

Community Life at Villa

Socials in the Sun Room

- September 2nd - Ladies' Group Happy Hour @ 3:15PM
September 5th - Thirsty Thirty: Teriyaki Meatballs @ 2:15PM
September 9th - ALF Week Villa Dance Party @ 2:00PM
September 19th - Ice Cream Social @ 2:15PM
September 22nd - Men's Group Happy Hour @ 3:15PM
September 26th - September Birthday Party @ 2:15PM

Entertainment and Specialty Programs

- September 4th - Birds of Alaska - 2:00PM in SK
September 10th - Horse Visits - 2:30PM Under the Skyway
September 11th - Music by Amy and Adams - 2:30PM in SK***
September 15th - Music by Chuck and Friends - 2:00PM in SK
September 16th - Rob Ellos: Octopus - The Oceans' Strangest Creature -
3:00PM in SK***
September 17th - "Help at Your Door" Informational Session - 3:00PM in SR
September 18th - Kevin Dooley: Ventriloquist - 2:30PM in SK
September 22nd - Monthly Food Shelf - 1:00 in SR (RSVP Required).
September 24th - Dog Agility Show - 2:00PM in SK
September 25th - Creature Features: Awesome Adaptations - 2:30PM in SK***
September 29th - Magic Show by Marcus - 2:30PM in SK
September 30th - Fishing Adventures with Sam - 2:30PM in SK

***Programs sponsored by Fairview Partners.



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 September:

12th Marlene O.
15th Anita B.
19th Jerry B.

SEPTEMBER 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.

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Chaplain Corner

“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.

News from Nursing

Happy September!

Hopefully the nice weather lasts, but keep in mind that cold and flu season is well on its way. If you are feeling ill, inform staff so that we can keep an eye on you and ensure you are getting the support you need. Please kindly stay in your apartment as much as possible, and if you are on a meal plan, we can deliver the food to you to help stop the spread of illness in our community. As always, WASH YOUR HANDS!!! This is the most important step in infection control and prevention.

One another note, there was a memo sent out about the Wi-Fi updates, there are signs in the lobby as well with the new network and password. We look forward to this next season here at the Villa as we welcome in more new residents. 😊



Upcoming Outings and Dine-Ins

To sign up for an outing or dine-in, please call Sam (651-731-5509) or Melissa (651-731-5508), stop by our office for a visit, or leave a note at our office in the game room.



September 5th - Cub Foods. Bus loads at 9:00AM. Sign up starts August 29th.

September 8th - Let's Go Fishing. Bus loads at 8:15AM. Fishing from 9-11AM with a picnic lunch after. Sign up opens August 25th.

September 12th - Como Zoo. Bus loads at 9:00AM. Picnic lunch provided. Sign up starts August 29th.

September 19th - ALDI. Bus loads at 9:00AM. Sign up starts September 12th.

September 23rd - MN Largest Candy Store. Bus loads at 8:30AM. Picnic lunch provided. Sign up opens September 9th.



Rebus Puzzles

TRAVEL

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father

1. Travel overseas.
2. Breakfast.
3. Downtown.
4. Eyeshadow.
5. Stepfather.

Sudoku

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

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!

Lifespark Complete: Health Post

Plan Ahead as a Gift to Your Self – And to Your Family

Advance care planning helps you live life your way.

Have you thought about the kind of care you'd want if you couldn't speak for yourself? **Advance care planning** is a simple way to make sure your wishes are known. It helps you sort through your life goals, personal values, and preferences about your future medical care.

And it's a great gift for your loved ones. You might spare them the stress of making tough choices for you during a medical emergency.

Here's what your advance care planning process might look like:

- **Think about what would matter most to you** if you were injured or seriously ill
- **Choose a health care agent**—someone you trust to make decisions if you can't
- **Talk about your wishes** with that person and others closest to you
- **Fill out an Advance Directive**—a simple form to make it official
- **Share copies** with your health care agent, doctor, and loved ones

You don't have to figure out everything at once. A simple conversation with your Lifespark primary care team would be a great place to start. They can walk you through the Advance Directive form and answer any questions. Live your best life!

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. Information flyers found in the Villa lobby.

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.

Madi Bates is our new Executive Director. She can be reached at mbates@woodburyseniorliving.com or 651-466-1011.

Fall into Balanced Eating: Nutrition Tips for Autumn

1. Harvest the Power of Seasonal Produce

Autumn offers a cornucopia of fresh, locally grown fruits and vegetables. Apples, pumpkins, squash, sweet potatoes, and cranberries are just a few examples. These fall favorites are not only tasty but also packed with essential vitamins and minerals:

Apples are rich in fiber and vitamin C, making them great for your digestion and immune system.

Pumpkins and squash are high in beta-carotene, which promotes healthy skin and vision.

Sweet potatoes are a fantastic source of vitamin A and fiber, supporting both your immune system and gut health.

Cranberries are packed with antioxidants, helping to protect your cells from damage.

So, why not plan a trip to your local farmers' market or orchard and explore the bounty of fall produce?

2. Warm Up with Comforting Soups

When the weather turns chilly, nothing beats a warm and hearty bowl of soup. Homemade soups are not only comforting but also an excellent way to incorporate seasonal vegetables into your diet. Even more, soups are a fantastic way to use up leftover grains, proteins, and less-than-fresh produce! Try making a delicious butternut squash or pumpkin soup, and don't forget to add some whole grains like brown rice or whole wheat pasta for more fiber.

3. Stay Active with Outdoor Fun

Fall is the perfect time to enjoy outdoor activities before winter arrives. Go for a brisk walk in the crisp air, take a hike through the colorful foliage, or dust off that kayak one last time before it goes into storage. It's important to keep in mind that staying active is not just about weight management -- it also boosts your mood and energy levels, helping to combat the effects of decreased sunlight and shortening days.

4. Embrace Healthy Snacking

With the holiday season approaching, it's essential to stay mindful of your snacking habits. Opt for nutritious alternatives to traditional fall treats. Instead of reaching for candy corn, try a handful of mixed nuts for a similar texture. Instead of candied apples, slice apples and dip them in nut butter or low-fat vanilla yogurt sprinkled with cinnamon for a sweet treat. And remember to save any seeds from pumpkin carving, roast them up with your favorite seasonings and spices, and enjoy them as a satisfying, high-protein snack!

5. Keep Hydrated

Even though the temperatures are dropping, it's crucial to stay hydrated year-round. Staying hydrated helps your body function at its best and, because our bodies can sometimes misinterpret thirst for hunger, it also helps to curb cravings between meals. Consider swapping out your cold summer beverages for warm herbal teas, or hot water with a squeeze of lemon for an extra kick of vitamin C to help boost immunity. Even more, warm or hot beverages aid in digestion, making them a wonderful option at or around mealtimes!

Spark Challenges: Grip Games



Witty Woodchucks will be finishing up the Grip Game season this month.

Join us for the Final Four match on September 16th and the Championship match on September 18th. We will have the watch parties in the Skyway at 1:00 both days.



