



# 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



Age Magnificently



## Our Community Newsletter

Discover what's going on in your neck of the woods.

### Let's Celebrate!

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

- 6th Lee C.
- 11th Rachael K.
- 13th Marge M.
- 26th Judy H.

### March 2023

#### Spirit Week

- 12th Mismatch Clothes
- 13th Favorite Color
- 14th Crazy Hair
- 15th Band T-Shirt
- 16th Fun Socks
- 17th Green for St. Patrick's Day
- 18th Favorite Sports Team

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## Chaplain Corner

### March Religious Observances

There are two significant religious seasons for many members of the WSL community this month:

**Ramadan** (expected to begin March 22) – Muslims fast from dawn to dusk during this month of deepened reflection, prayer, and charitable giving, which this year is expected to end on April 21. The Spiritual Care team is providing dates in staff break rooms for those who are fasting for Ramadan, while supplies last.

**Lent** (begins February 22 for Western Christians, February 27 for Eastern Christians) – Lent is a time of repentance, prayer, and exploring new spiritual practices leading up to Holy Week and **Easter, which falls on April 9 for Western Christians** and April 16 for Eastern Christians. Chaplain Shari and Chaplain Carolyn will incorporate this into regular WSL worship and Bible studies.

**Palm Sunday is April 2nd and Easter Sunday is April 9th. Services will be held for each building on those Sundays. Times/Locations will be in the next newsletter.**

Your chaplains are here for you to provide spiritual and emotional support. Call or email us or ask a staff person to contact us:

Campus Chaplain Shari Howell: 651-501-2111, [showell@woodburyseniorliving.com](mailto:showell@woodburyseniorliving.com)

Associate Chaplain Carolyn Browender: 651-287-6590, [cbrowender@woodburyseniorliving.com](mailto:cbrowender@woodburyseniorliving.com)

## Lifespark COMPLETE

### What Your Life Manager Brings to Your On-Site Team

At the heart of Lifespark COMPLETE is your Life Manager, a licensed professional who gets to know you and what matters to you most. Rigorously trained in the essential elements of well-being, your Life Manager can coordinate additional services and resources to help you stay healthy at home.

Want to dust off those tap dance shoes, learn how to Zoom (or Zumba!) with the grandkids, visit a childhood friend, find volunteer work, or take fewer medications? If it matters to you, it matters to your Life Manager.

For more information on Lifespark COMPLETE, call 952-8737386, email [LSCreferrals@lifespark.com](mailto:LSCreferrals@lifespark.com), or visit [complete.lifespark.com](http://complete.lifespark.com).

## 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.

*The Woodbury Witty Woodchucks are 5-0! Join us this month in this fun competition!*

## Meet Maintenance



Hi, my name is Mike Ruble! I am the maintenance technician at the Villa. I started working here in August and have been enjoying it every day. Since I graduated high school in 2017, I have been working a variety of manual labor jobs, and this is by far the best job I have had.

I am originally from Burnsville, MN. After middle school, I moved to River Falls, WI. After high school, that is when I met my girlfriend, Natalie. We have been together for the last 4.5 years. In October, we moved to Woodbury from River Falls!

In my free time, I enjoy watching sports and playing video games. When it's nice out, I love going camping and hiking. In January, Natalie and I adopted a 6-year-old cat named Potato. She is very sassy and loves to cuddle.

Fun fact: Natalie is one of the social workers at the Health Care Center!

# Community Life

## Special Events

### Aegis In-Service: Carnival Day - Tuesday, March 7th

3:00 in the Skyway  
Join us for a fun afternoon of carnival games!

### Jill's Food Demo: National Nutrition Month: Fuel for the Future - Friday, February 17th

10:00 in the Skyway  
Join us for chocolate zucchini muffins and we will discuss healthy baking tips.

## Villa Choir

### Villa Choir is back!

Villa Choir rehearsals with the volunteer non-profit A-Choir D'Harmony began Monday, February 27th at 10am in the Skyway!  
All are invited to sing, no matter how well you think you sing or not! Come have fun singing together!  
Rehearsals will be held the 2nd and 4th Monday of each month.

# Upcoming Outings

### Wednesday, June 28th - St. Paul Saints Baseball Game

Bus loads at Noon. Game starts at 1PM. \$20 per person. Payment/RSVP due ASAP in order for us to get our preferred seating area.  
Residents will eat lunch at Villa prior to leaving and will be back for evening meal. Community Life will bring water. Any other beverages or food will need to be purchased by the residents.

### Friday, March 10th - St. Paul Park American Legion Fish Fry

Bus loads at 3:15PM. Starts at 4PM. All you can eat for \$17 per person. Pay when you arrive. Beer battered or baked Cod, au gratin potatoes, veggie, mac and cheese, coleslaw, and pudding.

### Thursday, May 11th - MN History Theater: The Defeat of Jesse James

Bus loads at 8:45AM. Play starts at 10AM. \$30 per person. Payment/RSVP due Friday, April 7th. Residents will eat breakfast at Villa and have a late lunch upon return.

# SUDOKU

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

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!

# Brain Teasers

- 1. Which is heavier? A pound of feathers or a pound of rocks?
- 2. First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat?
- 3. Guess the next three letters in the series GTNTL.

- 1. Neither. Both weight a pound!
- 2. Corn on the cob
- 3. I, T, S. The complete sequence is the first letter of every word in the sentence.

Answers:



