



Community Life at Villa

Interactive LIVE Virtual Programs

Live and interactive presentations that connect you with museums, national parks, experts, and authors to cover a variety of lifelong learning subjects. In the Skyway each month, on the first Thursday at 2:00 (unless otherwise noted), we will explore a different topic.

April's Topic: When Home is 250 Miles Up! Life On the International Space Station

Presented by: Houston Space Center

Specialty Programs in the Skyway

April 2nd and 16th - Music w/Joe

April 8th - Music by LeagueAires at 1:30PM

April 9th - Sand Painting and Rangoli Art Class at 1:00PM - Registration Required (Sponsored by the Witty Woodchucks)

April 15th - Spirit Song Choir LIVE Radio Show at 3:00PM

April 18th - Todd Anderson as Frank Sinatra at 2:30PM

Jackson Medical Mobility Clinic

Wednesday, April 3rd from 2-4 in the Skyway

Having issues with your WALKER, TRANSPORT CHAIR, POWER WHEELCHAIR, OR SCOOTER?? If there are issues we can fix within your time slot, we will do it for you at NO COST. If it is more substantial, we will schedule a time to come back or you can bring it into our store for repair.

Register for a time slot through Community Life staff.



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.

Lets Celebrate!

We honor and celebrate the residents who have a Birthday in the month of April:
9th Linda B.
11th Marion C.
16th Susan R.
22nd Joan R.

APRIL 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.

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Chaplain Corner

Ecclesiastes 3:1: For everything there is a season and a time for every matter under heaven.

Dear Residents and Families,

It has been such a privilege to serve as your Campus Chaplain since October, 2021. Being invited to hear your stories and share in your joys and sorrows is an honor.

As I was called to Woodbury Senior Living, I now find myself called away to other endeavors. I'm not sure at the time of this writing what that is yet. I know as I am sad to leave, I am also eager to wonder and rest and explore what may come in this next season of life.

My last day at Woodbury Senior Living will be Friday, April 19th. I look forward to sharing some laughs, hugs and maybe a few tears with you before I leave.

With gratitude,
Chaplain Shari Howell
651-501-2111, showell@woodburyseniorliving.com (until April 19)



News from Nursing

We are still working to hire for a Director of Nursing. Please continue to let Annie know if you need any assistance. Annie is working with the regional RNs that are currently assisting in Cara's absence.

Would you be interested in seeing an eye doctor without have to leave the building? We are looking at offering this service in the building. The vendor we would work with is requesting that we have at least 10 residents interested. So, if this is something that interests you, please let Amy know as soon as possible.

Lifespark Complete

Let's Change the Age-Old Story!

Lifespark is passionate about helping you stay health at home. About empowering you to do what brings you joy, be with the people you cherish, and live life on your terms—no matter how many candles light up your cake.

Lifespark's proactive, complete senior health approach focuses on all areas of your well-being, not just your medical profile, so you can spend less time coordinating care and more time living life. Best of all, your Lifespark COMPLETE team works seamlessly with your on-site Villa team to help you achieve your goals and wishes.

To get started, call 952-873-7386, email LSCreferrals@lifespark.com, or visit complete.lifespark.com.

Hear from Housing

Happy Spring! Just a reminder to everyone please make sure you are not putting your recycling in plastic bags or putting any plastic bags in the recycling. The recycling plant is unable to process plastic bags and the presence of them in any of the recycling contents will result in all the contents of the container turning into garage, defeating the purpose of recycling. Please be mindful.

Upcoming Outings and Dine-Ins

Signing Up For Outings or Dine-Ins

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

April 5th - ALDI. Bus loads at 9:00AM. Sign up starts March 29th.

April 12th - Key's Cafe. Bus loads at 10:15AM. Sign up starts April 1st.
Residents pay for own meal.

April 19th - Walmart. Bus loads at 9:00AM. Sign up starts April 12th.

Spark Challenges

The TRYathlon season has ended. Great job Witty Woodchucks. They have new team high score!

Our next competition is forklift racing. This competition improves hand-eye coordination, mental acuity, and mood while reducing social isolation.

Competition starts mid-March. Join us during the weeks prior at practices to try it out or cheer us on!

Social Work Note

Mental Health is important at every stage of life. As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one. Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses, such as depression and anxiety.

Help is available if you are experiencing these feelings. We have a therapist from the Associated Clinic of Psychology that comes to the Villa every other week. Please contact Amy if you would like a therapist to visit with you.

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!

