



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



September

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
September Long Term
Care Residents :**

**17 Marlene S
27 Chuck S
27 Joy R**

*****Birthday's are
celebrated the first
Wednesday of each month
at 2:15pm on 3N**

September 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

“It is in pardoning that we are pardoned.” – St. Francis of Assisi

Nearly every major religious tradition has some understanding of forgiveness, even if they might approach it in different ways. And anyone who has lived as long as we have has probably had to offer forgiveness at some point, and to ask for forgiveness as well, right?

When you look back on your life, are there any unresolved grievances that you are carrying? How do they affect you from day to day? What would it take to find some resolution, whether pardon or forgiveness, or simply no longer giving them power over your spirit? What does it feel like when you are genuinely sorry and have been offered pardon? Is there anyone you seek pardon from? May you find strength in relationships that are tense or challenged, and may you find belonging in this community that welcomes and accepts you for who you are.

Austin Felber, Spiritual Care Director 651- 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 will be on October 15th, 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.

EASY APPLE PIE

Ingredients

- **1 (14.1 ounce) package pastry for a 9-inch double-crust pie**
- **$\frac{3}{4}$ cup white sugar, or more to taste**
- **1 teaspoon ground cinnamon**
- **6 cups thinly sliced apples**
- **1 tablespoon butter**
- **1 egg (optional)**
- **1 tablespoon water (optional)**

Directions

1. **Gather the ingredients. Preheat the oven to 450 degrees F (230 degrees C).**
2. **Line a 9-inch pie dish with one pastry crust; set second one aside.**
3. **Combine $\frac{3}{4}$ cup sugar and cinnamon in a small bowl. Add more sugar if your apples are tart.**
4. **Layer apple slices in the prepared pie dish, sprinkling each layer with cinnamon-sugar mixture.**
5. **Dot top layer with small pieces of butter. Cover with top crust and flute the edges to seal.**
6. **Beat egg with 1 tablespoon water to make an egg wash; brush the top crust with egg wash. Cut several slits in the top crust to allow steam to escape.**
7. **Bake pie on the lowest rack of the preheated oven for 10 minutes. Reduce oven temperature to 350 degrees F (175 degrees C) and continue baking until golden brown and filling bubbles, 30 to 35 minutes more.**

Serve warm or cold

End of Life Doula

In honor of our community residents who have passed we choose to honor them with the lighting of a memorial candle. This is located on a console to the right of the front door as you enter the HCC front doors.

The loved one's names and the candle remain illuminated for a week after their passing. We feel the resident's memory and their light continues to shine after they are gone so it is a our way to show our gratitude for the time they spent with us here.

Kim Kettelman, EOLD 651-287-6532

Spark Challenges

GRIP GAMES/POWER HOUSE COMPETITION

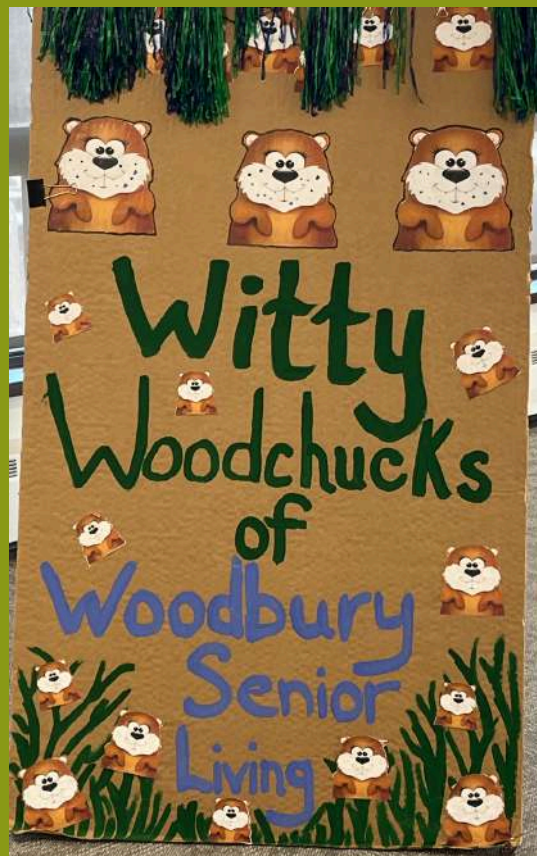
Our Grip Game Challenge is off to a strong start. We even have a few wins under our belts with great improvement each week.. There is room for everyone; even if you want to just be a fan or cheerleader. Competitions are every Tuesday at 1pm over in the Skyway. We practice Thursday at 1pm. So far we have a really big team but there is always room for more. PLEASE JOIN the Woodbury Woodchucks as we continue with our 2025 season.

PS: Did you know there is a direct correlation between our grip strength and how we age? This is true.

Community Life Special Events

Special Events and Entertainment. Please see weekly activity calendar for times and any changes

September 2	Grip Games Competition
September 3	Catholic Communion Service
September 3	September Birthday Party
September 4	Brightlights Presents: Birds of Alaska
September 5	Oshibori
September 10	Horse Visits under the skyway
September 11	Amy & Adams Entertainment
September 15	Chuck and Dave’s Band performance
September 16	Rob Ellos presents: Octopus
September 17	Catholic Communion Service
September 18	Quarterly Memorial Service
September 18	Kevin Dooley Ventriloquist
September 19	Chef Talk
September 19	Oshibori
September 22	Bonfire Bonanza and smores
September 23	Mystery outing
September 24	Morning Spa
September 24	K-9 Demonstration w/Scott Wenzel
September 25	Creative Creatures
September 29	Magic Show with Marcus
September 30	All about fishing presentation



Community Life

