

Community Life at Villa

Socials in the Sun Room

- October 1st - Oktoberfest Celebration @ 2:30PM
- October 3rd - Ladies' Group Happy Hour @ 2:15PM
- October 7th - Aegis Active Aging Week Social @ 2:30PM
- October 10th - Ice Cream Social @ 2:15PM
- October 17th - Ice Cream Social @ 2:15PM
- October 22nd - Men's Group Happy Hour @ 3:00PM
- October 24th - October Birthday Party @ 2:15PM
- October 31st - Halloween Party @ 2:15PM

Entertainment and Specialty Programs

- October 2nd - Spooky Art History - 2:00PM in SK
- October 8th - Woodbury Police Dept. Presentation - 2:30PM in SK
- October 14th - Snake Discovery: Leapin' Lizards - 2:30PM in SK***
- October 16th - Music by Bobby and Christine - 2:30PM in SK
- October 20th - Music by The Berry Boys Musical Duo - 2:30PM in SK
- October 23rd - Haunted Anoka - 2:30PM in SK***
- October 27th - Monthly Food Shelf - 1:00 in SR (RSVP Required).
- October 27th - Art Class w/Heather - 2:30PM in SR***
- October 27th - Amazing Balloon Art - 2:00PM 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

October.

- 6th Steve S.
- 9th Gail B.
- 14th Bill K.
- 18th Don G.
- 20th Joyce O.
- 22nd Anna A.
- 26th Jackie W.
- 29th Ed K.

OCTOBER 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

Gratitude in Troubled Times (adapted from Chaplain K. McCauley)

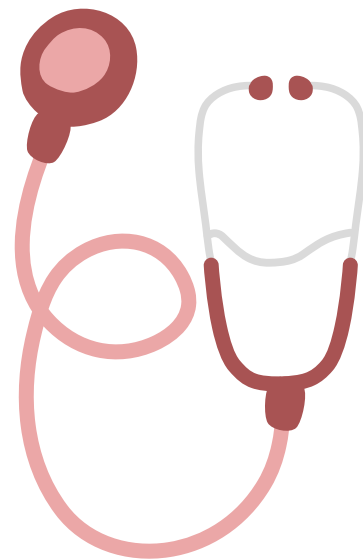
We certainly speak often about the importance of gratitude. And yet, so often social distress might hinder our ability feel grateful. Knowing that societal discord is a common occurrence in history, let us turn our attention to the holy people of history to help show us the way of hope and grace.

We see with D. Bonhoeffer in concentration camp WWII, M. Gandhi in British Rule & oppression, N. Mandela in South Africa Apartheid and MLK, Jr's work for civil rights in the United States, that God's grace can be found in unrest. The gratitude we have at these times, comes from knowing that God with us. The Divine Presence is with us, even if at times we might have to look harder, forgive more or abandon our judgement to keep our awareness of this Presence alive and well. But at the end of each day our gratitude will be that we know who we are in the eyes of God and that God walks with us always.

News from Nursing

Leontine is our interim DHS until the position is filled.

Covid vaccine and Flu clinics at the Villa are over for the year. If you'd like to receive one of those shots, you'll need to go to Walgreens or CVS on your own time.



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.



October 3rd - Super Target. Bus loads at 9:00AM. Sign up starts September 26th.

October 17th - Dollar Tree. Bus loads at 9:00AM. Sign up starts October 10th.

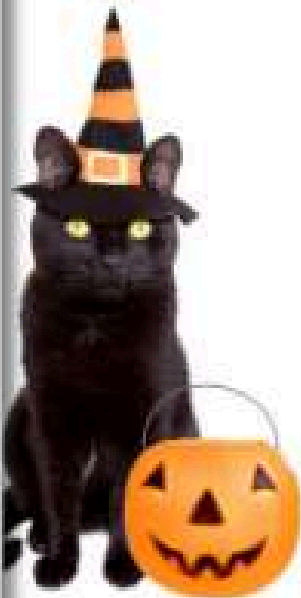
October 21st - Fall Leaf Drive. Bus loads at 2:30PM. Sign up starts October 7th.

October 28th - Tamarack Taproom. Bus loads at 3:30PM. Sign up starts October 14th.

October 31st - Walmart. Bus loads at 9:00AM. Sign up starts October 24th.



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BAT
BEWARE
BLACK CAT
CANDY CORN
COBWEBS
COSTUMES

FOG
GHOST
HAUNTED HOUSE
JACK-O'-LANTERN
OWL
PARTY

SKELETON
SPOOKY
TRICK OR TREAT
WITCH
WOLFMAN
ZOMBIE

Lifespark Complete: Health Post

Relaxation Techniques: An Antidote to Stress

Stress is an all-too-common human condition. Work, kids, bills, illness—all potential sources of stress throughout adulthood. While many of these stressors disappear in retirement, older adults often face new stresses, such as isolation, changes in health, loss of a loved one, and moving to a new home.

Whatever the trigger, chronic stress can take a toll on your body, resulting in symptoms that range from insomnia to high blood pressure. While medication may be appropriate for certain health conditions, relaxation techniques, or meditation, can be effective in reducing chronic stress, improving sleep, boosting a sense of wellbeing, lowering blood pressure, and potentially improving memory.

Spend a few minutes every day doing some form of relaxation, and you're almost guaranteed to feel less stressed. To get started, try these two simple relaxation techniques.

Body scan

- While sitting or lying down, close your eyes.
- Starting with your toes, focus on one body part at a time.
- What sensations can you detect? Pressure? Temperature? Pain?
 - If your mind begins to wander, gently bring it back.
- When you reach the top of your head, start back down.

Breath counts

- Sit or lie comfortably with your eyes closed.
- Slowly count to 4 as you breathe in through your nose.
 - Hold your breath for another 4 counts.
- Release your breath through your mouth as you count to 8.
 - Repeat for 10 breaths.

Brought to you by your Lifespark COMPLETE team in partnership with Woodbury Villa. To learn more, contact Lifespark at 952-873-7386 or LSCreferrals@lifespark.com. Or visit complete.lifespark.com.

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.

Kitchen Corner

PERFECT WAY TO MAKE PUMPKIN SEEDS

To make perfect pumpkin seeds, follow these steps:

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.



Spark Challenges: Quiz Show

How it Works:

Again, this year the Spark Challenge teams will be multigenerational! Each team is encouraged to involve team members of all ages to help your team to victory.

Each team will attend a Deep Dive session with Dr. Bill on Tuesdays at 1:00 PM. The Deep Dive is also known as Gold Level Senior Lifeguard Certification.

The competition takes place on Wednesdays at 1:00PM and consists of two parts the Test and the Quiz. Each team will have 40 minutes to complete. Strategize how long your team wants to spend on the Physical Test leaving the remainder of the time to complete a Quiz. The Quiz will be a group open note quiz.

The season is set to begin 10/7 with a Rule Book meeting, Scrimmage 10/8, and Regular season starts 10/15.

Location for everything is in the Skyway.



ALF WEEK DANCE PARTY

