



# Woodlands May 2019 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Scrabble Monday</b> afternoons in the café.</p>	<p><b>Code:</b>  <b>Black printing: Activities</b>  <b>Red Printing: Exercise</b>  <b>Blue Printing: Administration</b></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>1 Chair Yoga</b> 9:30 – 10:15AM 1<sup>st</sup> Fl. Act. Rm.   <b>WRA Board Mtg</b> 1:00pm 4<sup>th</sup> Floor Conf. Rm   <b>Monthly Social</b> 4pm Great Rm</p>	<p><b>2 Aqua Fitness</b> 9-9:45 AM   <b>Strength/Tone/Cond.</b> 10:30 – 11:15 AM Gym   <b>Line Dancing</b> 2-3 PM 1<sup>st</sup> Fl. Act. Rm.</p>	<p><b>3 Bala/Exer/Wgts</b> 10am Fitness Rm   <b>Pub Night</b> 4:30pm Café BYOB</p>	<p><b>4 Movie Night</b> 7:30pm Theater   <b>Ray Richard Memorial Service</b> 1pm, Great Room</p>
5	<p><b>6 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>7 Fitness Class</b> 9:15-10 AM Gym   <b>Tai Chi</b> 10:30-11:15AM 1<sup>st</sup> Floor Act. Rm.   <b>Games Day</b> 3pm   <b>Team Leaders Meeting</b> 1:00pm 4<sup>th</sup> Floor Conf. Rm</p>	<p><b>8 Chair Yoga</b> 9:30 – 10:15AM 1<sup>st</sup> Fl. Act. Rm.   <b>Chat with Kitchen Staff</b> 2pm Great Rm</p>	<p><b>9 Aqua Fitness</b> 9-9:45 AM  <b>Strength/Tone/Cond.</b> 10:30 – 11:15 AM Gym  <b>Line Dancing</b> 2-3 PM 1<sup>st</sup> Fl. Act. Rm.   <b>Wellness Event</b> 1:30pm, Meeting Room at Harvest Hill Alzheimer's Association Presents: Know the 10 signs of Alzheimer's</p>	<p>10 <b>Bala/Exer/Wgts</b> 10am Fitness Rm   <b>Tai ji Quan</b> 11:45-12:30 1<sup>st</sup> Fl. Act Rm   <b>Pub Night</b> 4:30pm Café BYOB</p>	<p><b>11 Movie Night</b> 7:30pm Theater</p>
<p><b>12 Mother's Day</b></p> 	<p><b>13 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>14 Fitness Class</b> 9:15-10 AM Gym   <b>Tai Chi</b> 10:30-11:15AM 1<sup>st</sup> Floor Act. Rm.   <b>Games Day</b> 3pm</p>	<p><b>15 Chair Yoga</b> 9:30 – 10:15AM 1<sup>st</sup> Fl. Act. Rm.   <b>Frank Lloyd Wright Lecture by Harte Crowe</b> 9:30-11:30, Great Rm,   <b>Chat with Cindy</b> 3:30pm Great Rm</p>	<p><b>16 Aqua Fitness</b> 9-9:45 AM   <b>Strength/Tone/Cond.</b> 10:30 – 11:15 AM Gym   <b>Line Dancing</b> 2-3 PM 1<sup>st</sup> Fl. Act. Rm.</p>	<p><b>17 Bala/Exer/Wgts</b> 10am Fitness Rm   <b>Pub Night</b> 4:30pm Café BYOB   <b>Ladies Lunch Out</b></p>	<p><b>18 Movie Night</b> 7:30pm Theater   <b>Music in the Great Rm.</b> 3:30, Great Rm Farnum Hill Trio Plays Beethoven</p>
19	<p><b>20 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 Great Rm. Mike Cryans: Member of Governors Council</p>	<p><b>21 Fitness Class</b> 9:15-10 AM Gym   <b>Tai Chi</b> 10:30-11:15AM 1<sup>st</sup> Floor Act. Rm.   <b>Games Day</b> 3pm</p>	<p><b>22 Chair Yoga</b> 9:30 – 10:15AM 1<sup>st</sup> Fl. Act. Rm.   <b>WRA Semi Annual Mtg</b> 4:00 pm, Great Rm.</p>	<p><b>23 Aqua Fitness</b> 9-9:45 AM   <b>Strength/Tone/Cond.</b> 10:30 – 11:15 AM Gym   <b>Line Dancing</b> 2-3 PM 1<sup>st</sup> Fl. Act. Rm.</p>	<p><b>24 Bala/Exer/Wgts</b> 10am Fitness Rm   <b>Pub Night</b> 4:30pm Café BYOB</p>	<p><b>25 Movie Night</b> 7:30pm Theater</p>
26	<p><b>27 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>28 Fitness Class</b> 9:15-10 AM Gym   <b>Tai Chi</b> 10:30-11:15AM 1<sup>st</sup> Floor Act. Rm.   <b>Games Day</b> 3pm Opening Day in the Courtyard</p>	<p><b>29 Chair Yoga</b> 9:30 – 10:15AM 1<sup>st</sup> Fl. Act. Rm.</p>	<p><b>30 Aqua Fitness</b> 9-9:45 AM   <b>Strength/Tone/Cond.</b> 10:30 – 11:15 AM Gym   <b>Line Dancing</b> 2-3 PM 1<sup>st</sup> Fl. Act. Rm.</p>	<p><b>31 Bala/Exer/Wgts</b> 10am Fitness Rm   <b>Pub Night</b> 4:30pm Café BYOB</p>	<p><b>Coffee every weekday Afternoon starting at 2:30 in the Great Room</b></p>