 Fitness Class</b> 9:15-10 AM Gym <b>Games Day</b> 3pm <b>Team Leaders Meeting</b> 1:00pm 4<sup>th</sup> Floor Conf. Rm</p>	<p><b>9 Chair Yoga</b> 9:30 - 10:15AM 1<sup>st</sup> Fl. Act. Rm. <b>Tai ji Quan</b> 10:30 - 11:30 AM 1<sup>st</sup> Fl. Act. Rm <b>Chat with Kitchen Staff</b> 2pm Great Rm</p>	<p><b>10 Aqua Fitness</b> 9-9:45 AM Pool <b>Fitness Class</b> 10:15 - 11 AM Gym <b>Line Dancing</b> 2-3 PM 1<sup>st</sup> Fl. Act. Rm.</p>	<p><b>11 Tai ji Quan</b> 12-1PM 1<sup>st</sup> Fl. Act Rm. <b>Weight lifting</b> 10am Fitness Rm <b>Pub Night</b> 4:30pm Café BYOB</p>	<p><b>12 Movie Night</b> 7:30pm Theater</p>
13	<p><b>14 Aqua Fitness</b> 9-9:45 <b>Chair Fitness</b> 10:30-11:15 AM 1<sup>st</sup> Fl Act. Rm <b>Social Team Meeting</b> 1:30 pm 4<sup>th</sup> Floor Conf.</p>	<p><b>15 Fitness Class</b> 9:15-10 AM Gym <b>Games Day</b> 3pm</p>	<p><b>16 Chair Yoga</b> 9:30 - 10:15AM 1<sup>st</sup> Fl. Act. Rm. <b>Tai ji Quan</b> 10:30 - 11:30 AM 1<sup>st</sup> Fl. Act. Rm <b>Chat with Cindy</b> 3:30pm Great Rm</p>	<p><b>17 Aqua Fitness</b> 9-9:45 AM Pool <b>Fitness Class</b> 10:15 - 11 AM Gym <b>Line Dancing</b> 2-3 PM 1<sup>st</sup> Fl. Act. Rm <b>Day Trip:</b> 1:30-3:30 Stave Puzzles</p>	<p><b>18 Tai ji Quan</b> 12-1PM 1<sup>st</sup> Fl. Act Rm. <b>Weight lifting</b> 10am Fitness Rm <b>Ladies Lunch Out</b> <b>Pub Night</b> 4:30pm Café BYOB</p>	<p><b>19 Movie Night</b> 7:30pm Theater</p>
20	<p><b>21 Aqua Fitness</b> 9-9:45 <b>Chair Fitness</b> 10:30-11:15 AM 1<sup>st</sup> Fl Act. Rm</p>	<p><b>22 Fitness Class</b> 9:15-10 AM Gym <b>Games Day</b> 3pm</p>	<p><b>23 Chair Yoga</b> 9:30 - 10:15AM 1<sup>st</sup> Fl. Act. Rm. <b>Tai ji Quan</b> 10:30 - 11:30 AM 1<sup>st</sup> Fl. Act. Rm <b>Wellness Event</b> Dr. Osgood, Functional Medicine 3:30pm Great Rm.</p>	<p><b>24 Aqua Fitness</b> 9-9:45 AM Pool <b>Fitness Class</b> 10:15 - 11 AM Gym <b>Line Dancing</b> 2-3 PM 1<sup>st</sup> Fl. Act. Rm.</p>	<p><b>25 Tai ji Quan</b> 12-1PM 1<sup>st</sup> Fl. Act Rm. <b>Weight lifting</b> 10am Fitness Rm <b>Pub Night</b> 4:30pm Café BYOB</p>	<p><b>26 Movie Night</b> 7:30pm Theater</p>
<p><b>27 Music in the Great Room</b> Roger and Ginny Formidoni , 3:30pm</p>	<p><b>28 Aqua Fitness</b> 9-9:45 <b>Chair Fitness</b> 10:30-11:15 AM 1<sup>st</sup> Fl Act. Rm <b>Speaker of the Month</b> 3:30 pm, Great Room John Morton: Russian Soldiers &amp; Outward Bound</p>	<p><b>29 Fitness Class</b> 9:15-10 AM Gym <b>Games Day</b> 3pm</p>	<p><b>30 Chair Yoga</b> 9:30 - 10:15AM 1<sup>st</sup> Fl. Act. Rm. <b>Tai ji Quan</b> 10:30 - 11:30 AM 1<sup>st</sup> Fl. Act. Rm</p>	<p><b>31 Aqua Fitness</b> 9-9:45 AM Pool <b>Fitness Class</b> 10:15 - 11 AM Gym <b>Line Dancing</b> 2-3 PM 1<sup>st</sup> Fl. Act. Rm. <b>Dr. Santulli:</b>3:30 Great Rm. "Dementia Advanced Directive"</p>	<p><b>Pool: Every Tuesday 7:30PM, Billiards Rm</b> <b>Ping Pong: Every Monday 7:30PM 3<sup>rd</sup> Floor Act. Rm</b> <b>Board Games: Every Wednesday 7:30PM 1<sup>st</sup> Floor Act. Rm</b></p>	<p><b>Coffee every weekday Afternoon starting at 2:30 in the Great Room</b></p>

## Woodlands January 2019 Events