

# Woodlands March 2020 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p>	<p><b>2 Aqua Fitness</b> 9-9:45</p> <p><b>Chair Fitness</b> 10:30-11:15 AM 1st Fl Act. Rm</p> <p><b>Speaker of the Month</b> Marylou Aleski, 4-5pm Great Room (resch'd)</p>	<p><b>3 Fitness Class</b> 9:15-10 AM Gym</p> <p><b>Wii Bowling</b> 3pm, 1st fl act.rm</p> <p><b>Team Leaders Meeting</b> 1:00pm 4th Floor Conf. Rm</p>	<p><b>4 Chair Yoga</b> 9:30 - 10:15AM 1st Fl. Act. Rm.</p> <p><b>WRA Board Mtg</b> 1:00pm 4th Floor Conf. Rm</p> <p><b>Monthly Social</b> 4pm Great Rm</p>	<p><b>5 Aqua Fitness</b> 9-9:45 AM</p> <p><b>Strength/Tone/Cond.</b> 10:30 - 11:15 AM Gym</p> <p><b>Stepping to Music</b> 2-3 PM 1st Fl. Act. Rm.</p>	<p><b>6 Bala/Exer/Wgts</b> 10am Fitness Rm</p> <p><b>Tai Chi for Health</b> 11:30am-12:15pm, Act. Rm.</p> <p><b>Pub Night</b> 4:30pm Café BYOB</p>	<p><b>7 Movie Night</b> 7:30pm Theater</p>
<p><b>8</b></p>	<p><b>9 Aqua Fitness</b> 9-9:45</p> <p><b>Chair Fitness</b> 10:30-11:15 AM 1st Fl Act. Rm</p> <p><b>Social Team Meeting</b> 1:30pm, 4th Fl. Conf. Rm</p> <p><b>Woodlands Storyhour Continued</b> 3:30pm Great Room</p>	<p><b>10 Fitness Class</b> 9:15-10 AM Gym</p> <p><b>Wii Bowling</b> 3pm, 1st fl act.rm</p>	<p><b>11 Chair Yoga</b> 9:30 - 10:15AM 1st Fl. Act. Rm.</p> <p><b>Chat with Kitchen Staff</b> 2pm Great Rm</p>	<p><b>12 Aqua Fitness</b> 9-9:45 AM</p> <p><b>Strength/Tone/Cond.</b> 10:30 - 11:15 AM Gym</p> <p><b>Stepping to Music</b> 2-3 PM 1st Fl. Act. Rm.</p> <p><b>Day Trip:</b> Elements of Glass Exhibit, Montshire Museum 1-3pm</p>	<p><b>13 Bala/Exer/Wgts</b> 10am Fitness Rm</p> <p><b>Tai Chi for Health</b> 11:30am-12:15pm, Act. Rm.</p> <p><b>Pub Night</b> 4:30pm Café BYOB</p>	<p><b>14 Movie Night</b> 7:30pm Theater</p>
<p><b>15</b></p>	<p><b>16 Aqua Fitness</b> 9-9:45</p> <p><b>Chair Fitness</b> 10:30-11:15 AM 1st Fl Act. Rm</p> <p><b>Celebration of Solar Array:</b> 4pm, Great Rm</p>	<p><b>17 Fitness Class</b> 9:15-10 AM Gym</p> <p><b>Wii Bowling</b> 3pm, 1st fl act.rm</p>	<p><b>18 Chair Yoga</b> 9:30 - 10:15AM 1st Fl. Act. Rm.</p> <p><b>Chat with Cindy</b> 3:30pm Great Rm</p>	<p><b>19 Aqua Fitness</b> 9-9:45A</p> <p><b>Strength/Tone/Cond.</b> 9:30 - 10:15 AM Gym</p> <p><b>Stepping to Music</b> 2-3 PM 1st Fl. Act. Rm.</p> <p><b>Nutritional Support for Aging Eyes</b> Dr. Fields, DO 10:30-11:30AM Great Rm</p>	<p><b>20 Bala/Exer/Wgts</b> 10am Fitness Rm</p> <p><b>Tai Chi for Health</b> 1:30am-2:15pm, Act. Rm.</p> <p><b>Pub Night</b> 4:30pm Café BYOB</p> <p><b>Ladies Lunch Out</b></p>	<p><b>21 Movie Night</b> 7:30pm Theater</p>
<p><b>22</b> <b>Organizational Meeting for Book Club</b> 3pm, Great Room</p>	<p><b>23 Aqua Fitness</b> 9-9:45</p> <p><b>Chair Fitness</b> 10:30-11:15 AM 1st Fl Act. Rm</p> <p><b>Speaker of the Month</b> Tim McNamara, Great Rm. 4pm</p>	<p><b>24 Fitness Class</b> 9:15-10 AM Gym</p> <p><b>Wii Bowling</b> 3pm, 1st fl act.rm</p>	<p><b>25 Chair Yoga</b> 9:30 - 10:15AM 1st Fl. Act. Rm.</p> <p><b>Wellness Event</b> 3:30pm Great Rm Body Mechanics &amp; Ergonomics Seminar Miranda Albano, PTA</p>	<p><b>26 Aqua Fitness</b> 9-9:45 AM</p> <p><b>Strength/Tone/Cond.</b> 10:30 - 11:15 AM Gym</p> <p><b>Stepping to Music</b> 2-3 PM 1st Fl. Act. Rm.</p>	<p><b>27 Bala/Exer/Wgts</b> 10am Fitness Rm</p> <p><b>Tai Chi for Health</b> 11:30am-12:15pm, Act. Rm.</p> <p><b>Pub Night</b> 4:30pm Café BYOB</p>	<p><b>28 Movie Night</b> 7:30pm Theater</p> <p><b>Music in the Great Room</b> Voice Students of Hansen &amp; Ness 3:30pm</p>
<p><b>29</b></p>	<p><b>30 Aqua Fitness</b> 9-9:45</p> <p><b>Chair Fitness</b> 10:30-11:15 AM 1st Fl Act. Rm</p>	<p><b>31 Fitness Class</b> 9:15-10 AM Gym</p> <p><b>Wii Bowling</b> 3pm, 1st fl act.rm</p>		<p><b>Pool:</b> Every Tuesday 7:30PM, Billiards Rm</p> <p><b>Ping Pong:</b> Every Monday 7:30PM 3rd Floor Act. Rm</p> <p><b>Board Games:</b> Every Wednesday 7:30PM 1st Floor Act. Rm</p>	<p><b>Code:</b> <b>Black printing:</b> Activities <b>Red Printing:</b> Exercise <b>Blue Printing:</b> Administration</p>	<p><b>Coffee every weekday Afternoon starting at 2:30 in the Great Room</b></p>