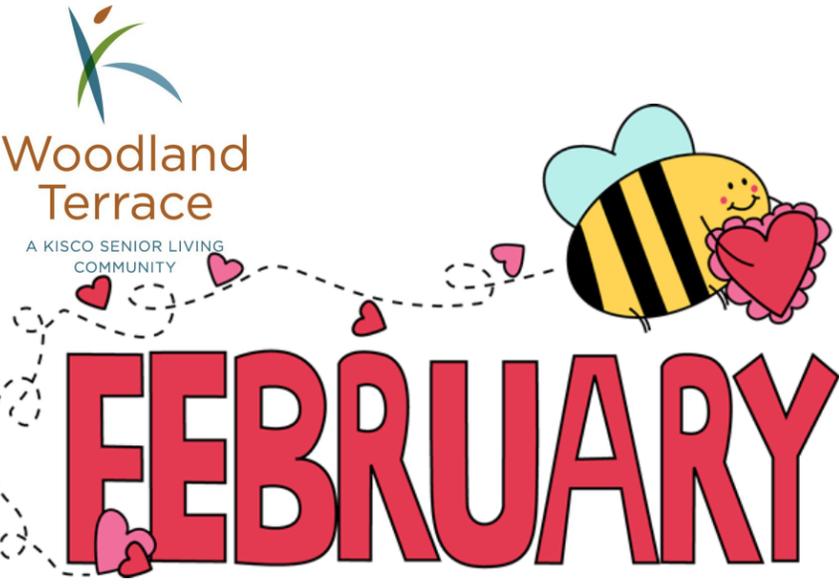
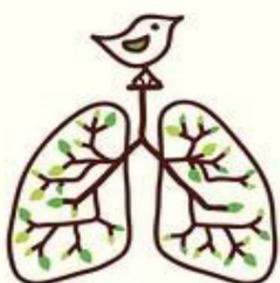


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Sign Up Required *Shopping Schedule Departs @ 9:30 *Mondays Food Lion, Dollar General *Wednesdays Wal-Mart, Harris Teeter, Whole Foods IL: Independent Living VS: Verra Spring AR - Activity Room ARB - Arboretum BR - Bridge Room</p>	<p>B - Bus Outing C - Car Shuttle Conf - Conference Room CR - Carolina Room CH - Chapel DR- Dining Room LB - Library LR - Living Room LKVR - Lakeview Room P - Pool PDR - Private Dining Room WC - Wellness Fitness Center *- Signup Required</p>	 <p><b>WOODLAND TERRACE</b> A KISCO SENIOR LIVING COMMUNITY <b>FEBRUARY</b></p>	 <p>Like us on: <b>facebook</b> www.facebook.com/woodlandterrace</p>	<p><b>1</b> <b>Wear Red For Heart Health Day</b> 9:00 Resident Water Walk (P) <b>*10:00 NC Symphony: Tchaikovsky Serenade (B)</b> 10:15 Tai Chi (CR) 1:00 Bridge Group (BR) 2:00 The Knit Wits: Knit &amp; Crochet Group (AR) <b>3:00 Geological Wonders Documentary (CR)</b> <b>3:30 Wear Red Photo (DR)</b> 6:00 Canasta (Café) 6:00 Canasta (BR) 6:00 Scrabble (AR)</p>	<p><b>2</b> <b>*9:00-12:00 Technology Assistance with Jen From Relias (Café)</b> 9:45 Anne Pringle: Sit and Stretch Exercise DVD (WTTV) 11:00 Balloon Jolly-ball (CR) <b>1:15 7th Day Adventist Sing Along (Arboretum A Hall)</b> 2:00, 6:30 &amp; 9:15 Movie Nite: <b>Ocean's 8</b> (WTTV) <b>2:00 Silvertones Handbell Choir (CR)</b></p>	
<p><b>3</b> 10:00 Woodland Church (CR) <b>10:25 Cary Presbyterian Bus (B)</b> 10:25 Kirk of Kildaire Bus (B) 2:00 BINGO with Shannon (PDR) 2:00 Scrabble (AR) <b>4:00-6:00 Superbowl Pregame Party (CR)</b> <b>6:30 Superbowl Viewing (CR &amp; Cafe)</b> 6:30 &amp; 9:15 Sunday Movie <b>Forever My Girl</b> (WTTV)</p>	<p><b>4</b> <b>8:00 Toastmasters (CR)</b> 9:00 Resident Water Walk (P) *9:30 Shopping (B) 10:00 Exercise with Marla (CR) <b>10:45 Chair Tai Chi (CR)</b> 12:45 Poker Club (LKVR) <b>1:00 Wellness Committee (CR)</b> 1:00 Bridge Group (AR) 1:00 Fallproof H2O (P) <b>3:00 Bible Study (CH)</b> <b>*3-3:30 Wellness Orientation (WC)</b> <b>*3:30-4 Wellness Orientation (WC)</b> 6:00 Dominoes (Café)</p>	<p><b>5</b> <b>*8:00 Men's Breakfast at Brig's Restaurant (B)</b> 10:00 Exercise (CR) 11 Silver Sneakers Exercise (CR) <b>1:00 Ai Chi with Heather (P)</b> 1:00 Stars of Your Era w/ Wayne: Carol Channing (CR) 2:00 BINGO with Betty (PDR) <b>*2-2:30 Wellness Orientation (WC)</b> <b>*2:30-3 Orientation (WC)</b> 3:00 Social Hour (CR) <b>6:30 Resident Led Trivia (CR)</b></p>	<p><b>6</b> 9:00 Resident Water Walking (P) *9:30 Shopping (B) 9:30 Communion (CH) 10:00 Chair Exercise (CR) <b>*1:00 Terrace Taxi (Car)</b> <b>1:15 Yoga with Carolyn (CR)</b> 2:00 Scrabble (AR) <b>*2-2:30, 2:30-3 