



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. Each month we will explore a different topic.

Monday, July 1st at 2:00PM in the Skyway

July's Topic: FDR Presidential Museum

Presented by: FDR Museum

Socials in the Sun Room

July 3rd - Fourth of July Celebration at 2:15PM

July 12th - Ice Cream Social at 2:15PM

July 19th - Thirsty Thirty: Parmesan Meatballs at 2:15PM

July 26th - July Birthday Party at 2:15PM

Entertainment and Specialty Programs

July 3rd - Aegis Meet and Greet - 1:45PM in SR

July 9th - Tori's Precious Pets - 2:30PM in SK (Sponsored by the Witty Woodchucks)

July 18th - Entertainment: Todd Anderson - 2:30PM in SK

July 23rd - Karaoke Party w/HCC and Tony Armstrong - 2:30PM in SK

July 29th - Food Shelf - 1:00PM in SR - Registration Required

July 31st - David Jones Historical Presentation: Berlin Olympics - 3:00PM in SK



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 July:

- 8th Betty W.
- 8th Judy W.
- 9th Patty D.
- 11th Dave B.
- 11th Pat R.
- 17th Pat B.
- 21st Vivian E.
- 30th Arlene J.
- 31st Sally D.

JULY 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

“Music is the mediator between the spiritual and the sensual life.” – Ludwig van Beethoven

Growing up, there was nothing quite as magnificent as hearing a full symphony orchestra play ‘Stars and Stripes Forever’ in early July! That piccolo solo sends the heart fluttering, and the bum-bum-ba-dam-bum makes the spirit soar. Many times, when words seem inadequate to describe how we are feeling or what is important to us, music has a way of swooping in with exactly what we need.

What are the songs, or styles of music, that make your spirit soar? That bring you peace when you feel troubled? That get you going when you feel down in the dumps? What music do you love to experience with friends? What was the first live music performance you ever attended? This month, tell someone a story about how music has been the mediator between your spirit and your senses. May that storytelling be a blessing!

News from Nursing

Hello from nursing! The new DHS, Jaynie, has been loving getting to know everyone. If you have questions or concerns about anything nursing, feel free to make an appointment with Sammie at the front desk to meet with Jaynie or Catherine so we can address any concerns in an organized manner. We don't want your problem to be lost in passing!



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.

Meet Our Assistant Executive Director

Greetings all!



My name is Valerie Davis and I will be taking over as your new Assistant Executive Director! I come by way of Presbyterian Homes and Bethel University, and have served in long term care for many years. I have the pleasure of picking up the baton from Annie Rogers who was teaching and versing me in the many different processes here at Woodbury Villa. I am excited to join and be a part of the team and be point of contact for all my residents, staff and family members. My office is the same location as Annie’s and my office contact number will be the same as well. Please feel free to drop in and say hi!

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 Caitlyn (651-731-5508), stop by our office for a visit, or leave a note at our office in the game room.

July 11th - Northern Taphouse for supper. Bus loads at 3:30PM. Residents pay for own meal. Sign up is open.

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

July 16th - Stillwater Concert in the Park and Picnic. Bus loads at 4:00PM. Meal will be provided. Residents pay for any items from vendors. Sign up is open.

July 22nd - Fishing Trip and Picnic. Bus loads at 10:30AM. Meal will be provided. Sign up is open.

July 24th - Como Concert in the Park and Picnic. Bus loads at 4:15PM. Meal will be provided. Sign up is open.

July 26th - Cub Foods. Bus loads at 9:00AM. Sign up starts July 19th.

Spark Challenges

Our next competition is the grip games in the skyway. Teams of four work together using a Power House to pump water while competing against another Senior Living community.

Teams compete for the highest number of gallons of water they pump each season.

The Grip Games brings gamification to combined grip strength!

Grip Games Team Meeting and Practice

Tuesday, July 9th

1:00PM in the Skyway



Social Work Note

Happy Summer!

As a reminder, we do offer the following in-house services at the Villa: Dentist, Optometrist, Podiatrist, and Mental Health Therapist.

If you'd like to see any of these providers, please see Amy.

We are getting closer to election season; some folks may be wondering how to/where to vote. If you need to register to vote, change your address, or (if you are unable to go to your polling place) register to receive an absentee ballot; please see Amy.

Sudoku

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

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!

