



Community Life at Villa

Socials in the Sun Room

November 7th - Pie Social @ 2:15PM

November 10th - Veterans Day Social and Recognition @ 2:30PM

November 14th - Thirsty Thirty: Teriyaki Meatballs @ 2:15PM

November 17th - Ladies' Group Happy Hour @ 1:00PM

November 21st - November Birthday Party @ 2:15PM

November 24th - Men's Group Happy Hour @ 3:00PM

November 28th - Ice Cream Social @ 2:00PM

Entertainment and Specialty Programs

November 3rd - MN Recipients of the Medal of Honor - 2:00PM in SK***

November 4th - Music by Robert Bozaich - 2:30PM in SK***

November 6th - U.S Army in Yellowstone - 2:00PM in SK

November 12th - David Jones: U.S. Flag - 3:00PM in SK***

November 13th - Music by Kent Appeldoorn - 2:30PM in SK***

November 17th - Creature Features - 2:30PM in SK***

November 18th - Diwali Presentation - 2:30PM in SK

November 20th - Music by Todd Anderson - 2:30PM in SK

November 24th - Monthly Food Shelf - 1:00 in SR (RSVP Required).

***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 November.

12th Del C.

18th John K.

20th Elayne S.

30th Mary J.

NOVEMBER 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

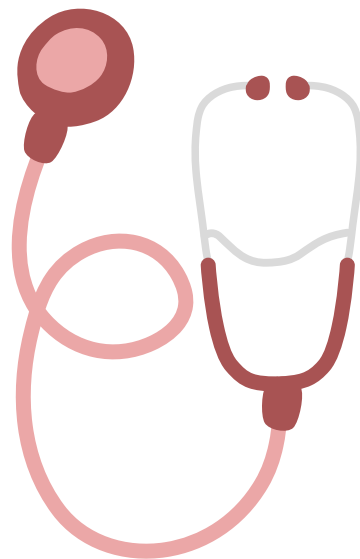
Hello! I'm Chaplain Peregrine, and I'm so glad to be here alongside Chaplain Austin. What I love about being a chaplain is I have the privilege of learning more about spirituality from each resident I meet. We are both here to facilitate and support your unique spiritual expression and practices, and I look forward to getting to know you.



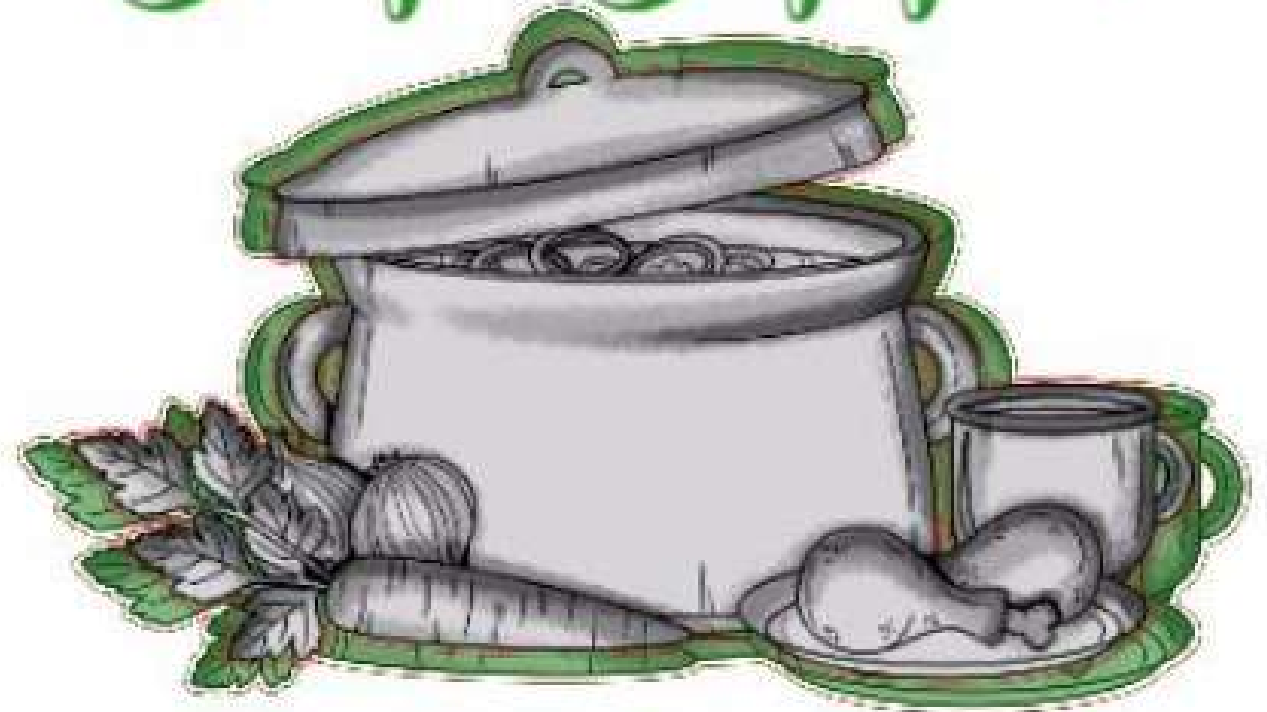
News from Nursing

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.



