



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.



Our Community Newsletter

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

Lets Celebrate!

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

- 13th Jean L.
- 15th Joanne F.
- 15th Al P.
- 17th Sandie C.
- 22nd Kaz B.
- 25th Ken S.
- 28th Pat M.

FEBRUARY 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.



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

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Chaplain Corner

The season of Lent in the Christian Church begins with the observance of Ash Wednesday on February 14th.

St Ambrose Parish will provide Catholic Ash Wednesday services and WSL Chaplains will provide non-denominational services that day. Ashes to go by both St Ambrose and WSL Chaplains will be offered for those unable to attend.

Catholic service at 10am

Non-denominational service at 2:15pm

Chaplains will provide ashes to go throughout the day.



News from Nursing

I would like to take this opportunity to thank you all for the time we have spent together. There's been laughter, tears, dancing, illness, recovery, death, hugs, challenges and so much love! I will carry these memories with me always!!
Xo Cara

My last day will be February 13th. In my absence you can reach out to Catherine and Annie ❤️

Reminder to wash your hands, sneeze into your elbow or Kleenex, create some distance if you are not feeling well. By taking care of yourself you are taking care of others!

Lifespark Complete

Health Post: 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.

Note from Housing

Hello Villa Residents, hope you've been having a great new year! With it being cold and flu season, I just wanted to send out another reminder about what to do if you're feeling under the weather. If you have any signs of symptoms of a cold, please be sure to let a home health aide know as soon as possible. We can quickly rule out COVID or the flu. In addition, if you're experiencing any symptoms at all please try and self-isolate or mask up to reduce the risk of sharing it with your friends and neighbors. Please ensure you're washing your hands well and often. Thank you!

- Annie R.

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.

February's Topic: Myths and Conspiracies in the Kennedy Assassination

Presented by: The Sixth Floor Museum at Dealey Plaza

Entertainment in the Skyway

February 15th - Ventriloquist Music and Memories at 2:30PM

February 23rd - Woodbury High School Choir Performance at 10:00AM

February 29th - David Jones Historical Presentation: Mount Rushmore at 3:00PM

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.

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.

February 2nd - Walmart. Bus loads at 9:00. Sign up starts January 26th.

February 16th - Bus loads at 9:00. Sign up starts February 9th.

February 13th - Andiamo Dine In at 11:15 in the Skyway.

Cost of meal choices range between \$9-\$12. Each meal includes entree, two breadsticks, a side salad, dessert, and beverage. Orders and payment due February 7th. Cash only.

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

WWII: Celebrating Women in the Armed Forces



February 19th, 2024

10AM-2PM

Come and visit our tribute to our women that served in the Armed Forces.

This display will be at Woodbury Senior Living in the Skyway.

