

Lifestyles Calendar (Week 19)

Camellia Room and Evergreen Lounge are Closing

As you may be aware, construction on our dining room expansion will begin next week. As a result, the Camellia Room and the Evergreen Lounge will become closed off to residents. We will be **transitioning all fitness classes to Apartment 1141**, which is located on the first floor, near the entryway to the south parking lot. Due to the size of apartment 1141, classes will be limited to the first 6 residents. We are adding more classes, however. Please scroll to the Health and Wellness section. This plan is a work in progress as we adapt to these changes.

Fitness Equipment will be moved to the Billiards Room and spaced out amongst the corners of the room. While we understand that this may not be the most ideal situation for some, it is currently the best solution we have found until we can move into the Community Village.

Entertainment

Travel Tuesdays

Join us every Tuesday for a lecture series on travel through the Great Courses. Our first series will be “The Wonders of America’s State Parks.” These video lectures will be every Tuesday at 4pm and last 30 minutes. These sessions are in the Media Room.

How to... Thursdays

In addition to our Travel Tuesday programming, we are hosting a program called “How to... Thursdays” through the Great Courses programming. Our first series will be “The Instant Sommelier: Choosing Your Best Wine.” This program will be every Thursday at 4pm and each lecture is approximately 30 minutes. These sessions are in the Media Room.

Everyone Has A (YouTube) Story

As many of you know, Everyone Has A Story is one our most popular programs here at The Woodlands. While we are unable to gather in large groups together for the time being, we are working on putting together a private YouTube channel on which we will upload short (5-10 min) videos of individual residents sharing part of their life story, a unique souvenir, or a work of art they created. We will begin reaching out to residents for participants soon.



Learning in Retirement Series

Both morning and afternoon sessions of the “Learning in Retirement Series” are held in the Media Room. Sessions are **limited to only 10 participants**. We have cordoned off seats to ensure distance between residents.

Attendees must wear a mask for the entirety of the lecture.

Monday through Thursday

9:45am/1:45pm- Turning Points in American History

-10:30am/2:30pm- Art of the Italian Renaissance (after Tuesday, this session will be “American Musical Heritage”)

-11:15am/3:15pm- The Great Tours: Medieval Europe

Friday

11am/1:45pm- Smithsonian Tour Through American History

**each session is approx. 30 minutes long with a 15 minute break in-between!*

Friday Movie Matinees

Every Friday, we will be having a movie matinee in the Media Room beginning at 2:30pm. Showings will be limited to 10 residents. Residents must wear a mask for the entire film.

Movies shown are part of series from the American Film Institute’s list of “100 Years... 100 Movies.” The following is a schedule of movies for the Movie Matinee Fridays:

July 31st- *Dances with Wolves*

TED Talks

TED Talks are every Thursday at 1:15pm in the Media Room. Each video is around 10 to 20 minutes in length and is followed by a discussion of the topic at hand. The theme is “Why do we tell stories?”

July 16th- How Changing Your Story Can Change Your Life

July 23rd- Why Women Should Tell The Stories of Humanity

July 30th- How Dolly Parton Led Me to an Epiphany





August 6th- What Fear Can Teach US

August 13th- The Danger of a Single Story

August 20th- The Real Story of Rosa Parks

August 27th- The Mental Health Benefits of Storytelling

**Participants are limited to 10. Participants will be required to wear a mask.*

History with Vanessa Cole

This week's edition (15th) of Vanessa Cole's series on local and upstate history is attached! Enjoy!

Memoir Prompt Program

This week's prompt-

- You've traveled through time and encounter a younger version of yourself (choose one of the following ages: seven, fifteen, seventeen, twenty-three, or thirty-one). What life lesson would you share with yourself? Tell yourself the story of how you learned that lesson.

ZOOM Happy Hours!

Zoom Happy Hour is every Friday from 4pm to 4:40pm! Zoom is a service which allows you to video chat with your neighbors! If you do not have video chat capabilities on your computer, you can still utilize this service by using the "typed" chat communication board on the right of the "meeting". It is very easy to sign up for too! Look for an email every Friday at around 3:30pm with the sign-in info.

Health and Wellness

Swamp Walkers

Enjoy walking? Like to be outside in nature? Want to walk the Swamp Rabbit Trail but concerned about cyclists? If you answered yes to any of this then do we have the group for you! Starting July 22nd, we will be hosting a weekly walking club along the Swamp Rabbit Trail. We will meet at the center exit door on the first floor and head out on the walk. By being in a group, we feel it will be individual's feel safer with the bikes. We will maintain distance between each other and all participants must wear a mask. The group will meet every Wednesday at 9:30am. The distance is not expected to be too great and will be decided upon by the group. We do recommend bringing a water bottle.



Exercise with Eva... In person!

We are super excited to announce that Eva's broken leg has healed enough to allow her to come back and teach classes! Eva will be here Monday, Wednesday, and Friday. These classes will begin August 3rd.

-Monday & Friday Schedule (Apt. 1141)-

9-9:30 Strength.

9:45-10:15 Strength

10:30-11 Seated.

11:15-11:45 Seated

**Please bring weights if you have them!*

-Wednesdays (Billiards Room)

9:30-10am. Cardio Training

10:15-10:45am. Cardio Training

Exercise with Dave

Tuesday and Thursday (located in Apt. 1141)

9-9:30- balance and core

9:45-10:15- Balance and Core

10:30-11:00- Balance and Core

Exercise with Eva Video Classes

-An Intro: <https://www.youtube.com/watch?v=XdcXaBKh6MY>

-A Warm-up: <https://www.youtube.com/watch?v=Zcgx1NaXebk>

-Weekly Workout: <https://www.youtube.com/watch?v=9Dizvahoh6M>

-A Cool-down: <https://www.youtube.com/watch?v=dcAWL-MiMXo>

**to use links, press control and click on the link with your mouse simultaneously*

