



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.



**HAPPY NEW YEAR
FROM VILLA!**

Lets Celebrate!

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

4th Hildegard H.
24th Betty E.

JANUARY 2024

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's Corner

Managing Grief and Heartache

Perhaps this season you have experienced greater heartache from grief than usual. January can be a particularly bleak month too. Here's some information you may find helpful. Know that your chaplains are here for you for further support:

"In order to get through grief, you must allow yourself to grieve."

As you journey through grief, it can feel like your life will never again feel normal. While the grieving process never truly ends, there are some ways you can preserve your well-being, reaching a place where you can once again feel peace.

The most important thing to remember is that grief has a timetable all its own—and often, it will take up to a year or longer before you begin to feel like your normal self. Allow grief to work itself out without trying to rush it.

Grief has its own pace. Ultimately, though, it's important to give voice to your pain, and the best way to do that is to find someone you feel safe talking to—either a close friend, family member, or the members of a grief support group. Take time to reminisce, laugh and cry.

Self-Expression can be a healthy way to deal with stress and grief, and there are several forms this can take like journaling and drawing.

Maintaining mental and emotional health will also require you to attend to your physical well-being, and that includes exercise. Physical activity strengthens emotional health. Good nutrition is just as important.

More than anything else, be patient with yourself. Grief is a natural way to deal with traumatic events, and you're not going to feel like your old self again right away. Allow some grace as you take things one day at a time, working out your grief at the pace that seems right to you.

"Blessed are those who mourn, for they shall be comforted."

Rev. Jeff Bergman Senior Living Chaplain

This month, we are beginning a monthly chaplain-led grief group called "Good Grief!" It will be held on the 3rd Wednesday afternoon of each month. Chaplain Shari will begin each session with a brief reading and then we will spend time in conversation. This is open to all - it is not a religious faith group. All beliefs and belief systems are welcome as we are all humans who experience grief in our lives. If you have any questions, please call Chaplain Shari at 651-501-2111.

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 952-873-7386, email LSCreferrals@lifespark.com, or visit complete.lifespark.com.

Brain Teasers

1. A man walks into a restaurant and the waiter says, "Good day, Admiral." Why did the waiter call the man an Admiral?
2. A boy is walking down the road with a doctor. While the boy is the doctor's son, the doctor is not the boy's father. Then who is the doctor?
3. You are a cyclist in a cross-country race. Just before the crossing finish line, you overtake the person in second place. In what place did you finish?

1. Because he was wearing his uniform!
2. The doctor is the boy's mother.
3. Second Place. If you pass the person in second, you take second place, and they become third.

Community Life

NEW Interactive LIVE Virtual Programs

Live and interactive presentations that connect you with interesting people in amazing places through video conference. Current programs connect with museums, national parks, experts, and authors to cover a variety of lifelong learning subjects. Participants are able to submit questions throughout the program for the presenter to answer, making the experience much more different from merely watching a documentary.

In the Skyway each month, on the first Thursday at 2:00 (unless otherwise noted), we will explore a different topic.

January's Topic: The Beatles at Shea Stadium

Presented by: Author Dave Schwensen

Entertainment in the Skyway

January 18th - Sam Purviance at 2:30

January 25th - Woodbury Kitchen Band at 3:00

Upcoming Outings and Dine-Ins

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.

January 12th - Target. Bus loads at 9:00. Sign up starts January 5th.

January 17th - Treasure Island Casino. Bus loads at 8:45. Sign up starts January 1st. Residents pay for own gambling and lunch.

January 19th - ALDI. Bus loads at 9:00. Sign up starts January 12th.

January 26th - Applebee's Dine In at 11:30 in the Skyway.

\$14 per meal. Includes a side salad, entree, dessert, and beverage.

Flyer and order sheet will be passed out beginning of January.

Spark Challenges

The TRYathlon is back! Join the Witty Woodchucks for some friendly competition against the other Lifespark communities.

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).

Fridays at 1:00 is the weekly recap of all the matches.

This will be held 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!

