



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. Families are welcome to join. 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 November.

1st Fran B.

3rd Marie W.

20th Elayne S.

November 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

A Posture of Gratitude

“Start each day with a positive thought and a grateful heart.” Roy T. Bennett

What are you grateful for? Many of our traditions respond to the end of the harvest season. Our days grow shorter, and the daylight becomes so precious as we celebrate and give thanks to the light as it dances off the beautifully colored leaves this time of the year. Thanksgiving, Hanukkah, and Christmas are some of the holidays that remind us to give thanks for the gifts of light, life, and love that have been given to us.

During this time of year, we hopefully have an opportunity to pause at times and reflect on the things for which we are grateful. Maybe you would like to try one of these ideas to think about and share gratitude. For gratitude can be expressed in a journal entry at the end of the day, sharing a couple of things that you are grateful for. We can also share gratitude by writing a thank-you-note or in a conversation with a loved one or those around you, or even silently acknowledged in moments of quiet thought or prayer.

Practicing gratitude can improve relationships, sleep, self-esteem, inner strength, and both mental and physical health. Our lives can be filled with sorrow and joy, but as we encounter the mysteries of our lives, we are called to cultivate joy by finding more and more ways to be grateful for the large and especially small gifts in our lives. - Rev. Jeff Bergman Senior Living Chaplain

A special Thanksgiving and Gratitude Service will be held on Wednesday, November 22nd for HCC and Villa residents at 10am in the Skyway. Please refer to your Community Life calendars for dates and times of other Spiritual Life events in November.

Lifespark COMPLETE

End the Roller Coaster of Health Care Crises with Lifespark COMPLETE

Too many seniors get caught on the “roller coaster of health care crises.” In and out of the hospital, back and forth to doctor appointments, on more and more medications, while slowly losing their independence.

Lifespark’s proactive, preventive, whole-person approach, available to Woodbury Villa residents through Lifespark COMPLETE, is proven to reduce unnecessary ER visits, hospitalizations, and health care costs. Just as important, your COMPLETE team focuses on all areas of your well-being, not just your physical health, so you can live a fuller, more independent life.

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

Spark Challenges

The Witty Woodchucks are off to a great start in our new Spark Challenge with a 2-0 record!!

This Spark Challenge is a Quiz Show where teams are multigenerational! Each team is encouraged to create team members of all ages to help propel the team to victory! Each team will tune in on Tuesdays for the Deep Dive with Dr. Bill. Wednesdays are competition days! Teams will face off during the Spark Challenge where they will be presented with both a physical TEST and the QUIZ! Ask your Community Life Director for more details!

All residents are invited to participate. There is no cost to participate.



Meet Our Chaplain



My name is Austin Felber, and I am happy to be with you! I recently worked one year as an oncology Chaplain Resident at Methodist Hospital, and this is my first experience with senior living communities. In the beginning of the pandemic, I graduated from Bethlehem Seminary with a Master's Degree in Theology and Greek, and earlier I graduated from Bethel University in 2017. I live in Eagan, MN with my wife and ten-month-old daughter. I am originally from Monticello, MN and have lived in the Twin Cities most of my life. I enjoy reading mystery novels, playing guitar, and running for fun. On the weekends I work as a personal trainer at a local gym, and I love everything fitness and nutrition. I’m eager to get to know you during my time here and will always welcome a conversation.

Community Life

Special Events

David Jones Historical Presentation - Thursday, November 2nd - U.S. Flag

2:30PM in the Skyway

Join us in hearing the story of our flag's origins, evolution, and symbolism.

Aegis In-Service - Wednesday, November 8th - Fall Prevention

2:00PM in the Skyway

Join in learning how you can reduce your chance of falling or help a loved one prevent falls. There are proven ways to reduce and prevent falls, even for older adults.

Thanksgiving Social - Tuesday, November 21st

2:15PM in the Skyway

Come celebrate Thanksgiving with some pumpkin pie and wild rice soup!

Entertainment in the Skyway

Tuesday, November 7th at 2:30PM - Mark Stillman

Thursday, November 16th at 2:30PM - Todd Anderson: Celebrate America

Tuesday, November 21st at 3:00PM - Amy and Adams

Sudoku

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

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 Outings

Signing Up For Outings

To sign up for an outing, please call Sam (651-731-5509) or Kim (651-731-5508), leave a note at our office, or you can stop by the office to talk to us.

November 3rd - Target. Bus loads at 9:00. Sign up is open.

November 10th - Walmart. Bus loads at 9:00. Sign up starts November 3rd.

November 17th - Dollar Tree. Bus loads at 9:00. Sign up starts November 10th.

November 20th - North Pole Cafe. Bus loads at 10:20. Sign up starts November 3rd.

November 30th - Hill Murray School Play. Bus loads at 3:00. Sign up starts November 17th.

Old Log Theater: Million Dollar Quartet

****New Date: Thursday, February 1st - Bus loads at 11:45AM.*

\$30 per resident - Payment due by January 4th to Sam or Kim. Cash Only.

Veterans Day



Villa will be recognizing Veterans Day on Friday, November 10th in the Skyway.

2:15PM will be the ceremony, followed by a social hour.

Families are welcome to join.

