



Community Life at Villa

Socials in the Sun Room

January 3rd - Ice Cream Social @ 2:15PM

January 17th - Hot Cocoa Bar and Cookies @ 2:15PM

January 21st - Soup for the Soul Social @ 2:15PM

January 24th - 100th Birthday Party for Betty @ 2:15PM

January 31st - January Birthday Party @ 2:30PM

Entertainment and Specialty Programs

January 2nd - LIVE Virtual Program: National Memorials of Washington D.C. - 2:00PM in SK

January 6th - Entertainment: Spirit Song Choir NYE Radio Show - 3:00PM in SK

January 9th - Entertainment: Michael Riddle - 2:30PM in SK

January 13th - Winter Family Feud w/HCC - 3:00PM in SK

January 16th - Entertainment: Todd Anderson as Frank Sinatra - 2:30PM in SK

January 27th - Food Shelf - 1:00PM in SR - Registration Required

January 28th - Learning League: Folk Music - 2:30PM in SR

Traveling w/the Diplomat's Mother

January 29th - Part One - 2:30PM in SK

January 30th - Part Two - 2:30PM in SK



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 January:
4th Hildegard H.
16th Joyce G.
24th Betty E.

January 2025

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

Chaplains Austin and Katie will be available in the month of January for visits and groups. Check your calendar for when you can join us for Coffee and Donuts with the Chaplains, as well as our monthly Grief Group. This month Chaplain Austin will have "Good Grief" available as a resource for you to read if you would like to join.



Happy new year from your spiritual care team!

SUDOKU

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

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!

Note from Housing

Happy New Years!

First and foremost, I would like to wish all the Villa residents and their families health, peace and love this New Year -

"The new year stands before us, like a chapter in a book, waiting to be written." Melody Beattie

This year, I would like all of you to be mindful of money and precious items that you keep in your apartments. Please only keep a small amount of cash on hand, and if you have a family who you trust with your precious property, think about sending it with them and or purchasing a small safe with a key or lock that only you or a trusted family or friend have access to.

Please come and speak to management if you have any questions or need ideas.

Warm Regards,
Valerie

Spark Challenge: TRYathlon

Tryathlon events are designed so people with a wide range of physical and cognitive abilities can participate. Teams compete head-to-head in three events weekly and compile their scores to accumulate miles reached over the competition period!

Team Meeting: January 9th in SK following the 2024 Season Award Show @ 1:00PM.



Upcoming Outings and Dine-Ins

To sign up for an outing or dine-in, please call Sam (651-731-5509), stop by the Community Life office for a visit, or leave a note at the office in the game room.

January 3rd - ALDI. Bus loads at 9:00AM. Sign up is open.

January 10th - Woodbury Theater Movie Matinee: Wicked (Mufasa for a backup). Time TBD. Residents pay for ticket and snacks. Sign up is open.

January 17th - Walmart. Bus loads at 9:00AM. Sign up opens January 10th.

January 22nd - Treasure Island Casino. Bus loads at 8:45AM. Sign up opens January 2nd. Residents pay for own gambling and lunch.

January 28th - Cub Foods. Bus loads at 9:00AM. Sign up opens January 21st.

Social Work Note

Happy New Year!

January's post-holiday buzz, weather, and short daylight hours can make folks feel isolated and depressed. I encourage all of our residents to attend at least one community life activity per week. Connecting with others and moving around, outside of your apartment, will release oxytocin and endorphins.

These hormones will help improve your sense of well-being!

As always, please reach out and let staff know if you are having any mental health issues and would like to see a mental health professional.

Amy can be reached at 651-204-5256

Kitchen Corner

Tips for the Holiday's

With extra celebrations, comfort foods and treats, the holidays can oftentimes bring unwanted weight gain. Below are some tips to stay healthy and on track, while still enjoying the holiday season.

Start Each Meal with Water-

Focus on drinking at least one 8-ounce cup of water before each meal and snack and continue to drink throughout your meal. Numerous studies have shown that drinking water before meals can result in consuming less calories at those meals. Water helps fill up a portion of your stomach and provides a sense of fullness, so not as much food is needed to feel satisfied. Plus, drinking water instead of calorie-laden beverages like soda or alcohol can save you 100+ calories per cup!

Make Half of Your Plate with Vegetables-

Filling half of your plate with vegetables such as greens, cauliflower, peppers, zucchini, cucumber, carrots, celery, broccoli and tomatoes can help you stay on track this holiday season. You can enjoy larger portions of these lower calorie vegetables while filling up and nourishing your body with nutrients and fiber. Fiber can also help you stay fuller longer!



Pair Protein with Every Meal-

Include a good source of protein with each meal. Protein sources like chicken, fish, lean beef, eggs, tofu, beans, lentils, nuts, seeds and low-fat cheeses keep you feeling fuller and satisfied for hours. Portion sizes should be about $\frac{1}{4}$ of your plate, or the size of the palm of your hand.

Limit Eating When Not Feeling Hungry-

When pressed with large portions of holiday foods, it can be challenging to not overeat. Before reaching for a handful of chips or cookies, ask yourself if you are truly feeling hungry. If the answer is no, try enjoying a cup of tea, coffee or water. You can even distract yourself by catching up with a friend or family member.

Check-in with the Scale-

Weighing yourself weekly can help keep you on track through the holiday season, and the year. Be sure to weigh yourself in the morning, just after waking up.



