



Community Life at Villa

Socials in the Sun Room

July 3rd - 4th of July Celebration @ 2:15PM

July 11th - Thirsty Thirty: Meat, Cheese and Crackers @ 2:15PM

July 14th - Ladies' Group Happy Hour @ 2:00PM

July 18th - Ice Cream Social @ 2:15PM

July 25th - July Birthday Party @ 2:15PM

July 30th - Men's Group Happy Hour @ 3:00PM

Entertainment and Specialty Programs

July 1st - **Purple U**: Artificial Intelligence - 2:15PM in SR

July 9th - **Purple U**: WFD Fire Safety Presentation - 2:30PM in SK

July 10th - Journey Audiology Clinic - 1:00PM in SR

July 10th - Entertainment: Robert Bozaich - 2:30PM in SK***

July 14th - **Purple U**: David Jones: Statue of Liberty - 3:00PM in SK***

July 17th - Entertainment: Michael Riddle - 2:30PM in SK

July 21st - **Purple U**: Dodge Nature Center: MN Wildlife - 2:30PM in SK***

July 22nd - Magic by Marcus - 2:30PM in SK

July 24th - Wanna Llama - 2:00PM under the SK***

July 28th - Food Shelf - 1:00PM in SR - Registration Required

July 28th - Painting Class w/Heather - 2:30PM in SK***

July 29th - Entertainment: Spirit Song Choir LIVE Radio Summer Show - 3:00PM in SK

July 31st - Entertainment: Russell Schmidt - 2:30PM in SK***

*****Programs sponsored by Fairview Partners.**



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 Judy W.

9th Patty D.

9th Jennifer G.

11th Dave B.

17th Pat B.

22nd Fred L.

31st Arlene J.

31st Sally D.

July 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.

Chaplain Corner

Happy Summer from Chaplains Austin and Katie!

This July we are going to be present in the Villa for 1:1 visits and programming per our typical schedule.

We have been enjoying our time every other Tuesday morning with you for Coffee & Donuts with the chaplain(s) at 9:15am in the Sunroom!

Join us for treats and conversation.

Resident Judy Wolf has been leading our Bible Study through the Lord's Prayer—you are invited to reflect with us during that time.



News from Nursing

Happy July!



This is a good time to remind everyone to make sure your AC is working properly as we get into the hot season. This is the time of year to become easily dehydrated. Keep in mind that if you go on outings, it would be a good idea to bring a water bottle. Pay attention to weather and do not go outside for any extended period of time during a heat advisory.

Thank you for your collaboration during this time of staff turnover and let's welcome our new Assistant Director of Health Services, Leontine Kounou. She will be conducting ongoing assessments and helping Jaynie with staff education and ongoing audits to better improve our systems. We also are lucky to have a temporary front desk attendant, Karen Rumpca. She will be here for 4 more weeks.

As always, please fill out feedback forms with concerns or grievances. Please try to make an appointment with Jaynie or Leontine, as we have many things we need to get done during a day and deadlines to meet. We really appreciate your understanding and patience.

Upcoming Outings and Dine-Ins

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



July 8th - Northern Taphouse. Bus loads at 10:30AM. Residents pay for own meal. Sign up is open.

July 11th - ALDI. Bus loads at 9:00AM. Sign up opens July 3rd.

July 15th - Stillwater Concert in the Park: Lehto & Wright (British Isles and American Folk, Folk Rock). Bus loads at 4:00PM. Picnic meal provided. Sign up is open.

July 21st - Let's Go Fishing. Bus loads at 10:30AM. Fishing from 11:30AM-1:30PM with a picnic lunch. Sign up is open.

July 25th - Super Target. Bus loads at 9:00AM. Sign up opens July 18th.

July 30th - Como Zoo Concert in the Park: School of Rock – St. Paul & Plymouth House Bands. Bus loads at 4:15PM. Picnic meal provided. Sign up opens July 16th.



Sudoku

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

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!

