



Woodlands August 2019 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Pool: Every Tuesday 7:30PM, Billiards Rm</p> <p>Ping Pong: Every Monday 7:30PM 3rd Floor Act. Rm</p> <p>Board Games: Every Wednesday 7:30PM 1st Floor Act. Rm</p>	<p>Code: Black printing: Activities Red Printing: Exercise Blue Printing: Administration</p>	<p>Scrabble Monday afternoons in the Café</p>	<p>Coffee every weekday Afternoon starting at 2:30 in the Great Room</p>	<p>1 Aqua Fitness 9-9:45 AM</p> <p>Strength/Tone/Cond. 10:30 – 11:15 AM Gym</p> <p>Line Dancing 2-3 PM 1st Fl. Act. Rm.</p>	<p>2 Bala/Exer/Wgts 10am Fitness Rm</p> <p>Pub Night 4:30pm Café BYOB</p>	<p>3 Movie Night 7:30pm Theater</p>
<p>4</p> 	<p>5 Aqua Fitness 9-9:45</p> <p>Chair Fitness 10:30-11:15 AM 1st Fl Act. Rm</p>	<p>6 Fitness Class 9:15-10 AM Gym</p> <p>Games Day 3pm</p> <p>Team Leaders Meeting 1:00pm 4th Floor Conf. Rm</p>	<p>7 Chair Yoga 9:30 – 10:15AM 1st Fl. Act. Rm.</p> <p>WRA Board Mtg 1:00pm 4th Floor Conf. Rm</p> <p>Monthly Social 4pm Great Rm</p>	<p>8 Aqua Fitness 9-9:45 AM</p> <p>Strength/Tone/Cond. 10:30 – 11:15 AM Gym</p> <p>Line Dancing 2-3 PM 1st Fl. Act. Rm.</p> <p>Day Trip: Opera North van leaves 6:50, Macbeth by Verdi</p>	<p>9 Bala/Exer/Wgts 10am Fitness Rm</p> <p>Tai ji Quan 11:45-12:30 1st Fl. Act Rm</p> <p>Pub Night 4:30pm Café BYOB</p>	<p>10 Movie Night 7:30pm Theater</p>
<p>11</p>	<p>12 Aqua Fitness 9-9:45</p> <p>Chair Fitness 10:30-11:15 AM 1st Fl Act. Rm</p> <p>Social Team Meeting 1:30pm, 4th Fl. Conf. Rm</p>	<p>13 Fitness Class 9:15-10 AM Gym</p> <p>Games Day 3pm</p>	<p>14 Chair Yoga 9:30 – 10:15AM 1st Fl. Act. Rm.</p> <p>Chat with Kitchen Staff 2pm Great Rm</p>	<p>15 Aqua Fitness 9-9:45 AM</p> <p>Strength/Tone/Cond. 10:30 – 11:15 AM Gym</p> <p>Line Dancing 2-3 PM 1st Fl. Act. Rm.</p>	<p>16 Bala/Exer/Wgts 10am Fitness Rm</p> <p>Pub Night 4:30pm Café BYOB</p> <p>Ladies Lunch Out</p>	<p>17 Movie Night 7:30pm Theater</p>
<p>18</p>	<p>19 Aqua Fitness 9-9:45</p> <p>Chair Fitness 10:30-11:15 AM 1st Fl Act. Rm</p>	<p>20 Fitness Class 9:15-10 AM Gym</p> <p>Games Day 3pm</p>	<p>21 Chair Yoga 9:30 – 10:15AM 1st Fl. Act. Rm.</p> <p>Chat with Cindy 3:30pm Great Rm</p>	<p>22 Aqua Fitness 9-9:45 AM</p> <p>Strength/Tone/Cond. 10:30 – 11:15 AM Gym</p> <p>Line Dancing 2-3 PM 1st Fl. Act. Rm.</p> <p>Woodlands/HH Picnic 4:30pm under the Portico</p>	<p>23 Bala/Exer/Wgts 10am Fitness Rm</p> <p>Pub Night 4:30pm Café BYOB</p>	<p>24 Movie Night 7:30pm Theater</p>
<p>25</p> 	<p>26 Aqua Fitness 9-9:45</p> <p>Chair Fitness 10:30-11:15 AM 1st Fl Act. Rm</p> <p>Speaker: John Scherding Lifecare Board: Dartmouth Planning & Construction, 3:30pm Great Room</p>	<p>27 Fitness Class 9:15-10 AM Gym</p> <p>Games Day 3pm</p>	<p>28 Chair Yoga 9:30 – 10:15AM 1st Fl. Act. Rm.</p>	<p>29 Aqua Fitness 9-9:45 AM</p> <p>Strength/Tone/Cond. 10:30 – 11:15 AM Gym</p> <p>Line Dancing 2-3 PM 1st Fl. Act. Rm.</p>	<p>30 Bala/Exer/Wgts 10am Fitness Rm</p> <p>Pub Night 4:30pm Café BYOB</p>	<p>31 Movie Night 7:30pm Theater</p>