

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



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 September.

12th Marlene O.

15th Anita B.

19th Jerry B.

25th Shirley L.

September 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.

Chaplain Corner

Patterns and Practices

"As patterns and practices become a part of our daily living, they, literally, become a part of who we are. A part of our very biology. You can think of your brain as a series of pathways. Some are well-worn, others are less so. The more worn and used the easier walk your brain has to take. The easier that walk, the more likely your brain is to take that route. This was true of the way you brush your teeth, the way you walked home from school, and even your patterns and practices. The memories and the people who impacted you to commit to those practices and patterns become a part of your being as well. For those who are people of faith- our faith practices make God a part of our very being." - Rev. Jared Yogerst, PhD, Senior Living Chaplain

It's September and it is a season of changes - a highly welcome change is the start of Chaplain Austin Felber's ministry in our midst! Working with Campus Chaplain Shari, Chaplain Austin will primarily serve the Health Care Center communities while connecting with the Estates and Villa residents on a limited basis. We are so glad Chaplain Austin is here and in next month's newsletter, you will learn more about him.

Spiritual Care programming continues - please refer to your calendar for dates and times. Chaplains are here for you for spiritual and emotional distress - call 651-501-2111 or email showell@woodburyseniorliving.com.

It is always an honor to serve our WSL residents, families and staff!

Chaplain Shari

Lifespark COMPLETE

Handy Tips for Stiff and Aching Hands

If you're no stranger to stiff, painful, or weak hands, you're in good company. Roughly 50 percent of adults, age 65 and older, experience enough joint pain to make everyday activities—opening a jar, turning a doorknob, slicing an apple—feel as strenuous as hand-to-hand combat.

To relieve symptoms such as dull joint pain or stiffness in your hands, [Cleveland Clinic](#) recommends:

Physical therapy (PT) to learn strengthening and stretching exercises.

Hot and cold packs (cold to reduce pain and swelling, and heat to reduce stiffness) for up to 20 minutes at a time.

Regular rest periods to help relieve pain and inflammation in your joints.

Healthy eating and diabetes management

Occupational therapy (OT) to learn how to use tools that make dressing or preparing food easier.

Talk to your Lifespark COMPLETE medical expert about your joint pain and whether you're a candidate for PT and OT.

To learn more about Lifespark COMPLETE, contact Lifespark at 952-873-7386 or LSCreferrals@lifespark.com or visit complete.lifespark.com.

Spark Challenges

The Witty Woodchucks are off to a great start for the Grip Games!

Record is 2-2 with a total of 146.6 gallons pumped so far,

Teams of 4 will work together using a Power House to pump water while competing against another Senior Living Community. The team that pumps the most water over the course of the match will win. Teams compete over a 9-week season.

Competitions on Tuesdays at 12:45PM.

Practices Thursdays at 1PM.

Come play or cheer us on!



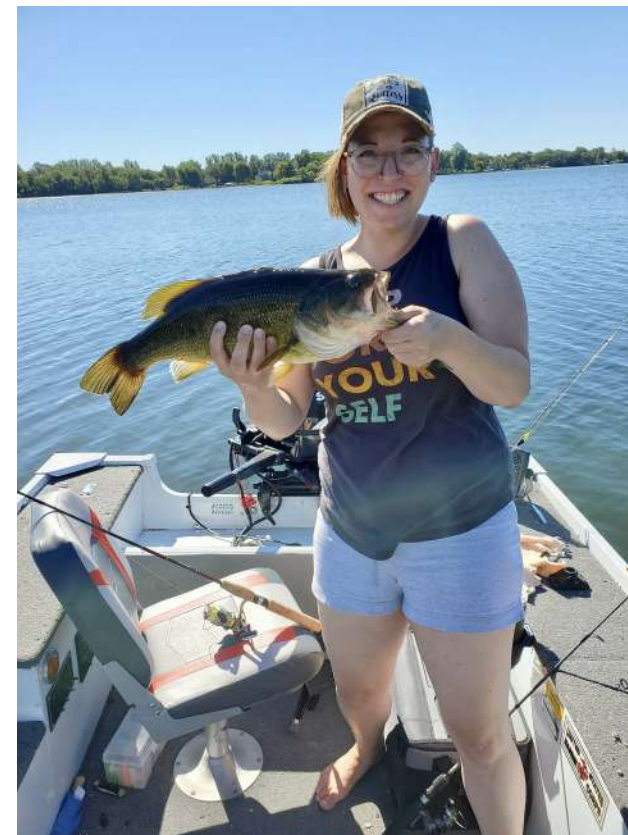
Meet Our Community Life Director

Hey everyone! I am Sam Seurer.

I was born and raised in New Prague, MN. I moved to Maplewood almost two years ago. I have been working in community life for ten years, and have been with SeniorCare/LifeSpark for four years. I also work part-time at a liquor store.

My passion is fishing, although I haven't been out fishing much this summer. I have my annual father-daughter fishing trip the last week of August. We recently started annual trips in the winter time for spear fishing. Oh, do I have fish stories for you!

I also enjoy spending time with my friends, going to concerts, brewery/winery trips, baseball, bonfires, card games, traveling, and going to my parent's house to spend time with their two dogs, Stella and Moose.



Community Life

Special Events

Aegis In-Service: Incontinence - Tuesday, September 5th

2:45PM in the Skyway

Learn tips and tricks on how to manage current/future incontinence.

Three Rivers Nature Art Class - Friday, September 8th - Registration Required

2:00PM in the Game Room

Art Project: Clay Texture Tile. Nature Topic: Fossils.

Donna's Food Demo: Whole Grain Month - Friday, September 22nd

10:00AM in the Skyway

Entertainment in the Skyway

Tuesday, September 12th at 3:00PM - Curtis and Loretta

Thursday, September 21st at 3:15PM - Mark Stillman: Oktoberfest

Upcoming Outings

Signing Up For Outings

To sign up for an outing, please call Sam (x5509) or Kim (x5508), leave a note at our office, or you can stop by the office to talk to us.

Friday, September 15th - Como Zoo (bus loads at 9:00AM, picnic meal provided)

Friday, September 22nd - Carpenter Nature Center (bus loads at 12:30PM)

Osceola Train Ride

Thursday, October 7th - Bus loads at 9:00AM. Train ride from 11:00-12:30. Picnic lunch provided.

\$25 per resident - Payment due date pushed back to September 7th. Cash Only.

Old Log Theater: Million Dollar Quartet

Thursday, November 9th - Bus loads at 11:45AM.

\$30 per resident - Payment due by October 6th. Cash Only.

Sudoku

			3		8			4
7	4			2				
	2	8	9		7	3	1	
				3				
6				1		7	2	
						9	4	
1	6	9	2					
			6				8	
	8		4				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. I do not have any special powers, but I can predict the score of any football game before it begins. How can I do this?
2. How much dirt is there in a hole that is 3 feet deep and 6 inches in diameter?
3. Timmy's mother had four children. She named the first Monday. She named the second Tuesday, and she named the third Wednesday. What is the name of the fourth child?

Answers:
 1. Well, the score before any football game is always zero to zero.
 2. None, because it's a hole and contains no dirt!
 3. Timmy, because Timmy's mother had four children.