Orientation (WC)</b> <b>2:30 Po-Ke-No Game (LKVR)</b> 3:00 Memoir Writers (PDR) 6:00 Canasta (BR) 7:00 Spiritual Hour with Dr. Wagner (CR)</p>	<p><b>7 *Dr. Hill Podiatrist Visit</b> 10:00 Chair Exercise (CR) 10:00 Homewatch BP Checks (Outside of CR) 11:00 Stand Strong (CR) 1:00 Bridge Refresher (BR) 1:00 Pool Aerobics (P) 2:00 BINGO (PDR) 2:00 Public Library Books (LB) <b>*2-3 Orientation (WC)</b> 6:30 Mental Aerobics with Anne Browning (CR) 6:30 Rosary (CH)</p>	<p><b>8</b> 9:00 Resident Water Walking (P) 10:15 Tai Chi (CR) 1:00 Bridge Group (BR) 2:00 The Knit Wits: Knit &amp; Crochet Group (AR) <b>3:00 Geological Wonders Documentary (CR)</b> 6:00 Canasta (Café) 6:00 Canasta (BR) 6:00 Scrabble (AR)</p>	<p><b>9</b> <b>*9:00-10:45 Technology Assistance with Stewart From Relias (Café)</b> 9:45 Sit and Stretch Exercise (WTTV) 11:00 Balloon Jolly-ball (CR) 2:00, 6:30 &amp; 9:15 Movie: <b>The Big Sleep</b> (WTTV)</p> 
<p><b>10</b> 10:00 Woodland Church (CR) <b>10:25 Cary Presbyterian Bus (B)</b> 10:00 Kirk of Kildaire Bus (B) 2:00 BINGO (PDR) 2:00 Scrabble (AR) <b>2:00 Teas From Around the World (CR)</b> <b>4:00 Memoir Writers Share (CR)</b> 6:30 &amp; 9:15 Sunday Night Movie: <b>The Taming of the Shrew</b> (WTTV)</p>	<p><b>11</b> <b>8:00 Toastmasters (CR)</b> <b>9:00 Resident Water Walk (P)</b> *9:30 Shopping (B) 10:00 Chair Exercise (CR) <b>10:45 Seated Tai Chi for Arthritis (CR)</b> 12:45 Poker Club (LKVR) <b>*TBD Movie Outing (B)</b> 1:00 Bridge Group (AR) 1:00 Fallproof H2O (P) <b>2:00 Zoology Lecture (CR)</b> <b>3:00 Bible Study (CH)</b> <b>*4:30 Out on the Town: Royale French Restaurant (B)</b> 6:00 Dominoes (Café)</p>	<p><b>12 On Site Dermatology Visit</b> 10:00 Exercise (CR) 10:00 Hearing Checks (AR) 11 Silver Sneakers Exercise (CR) 1:00 Dining Committee (LKVR) 1:00 Bldg. &amp; Grds Comm. (PDR) <b>1:00 Ai Chi with Heather (P)</b> 1:00 Stars of Your Era with Wayne: Sidney Poitier (CR) 2:00 BINGO with Dea (PDR) <b>2:30 Bee Lecture &amp; Honey Tasting with Beekeeper Jason Cirioli (CR)</b> 3:00 Honey "Bee" My Neighbor Social Hour with Music From Bob Spaziano (CR) <b>6:30 Resident Led Trivia (CR)</b></p> 	<p><b>13</b> 9:00 Resident Water Walk (P) *9:30 Shopping (B) <b>9:30 Catholic Mass (VSLR)</b> 10:00 Chair Exercise (CR) <b>*1:00 Terrace Taxi (Car)</b> <b>1:15 Yoga with Carolyn (CR)</b> 2:00 Scrabble (AR) 3:00 Fiction Writers (PDR) 6:00 Canasta (BR) 6:30 Centering Prayer (CH)</p>	<p><b>14 Happy Valentine's Day! Taste Travel Explore Theme Meals : Paris</b> 10:00 Chair Exercise (CR) 10:00 Homewatch BP Checks (Outside of CR) 11:00 Exercise Video (WTTV) 11:00 Stand Strong (CR) 1:00 Pool Class (P) 1:00 Book Club (CR) 1:00 Bridge Refresher (BR) 2:00 BINGO (PDR) 2:00 Library Books (LB) <b>2:00 Zoology Lecture (CR)</b> <b>6:30 Rosary Prayer (CH)</b> <b>6:30 Mental Aerobics: Match the Mate (CR)</b></p>	<p><b>15</b> 9:00 Resident Water Walk (P) 10:15 Tai Chi (CR) <b>*10:45 Ladies Brunch Out: Farmer's Market Restaurant (B)</b> 1:00 Bridge Group (BR) 2:00 The Knit Wits: Knit &amp; Crochet Group (AR) <b>3:00 Geological Wonders Documentary (CR)</b> 6:00 Canasta (Café ) 6:00 Canasta (BR) 6:00 Scrabble (AR)</p>	<p><b>16</b> <b>*9:00-12:00 Technology Assistance with Jen From Relias (Café)</b> 9:45 Anne Pringle: Sit and Stretch Exercise DVD (WTTV) 11:00 Balloon Jolly-ball (CR) 2:00, 6:30 &amp; 9:15 Movie Nite: <b>The Final Year</b> (WTTV) <b>2:00 Silvertones Handbell Choir (CR)</b> <b>*3:00 KoffeeKlatch Women's Get Together (LKVR)</b></p> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p><b>17</b> 10:00 Woodland Church (CR) <b>10:25 Cary Presbyterian Bus (B)</b> 10:00 Kirk of Kildaire Bus (B) 2:00 BINGO (PDR) 2:00 Scrabble (AR) <b>*3:00 Musical Entertainment by Bill Leslie (CR)</b> 6:30 &amp; 9:15 Sunday Night Movie: <b>Wonder (WTTV)</b></p> 	<p><b>18 Oscar Ballots Due</b> <b>8:00 Toastmasters (CR)</b> <b>9:00 Resident Water Walk (P)</b> *9:30 Shopping (B) 10:00 Chair Exercise (CR) <b>10:45 Tai Chi for Arthritis (CR)</b> <b>*12:00 Shopping at Crabtree Valley Mall (B)</b> 12:45 Poker Club (LKVR) 1:00 Bridge Group (AR) 1:00 Fallproof H2O (P) <b>2:00 Zoology Lecture (CR)</b> <b>3:30 Healthy Heart Snack Chat with Chef Mike (CR)</b> <b>3:00 Bible Study (CH)</b> 6:00 Dominoes (Café)</p>	<p><b>19</b> 10:00 Exercise (CR) 11 Silver Sneakers Exercise (CR) <b>1:00 Ai Chi with Heather (P)</b> 1:00 Stars of Your Era with Wayne: Jeannie Cooper (CR) 2:00 BINGO with Betty (PDR) 3:00 Social Hour with Music From Teresa Smith (CR) <b>4:30-7:00 Art Submissions Can Be Brought to the Carolina Room</b></p> 	<p><b>20</b> 9:00 Resident Water Walk (P) *9:30 Shopping (B) 9:30 Communion (CH) 10:00 Chair Exercise (CR) <b>*1:00 Terrace Taxi (Car)</b> <b>1:00 Board Meeting (PDR)</b> <b>1:15 Yoga with Carolyn (CR)</b> 2:00 Scrabble (AR) <b>2:30 Po-Ke-No Game with Anne From Homewatch (LKVR)</b> 3:00 Memoir Writers (PDR) 6:00 Canasta (BR) 7:00 Sermons of Billy Graham (WTTV)</p>	<p><b>21</b> 10:00 Chair Exercise (CR) 10:00 Homewatch BP Checks (Outside of CR) 11:00 Stand Strong (CR) 1:00 Bridge Refresher (BR) 1:00 Pool Class (P) 2:00 BINGO (PDR) 2:00 Library Books (LB) <b>3:00 Woodland Terrace Oscar Ceremony (CR)</b> <b>6:30 Name That Tune with Stephie (CR)</b> 6:30 Rosary (CH)</p> 	<p><b>22</b> <b>9:00 Resident Water Walk (P)</b> 10:15 Tai Chi (CR) 1:00 Bridge Group (BR) 2:00 The Knit Wits: Knit &amp; Crochet Group (AR) <b>2:00 Executive Director Chat with Matt Towler (DR)</b> <b>3:00 Geological Wonders Documentary (CR)</b> 6:00 Canasta (Café) 6:00 Canasta (BR) 6:00 Scrabble (AR)</p>	<p><b>23</b> <b>*9:00-10:45 Technology Assistance with Stewart From Relias (Café)</b> 9:45 Anne Pringle: Sit and Stretch Exercise DVD (WTTV) 11:00 Balloon Jolly-ball (CR) 2:00, 6:30 &amp; 9:15 Movie Nite: <b>Victoria &amp; Abdul (WTTV)</b> <b>3:00 Remember When? (CR)</b></p>		
<p><b>24</b> 10:00 Woodland Church (CR) <b>10:25 Cary Presbyterian Bus (B)</b> 10:00 Kirk of Kildaire Bus (B) <b>1:30 Popcorn Movie Social: (CR)</b> 2:00 BINGO (PDR) 2:00 Scrabble (AR) <b>5:00 Wayne's Milkshake Social (CR)</b> 6:30 &amp; 9:15 Sunday Night Movie: <b>A Dog's Purpose (WTTV)</b></p>	<p><b>25</b> <b>8:00 Toastmasters (CR)</b> <b>9:00 Resident Water Walk (P)</b> *9:30 Shopping (B) 10:00 Chair Exercise (CR) <b>10:45 Tai Chi for Arthritis (CR)</b> 12:45 Poker Club (LKVR) 1:00 Bridge Group (AR) 1:00 Fallproof H2O (P) <b>*1:00 Dollar Tree Shopping (B)</b> <b>2:00 Zoology Lecture (CR)</b> <b>3:00 Bible Study (CH)</b> 6:00 Dominoes (Café)</p>	<p><b>26</b> 10:00 Exercise (CR) 11 Silver Sneakers Exercise (CR) <b>1:00 Ai Chi with Heather (P)</b> 1:00 Stars of Your Era with Wayne: Kirk Douglas (CR) 2:00 BINGO with Dea (PDR) 3:00 Birthday Social Hour with Caroline Gregory (CR) <b>6:30 Active Minds Like a Think Air Pollution &amp; Your Health (CR)</b></p> 	<p><b>27</b> <b>Resident Art Show (2nd Floor)</b> 9:00 Resident Water Walk (P) *9:30 Shopping (B) 9:30 Communion (CH) 10:00 Chair Exercise (CR) <b>*12:00 Ladies Luncheon (LKVR)</b> <b>*1:00 Terrace Taxi (Car)</b> <b>1:15 Yoga with Carolyn (CR)</b> 2:00 Scrabble (AR) <b>2:30 Po-Ke-No Game with Anne From Homewatch (LKVR)</b> 3:00 Fiction Writers (PDR) 6:00 Canasta (BR) 7:00 Sermons of Billy Graham (WTTV)</p>	<p><b>28</b> 10:00 Chair Exercise (CR) 10:00 Homewatch BP Checks (Outside of CR) 11:00 Stand Strong (CR) 1:00 Bridge Refresher (BR) 1:00 Pool Class (P) 2:00 BINGO (PDR) 2:00 Public Library Books (LB) <b>2:00 Zoology Lecture (CR)</b> 6:30 Calendar Review (CR)</p>	 <p><b>Welcome New Residents:</b> 329—Bobbi Blosveren 327—Gloria Brown</p>			
			<p><b>"Alone we can do so little; together we can do so much." - Helen Keller</b></p>		<p><b>Looking to give back in your local community? See Marla in Wellness for opportunities we have coming up in the near future in our Verra Spring and Arboretum communities!</b></p>		<p><b>IL: Independent Living</b> <b>VS: Verra Spring</b> AR - Activity Room <i>(Formerly New Living Room)</i> ARB - Arboretum BR - Bridge Room B - Bus Outing C - Car Shuttle CK - Country Kitchen Conf - Conference Room CR - Carolina Room</p>	<p>CH - Chapel DR- Dining Room FL - Front Lobby LB - Library LR - Living Room LKVR - Lakeview Room P - Pool PDR - Private Dining Room WC - Wellness Fitness Center *Please sign up!</p>
								