



Age Magnificently

Community Life at Villa

Our Community Life Department offers a wide variety of leisure activities and recreation programs.

We strive to fulfill program opportunities within the Wellness Wheel which is comprised of the 7 Domains of Wellness. These domains include: Physical, Social, Emotional, Spiritual, Intellectual, Environmental, and Vocational. Some of you may enjoy programs in one area and not another, and others enjoy it all.

We provide a monthly calendar of events for you to look at and plan. The Community Life team loves when you join in. Come for an entire program or leave anytime you want. There are NO rules for participation.

We hope to enrich your lives and keep you active.



Woodbury Villa | 7008 Lake Road, Woodbury, MN 55125 | (651) 731-5501



HAPPY NEW YEAR FROM VILLA!

Let's Celebrate!

We honor and celebrate the residents who have a Birthday in the month of January.

4th Hildegard H.

7th Annie B.

22nd Mike M.

24th Betty E.

January 2023

On behalf of the staff at Woodbury Villa, we would like to welcome you to our facility and thank you for trusting us with your care. We strive to create an environment that can feel like a home away from home. We are committed to providing you with the best care possible while you are with us.

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Chaplain Corner

Happy New Year, Everyone!

Merry Christmas too! What? Hasn't Christmas ended already? In some parts of the world, Christmas Day is celebrated on January 6th, January 7th or even January 18th! So, expect to find Christmas Carols sung at our worship services on campus well into January!

In 2023, your Spiritual Life team is implementing a new program of Spiritual History and Assessments. Beginning with newly admitted residents and those with upcoming care conferences, your chaplains will connect with you about what is important and meaningful to you. Your own spiritual beliefs can include religion but do not have to. That information will help us get to know you better as we continue to tailor our caregiving and programming to reflect your needs, no matter your spiritual preferences.

Feeling a bit down with these short days? Chaplains Shari and Carolyn are here to listen or just be present with you, honoring your feelings without judgement. You can find us about the halls or ask a staff person to contact us if you would like a visit.

You can also call or email us:

Chaplain Shari – 651-501-2111 – showell@woodburyseniorliving.com

Chaplain Carolyn – 651-287-6590 –
cbrowender@woodburyseniorliving.com.

Memorial services honoring those who passed away at WSL in 2022 since the previous memorial service will be held as follows:

Tuesday, January 10th 6pm Skyway for families of those who died.

Thursday, January 12th – 10am Skyway for HCC and Villa residents.

Lifespark COMPLETE

Let's Change the Age-Old Story!

Lifespark is passionate about helping you stay health at home. About empowering you to do what brings you joy, be with the people you cherish, and live life on your terms—no matter how many candles light up your cake.

Lifespark's proactive, complete senior health approach focuses on all areas of your well-being, not just your medical profile, so you can spend less time coordinating care and more time living life. Best of all, your Lifespark COMPLETE team works seamlessly with your on-site Woodbury Villa team to help you achieve your goals and wishes.

To get started, call 952-873-7386, email LSCreferrals@lifespark.com, or visit complete.lifespark.com.

Meet Our Assistant Director of Nursing

Hello All!!

My name is Cara... I have been in the medical field for the past 22 years. I feel I have truly found my life's work and passion in providing care to others. I am looking forward to serving you all!

I was born and raised in the Upper Peninsula of Michigan and still very much enjoy the outdoor activities that came along with being a "Yooper": hunting, fishing, swimming, and skiing are some examples of these. I am the mother of two teenage boys who are very involved in sports and school groups, which of course, makes me very involved as well.

I am excited to continue meeting everyone and becoming part of this wonderful community!!



Community Life

Special Events

Aegis In-Service: Fall Prevention - Tuesday, January 3rd

3:00 in the Skyway
Learn more about falls, how to prevent them, and what to do if you fall.

Jill's Food Demo: New Year, New You - Friday, January 20th

10:00 in the Skyway
Healthy goals to kick off the New Year. Serving buffalo hummus with crackers and veggies.

Spirit Song Choir

Sunday, January 8th 3:00PM in the Skyway

Monday, January 30th 2:30PM in the Skyway

Join us this afternoon for the Spirit Song Choir's Live Radio Show. Villa and HCC will be hosting it this year in the skyway!

SUDOKU

6					9			4
	8	9	5				1	6
5				6		3		9
8	3	1				7		5
	2						6	
9		7				8	4	2
2		6		1				8
3	7				6	9	2	
1			3					7

Sudoku is played on a grid of 9x9 spaces. Within the rows and columns are 9 "squares" (made up of 3x3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row , column or square.

GOOD LUCK!

Upcoming 2023 Outings

2022 was a year we tried several new outings. Many went very well and we will continue them into 2023. 2023 brings many fun outings, some with a cost and some free to all. Here is a list of some of the outings planned for 2023.

January 27th: Park Place Sports Bar for lunch

February Treasure Island Casino

Lent Fish Fry

May 11th: History Theater - Jesse James (\$30/resident)

Spring and Fall Osceola Train Ride (\$22/resident)

MN Zoo and Carpenter Nature Center

MN History Center (\$10/resident)

Several summer concerts in the park and fishing trips on the St. Croix

June Saint Paul Saints Baseball Game (\$14/resident)

Old Log Theater: Million Dollar Quartet (\$20/resident)

Fall Apple Orchard

TRYathlon LifeSpark Challenge

Throughout the year, LifeSpark will be leading Spark Challenges in each community. These could be physical, mental, or both. The top 15 teams will be awarded a money prize. This year's first Spark Challenge is a TRYathlon Tournament January 10th-March 24th.

Tuesdays at 1:00 will be the Whizzer (use a pedometer to accumulate miles).

Thursdays at 1:00 will be the Arm Crank and Leg Crank (accumulate distance by turning it's main crank with hands/arms and feet/legs).

This will take place in the Skyway.