Rebus Puzzles

POT

oo
oo
oo
oo

D movie
D movie
D movie

SECRET ←
SECRET
SECRET

M1Y L111F1E

Get it
Get it
Get it
Get it

- 1. Potatoes (pot & O's).
- 2. 3D movie.
- 3. Top secret.
- 4. For once in my life (four ones in my life).
- 5. Forget it.

Kitchen Corner

Greek Yogurt Blueberry Muffins

Makes 12 servings



Ingredients:

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 cup sugar
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 egg
- 1 cup plain Greek yogurt
- 1/4 cup milk
- 1 cup fresh or frozen blueberries

Directions

1. Preheat the oven to 375°F (190°C) and line a muffin tin with paper liners or lightly grease it.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and cinnamon.
3. In a separate large bowl, whisk together the sugar, oil, vanilla, egg, yogurt, and milk until smooth.
4. Gradually fold the dry ingredients into the wet mixture, stirring until just combined.
5. Gently fold in the blueberries, being careful not to overmix.
6. Divide the batter evenly among the muffin cups.
7. Bake for 18–22 minutes, or until a toothpick inserted in the center comes out clean.
8. Let the muffins cool for a few minutes before transferring to a wire rack.

Cooking Tidbit

Greek yogurt adds moisture and a slight tang to these muffins while keeping them tender. It also boosts the protein content, making these a great option for a nutritious breakfast or snack!

Community Information

Looking for more convenient services? We have podiatry, dentistry, mental health therapy and optometry that are on site throughout the year.

Please let staff know if you'd like to register.

Needing transportation? Metro Mobility and Metro Micro are two great options. Metro Mobility requires an application process with a primary doctor's approval. You can find the application online or get it from a staff member. The Woodbury area Metro micro service is a door-to-door service that uses ADA-accessible minibuses and doesn't require an application. You can call 651-602-1170 to book a ride or download their app.

Looking for a more convenient way to see a primary provider? Three different primary providers visit the Villa, weekly. We have providers from Lifespark, M Health Fairview, and HealthPartners. Please let staff know if you'd like to sign up or for more information.

Financial questions? It may be time to apply for Medical Assistance and Elderly Waiver if you are within a couple of months from a total of \$3000 in assets. Applications for MA-LTC are online or you may call the Senior LinkAge line (800) 333-2433 to request one be sent to you. You will also need to call Washington County (651-430-6422 option 1) for a MnChoices assessment.

Mike Karel and Madi Bates will be assisting until a new Executive Director joins the team. They can be reached at mkarel@woodburyseniorliving.com or 651-287-6506 during the interim.

LifeSpark Complete: Health Post

Annual Wellness Visit

Your Annual Wellness Visit: More Than a Checkup

Your annual wellness visit isn't just about test results and vital signs. It's about you. It's a chance to pause, reflect, and plan for the year ahead, focusing on what matters most in your life.

Think of this appointment as a check-in on your whole self. You have the chance to talk openly with your provider. Take your time to share how you've been feeling in general—physically, mentally, and emotionally. And talk about any specific concerns, like your memory, mobility, mood, or medications. Do you worry about falling, or are you feeling vulnerable in other parts of your daily life? This is the perfect time and place to ask for advice.

You also might want to consider having this essential conversation with a doctor who truly understands the journey of aging—and how to do it magnificently.

For instance, at Lifespark, our geriatric expert clinicians specialize in caring for older adults. They understand that health is personal, and your needs are unique. With Lifespark Primary Care, you receive:

- Convenient on-site visits—no need to travel; we come to you
- Whole-person care that considers your physical, emotional, and social health
- Expertise in geriatric medicine, ensuring your care plan fits the life you want to live

If care that's built around the needs and priorities of older adults sounds like a good fit for you—and you're not currently with Lifespark Primary Care—consider reaching out to get to know us. Either way ... is it time to schedule your annual wellness visit? Here's to your happiness, health, and vitality!

Spark Challenges: Recap



The Forklift Competition has ended and the Grip Games begin in July!

Grip Game Team Meeting/Practice
Tuesday, July 7th
1:00PM in the Skyway

Join us in the Skyway at 12:50 on Tuesdays for competitions, Thursdays for practices, and weekly recaps on the competition on Fridays .



