

Community Life at WBHCC

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. A special thank you to Fairview Partners for sponsoring many of our special events.

In addition to providing a weekly calendar of events, the CL Team goes knocking door to door to invite and escort residents to programs. 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.

Contact C.L. at 651-287-6544 with any questions



Woodbury Health Care Center | 7012 Lake Rd, Woodbury, MN 55125 | (651) 735-6000



Age Magnificently



Our Community Newsletter

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

Lets Celebrate!

Happy Birthday March
Long Term Care Resident
Birthday's:

7th Leann H

11th Barb D

15th Roslyn S

17th Laura P

30th Patrick R

*****Birthday's are celebrated
the first Wednesday of each
month at 2:15pm on the 3rd
floor North Dining Room.**

All are welcome to attend

March 2025

On behalf of the staff at Woodbury Health Care Center, 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 Update

**Happy March from Chaplain Katie and Austin! This month we will be observing Ash Wednesday during our Christian worship services the first week of March. Chaplain Katie and Chaplain Austin will be providing ashes for those who practice this Christian tradition at the beginning of the season of Lent. If you are unable to attend the services, please let a staff member know if you would like to receive ashes. Thank you! "For you are dust, and to dust you shall return."
Austin Felber, Spiritual Care Director 501-2111**

Resident Council News/Chef Talk

Resident Council meetings are open for all residents to attend. The meetings are held in the 2N Dayroom and begin at 2:00pm the 3rd Wednesday of every other month. Attending this meeting is a great way to hear updates taking place at Woodbury HealthCare center, activity programs/events planning, and brainstorming on ways to make your stay at WBHCC the best. It is also a time to review both residents' rights and quality of life areas. Hope to see you all there. Next Meeting April 9th, 2025

Our Chef talks take place on the 3rd Friday of every other month at 10:30am. This meeting is with the Dietary Director and focuses on ways we can enhance the dining experience.

News from the Director of Nursing

.....Until Next Month

Nicole Sounthala, Director of Nursing 651-287-6520

Executive Director Update

.....Until Next Month

Mike Karel, Executive Director 651-287-6506

Community Life News

Hello from Community Life.....This month's theme is: Unleash Your Imagination- A Celebration of Creative Arts. We have a fun packed calendar with a variety of events to celebrate the month of March. A few events include: Mardi Gras Party, Ash Wednesday services, Oshibori, Karaoke, Music with Robert Boziach, St Pat's Party, Lucky Limericks, Art Class, Spring Sensory Spa, The history of Emerald Isle, Steve Rosa Entertainment and Life Long Educational events with Bright lights. Special events are posted on the Elevators, Until activity bulletin boards and Activity calendars. All residents are welcome to attend. Community Life will assist you with your needs in getting to and from. All visitors are welcome to join us.

Please contact Kathy with any questions: 651-287-6544.

Spark Challenges

TRYathon Time!

Our Competition has started and we have a very large group of individuals attending. We have already seen such improvement in strength, endurance and balance and beating our score each week. We are utilizing the "whizzer" (pedometer) for walking or marching, AND both the arm and leg crack. This competition is a fun way to be involved in your community here, get exercise and engage in healthy competition. There is room for everyone; even if you want to just be a fan or cheerleader. Our team meeting will take place on January 9th at 1pm in the skyway. Competitions are Tuesdays and Thursdays at 1pm. PLEASE JOIN the Woodbury Woodchucks as we continue with our 2025 season. All events are held in the skyway.

Dietary Tips for the Holiday's

Celebrating St. Patrick's Day

Every March 17th countries around the world celebrate St. Patrick's Day in observance of the death of St. Patrick - the patron saint of Ireland. He is credited for bringing Christianity to Ireland. St. Patrick did not wear green, ironically his color was "St. Patrick blue." Green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the 18th century.

Traditional Irish St. Patrick's Day meals include:

Corned Beef & Cabbage

Boiled Potatoes

Irish Soda Bread

Irish Apple Cake

World's Best Irish Soda Bread

Ingredients:

1 3/4 cups buttermilk

1 large egg (optional, see note)

4 1/4 cups all-purpose flour, plus more for your hands and counter

3 Tablespoons granulated sugar

1 teaspoon baking soda

1 teaspoon salt

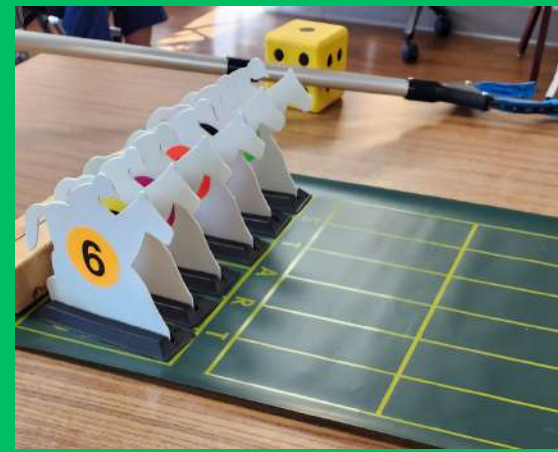
5 Tablespoons unsalted butter, cold and cubed

1 cup raisins (optional)

Instructions:

1. Preheat oven & pan options: Preheat oven to 400°F. Use a regular baking sheet and line with parchment paper or a silicone baking mat (bread spreads a bit more on a baking sheet), or use a seasoned 10-12 inch cast iron skillet (no need to preheat the cast iron unless you want to), or grease a 9-10 inch cake pan or pie dish. You can also use a 5-quart (or higher) Dutch oven. Grease or line with parchment paper. If using a Dutch oven, bake the bread with the lid off.
2. Whisk the buttermilk and egg together. Set it aside. Whisk the flour, granulated sugar, baking soda, and salt together in a large bowl. Cut in the butter using a pastry cutter, a fork, or your fingers. Mixture is very heavy on the flour but do your best to cut in the butter until the butter is pea-sized crumbs. Stir in the raisins. Pour in the buttermilk/egg mixture. Gently fold the dough together until the dough is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.
3. Transfer the dough to the prepared skillet/pan. Using a very sharp knife or bread lame, score the dough with a slash or X about 1/2 inch deep.
4. Bake until the bread is golden brown, and the center appears cooked through, about 45-55 minutes. Loosely tent the bread with aluminum foil if you notice heavy browning on top. For a more accurate test, the bread is done when an instant read thermometer reads the center of the loaf as 195°F (90°C).
5. Remove from the oven and allow bread to cool for 10 minutes, and then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads. 6. Cover and store leftover bread at room temperature for up to 2 days or in the refrigerator for up to 1 week. We usually wrap it tightly in aluminum foil for storage.

Resident Engagement & FUN!!



Candy Land



Witty Woodchucks of Woodbury Senior



Christmas Light Lane



