



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 October
Long Term Care Residents :**

- 1 Scott S
- 5 John S
- 6 Elaine T
- 15 Sharon S
- 26 Garnet G
- 26 Jackie W
- 29 Ron J

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

October 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

Honoring our friends who have gone before us



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.

Update from Housekeeping/Laundry

As the weather grows colder and the leaves begin to fall, our laundry and Housekeeping Department is pleased to keep you warm and comfortable this season with our hospitality and commitment to cleanliness.

If you ever need extra blankets, clothing, or cozy footy socks, please don't hesitate to reach out. We keep a variety of items available in our personal closet room to help you stay comfortable.

Residents, please note if you need items labeled, please bring them down including blankets sheets etc. items can be dropped in the yellow laundry bin located lower level with a pink slip leaving residents first and last name.

It is our pleasure to serve you, our residents, and to do everything we can to make your home here warm, welcoming and cared for.

With gratitude Housekeeping and Laundry services.

Executive Director Update:

Until Next time.....

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

In October, we will begin our last Spark Challenge of the year.

This challenge combines both education/intellect and physical activity. Every Tuesday we will be having a lesson from Dr Bill. On Wednesday's, the competition begins. We have to complete both a test as well as a physical skill using the Whizzer, Leg crank and Arm Crank. We need all the man power we can find. Some of you might be stronger in physical area and others with the education piece. As well, we always need cheer leaders to cheer us on. There is a role for everyone. We will meet Tuesday's and Wednesday's at 12:55pm in the skyway and Monday's at 1pm to get a jump start on our lesson.

Here's hoping the Woodchucks come up strong!

Community Life

Hello from Community Life Team:

As always, we have another packed month of programs and Special Events. Please look at the bulletin board posters and weekly Activity Calendar to see the happenings. As always, CL will always come knocking on your door and invite you attend.

We'd like to welcome back out Music Therapist Ruth who recently added little boy River to her family. Please see weekly activity calendar for times and any changes

Kathy Dunleavy, CLD 651-287-6544

Nutritional Services Update

PERFECT WAY TO MAKE PUMPKIN SEEDS

- 1. Clean the seeds: Wash them thoroughly to remove any stringy flesh or pumpkin fibers.**
- 2. Boil the seeds: Boiling helps to cook the insides of the pumpkin seeds, resulting in perfect crunchy seeds.**
- 3. Roast the seeds: Roast in the oven at 300°F for 35-45 minutes until golden brown.**
- 4. Add seasoning: Customize with spices or just a sprinkle of salt for flavor.**

Jessica Arrigoni, Food services director: 651-287-6539



***Fun times
with
Community
Life***