Woodbury Villa Soup Supper



Wednesday, November 19th

4:00-5:30PM in the Skyway

Residents and Family Invited!

Chili with Fixings, Ham and Potato Soup,

Cornbread, Salad, Pumpkin Dessert

Family please RSVP to Sam by Thursday,

November 13th. Residents can bring up to two guests for free. Additional meals will be \$12 each.

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.



November 7th - Cub Foods. Bus loads at 9:00AM. Sign up starts October 31st.

November 21st - ALDI. Bus loads at 9:00AM. Sign up starts October 14th.

November 25th - Feed My Starving Children Volunteering. Bus loads at 1:30PM. Sign up is open. We will be back at 5:00PM so you'll be able to get your evening meal.

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ACORNS	FEAST	REMEMBRANCE (Day)
AUTUMN	FIREPLACE	SAGITTARIUS
(Black) FRIDAY	GRATEFUL	SCORPIO
BEAVER (Moon)	LEAVES	THANKSGIVING (Day)
CHILLY	MAIZE	TOPAZ
DAYLIGHT (Saving)	MUMS	VETERANS (Day)

Lifespark Complete: Health Post

Be the Star of Your Next Health Care Visit

Have you ever left a doctor's appointment feeling rushed or unheard? You deserve to be the star of every health care visit, not just a supporting character. Your concerns and questions should be the primary focus, and you have the power to take control of your health care experience.

Top Tips to Shine at Your Appointment

1. **Prepare Your Questions:** Before your appointment, write down any symptoms, concerns, or questions you want to discuss. This ensures nothing important is forgotten.
2. **Bring Support:** Consider inviting someone you trust to join you and take notes. They can help you remember key details and provide emotional support.
3. **Access Your Medical Records:** Use tools like the Lifespark Member Portal to track your test results, care plans, and medications. Staying informed helps you make better decisions. Not sure how to access this, ask your team for guidance.
4. **Stay Connected:** Confirm with your provider the best way to contact your health care team between appointments. This way, you're prepared if urgent needs arise.

Lifespark In-Home Primary Care Spotlights You

Clinic visits can feel rushed, but with Lifespark's in-home primary care—especially for older adults—you get longer, more personalized appointments. Our geriatric experts come to you, ensuring your concerns are heard and addressed in the comfort of your home. And if you need more urgent support, instead of going to a clinic or ER, our Mobile Urgent Responders can come right to you too.

Take the Next Step

Ready to take control of your health care experience? Contact Lifespark today to learn more about our in-home primary care options and how we can help you shine at every visit.

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: Pecan Pie Recipe

Ingredients

- 1 whole unbaked pie crust
- 1 cup granulated sugar
- 3 Tbsp. brown sugar
- 1/2 tsp. salt
- 1 cup light corn syrup
- 1/3 cup melted salted butter
- 3 whole eggs, beaten
- 3/4 tsp. vanilla
- 1 heaping c. chopped pecans

Directions

1. First, prepare your pie crust and place it in a 9-inch pie pan.
2. Preheat the oven to 350°F.
3. In a bowl, stir together the granulated sugar, brown sugar, salt, corn syrup, butter, eggs, and vanilla.
4. Pour the chopped pecans into the bottom of the unbaked pie shell. Pour the syrup mixture over the top of the pecans.
5. Cover the top and crust lightly/gently with foil. Bake the pie for 30 minutes. Remove the foil, then continue baking for 20 minutes, being careful not to burn the crust or pecans. Note: The pie should not be overly jiggly when you remove it from the oven! If it shakes a lot, cover it with foil and bake for an additional 20 minutes or until set. The required baking time seems to vary widely with this recipe. Sometimes it takes 50 minutes; sometimes it takes 75!
6. Allow to cool for several hours or overnight. Serve in thin slivers.

How long does pecan pie last in the fridge?

Pecan pie will stay good for up to four days in the fridge. Make sure you wrap the pie tightly in plastic or transfer leftover pieces to an airtight container before refrigerating.

Spark Challenges: Quiz Show

How it Works:

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.

Location for everything is in the Skyway.



