

# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

March 2015



## OFFICE HOURS

Bus. Office ..... M-F 8:30-4:30

## IMPORTANT NUMBERS

24 Hours ..... (434) 392-6106

Hot Line ..... (888) 391-1163



## The Woodland Connexion

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## Watkins Wellness Center Kicking those "Winter Blues"...

Even though motivation is difficult in the winter, getting 20-30 minutes of activity a day warms you up, increases release of serotonin (Happy Hormones), boosts metabolism, lessens aches and pains, and releases the stress of the cold!

Try the Watkins Wellness Center and discover a new you! Our center offers a variety of different programs to fit any fitness level!

The Watkins Wellness Center classes range from low impact aerobics to aqua tai-chi, to arthritis, to open gym. All classes are open to residents, employees, and to the community.

Contact The Watkins Wellness Center at (434) 392-6106 for more information.



## Collector's Corner

Many people cover themselves with a treasure and don't even realize it—antique quilts are highly collectible. Created in the U.S. since the 1700s, and often made with a variety of fabric scraps, quilts have both functional and artistic appeal. Some of the most common patterns include blocks, stars, flowers, rings and bowties. Prices vary depending on age, style and condition, but can go from hundreds to even thousands of dollars.



Red Hatters of Brookview

## Save the Date...

Maurice Randall, PA from The Woodland Family Practice, will be conducting a Nutrition Talk at Brookview Lodge. This will begin at 1 p.m. on March 20.



Crafty Critter Club of the Watson Unit



## Talk About It

### Throw Back March!

Pictures from March 2014 to reminisce about



### FOOTBALL TIME!



### Brookview Artists

Every week Brookview Assisted Living holds a class for residents to learn how to paint.



Patsy Pough



Jean Rivero



## Red Fashion Show Contest at Holly Manor

Many thanks to all the  
contestants who participated!



Winners!






## Remember Me?

### We Salute You, Caregivers

Think of the word "caregiver" and you're unlikely to question how the term got its name. To care is "to be concerned" and to give is to "offer to another." Someone who offers their concerns for another is compassionate, kindhearted and undoubtedly needed. For all the things caregivers do, from assisting with everyday tasks to providing companionship and a listening ear, they deserve much praise. We offer a heartfelt thanks and a special salute to all the caregivers in our community!



# March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Reuben Patterson	3 Joel Clingenpeel Martha Jo Gillispie	4 Clarence Schmidt Margaret Hargrove	5 Bobbie Robertson	6 Mary Liles	7 
8	9 Frances Oakes William Tomlinson	10 William T Stanley	11 Virginia Cobb Henry Anderson Willye Nixon	12 Vickie Sprouse	13 Nancy Moss	14 Hester Bishop
15	16	17 	18 Alta Southall	19 Edna Phillips	20 Reese Tucker	21 James R Smith Elizabeth Wilson
22	23 Beth Kephart	24 Evelyn C Scott Donald Turbyfill	25	26 Mary Laird	27	28 Lorraine Banton Julie Shield
29	30	31	 <b>March</b>			

## Crossword Puzzle

11			12			14		15						
16				17						18				
19					20									
		21		22					23					
	24	25	26		27		28	29						
34				35		36				37		38		
39						40					41	42		
43					44	45					46			
47				48		49				50		51		
				52	53				54		55			
56	57	58				59	60		61		62	63	64	65
66									67					
68						69						70		
71													72	

**ACROSS**

1. Space
4. Mischief maker
7. Forbidden: var.
11. Went public with
13. Hombre's parlor
15. Blind as \_\_\_
16. Alaska's neighbor
19. Grandparents
20. Bicuspid's neighbors
21. Aristotle's H
23. Latin thing
24. Hunter, for one
27. Lean
30. Run
34. Cause one to say "Deja vu"
36. Russian city on the Bug River
38. Address abbr.
39. Overact
40. Rink surface
41. Stranger
43. Calendar abbr.
44. Punished severely
46. Be filled with desire
47. Like the Nile
49. \_\_\_ well;
51. Scrap
52. Generation
54. Like, hippie-style

56. Laxative ingredient

61. Skim
66. Pompidou's predecessor
68. 13th word of the "Our Father"
69. Prague resident
70. Feudal lord
71. Caustic substances
72. Scottish uncle
73. Social event
- DOWN**
1. "It's a \_\_\_!"
2. Too dry
3. \_\_\_ Rose
4. Suffix for child or boor
5. Spice rack jar
6. Stratagem
7. Easiest to handle
8. Parisian priest
9. Fisherman's need
10. State
11. Presidential nickname
12. Distressful
14. Cautions
17. Fast jets, familiarly
18. Western Indian
22. Pale one
24. Allegro or andante
25. Oak dropping
26. Still
28. Curved

29. Was dependent upon

31. Speeder's nemesis
32. Obvious
33. Shorebird
34. Genuine
35. \_\_\_ room
37. Gift for a child
42. "Gloria in excelsis \_\_\_!"
45. Puts down
48. Classes
50. Croon
53. Cath. or Episc.
55. Score for Orr
56. V x V x V x V x V x V x V x V x V x V
57. Nautical greeting
58. Checkers, for one
59. Small land mass
60. With 67 Down, 1st couple
62. Night: Fr.
63. Get away
64. Marsh growth
65. Letter
67. See 60 Down

V	E	L	S	E	W	E	S	E	A	T													
E	P	I	L	A	V	T	S	E	W	O													
E	T	T	N	O	V	Q	S	E	T	R	A	V	H	O									
L	I	V	E	N	O	N	F	I	S	E	N	O	W										