

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

March 2016



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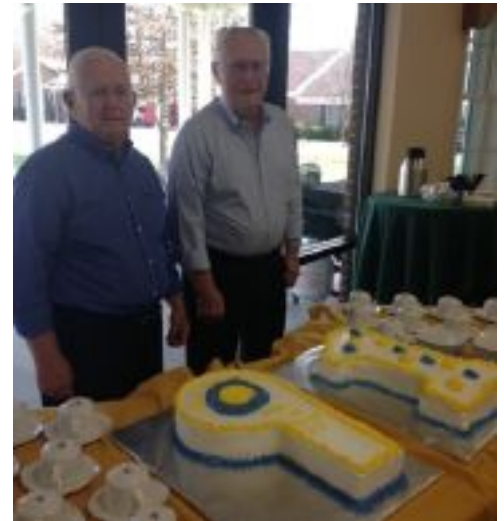


Watkins Wellness Center

Kick those "Winter Blues"

Our center offers a variety of different programs to fit any fitness level. The Watkins Wellness Center offers classes from building balance to classic cardio with open gym times. Water Classes range from water walking to aqua boot camp. All classes are open to all residents, employees & to the community. Please contact **Taylor Cole** in our Wellness department for more information, at 434-392-6106 ext 333.

Happy Birthday!



Howard Ferguson & Willie Reid, who are brothers-in-law who live here at The Woodland, celebrated their 91st birthdays. Howard was born Feb. 5th and Willie on Feb. 28th. Family and friends enjoyed the luncheon given by their children. We wish them health and happiness.



Special Days in March

March 20th Palm Sunday & Spring begins.
March 25th Good Friday & Easter Egg hunt at The Woodland.
March 30th National Doctor's Day





Trivia Whiz

Heritage Garden Club

Enjoys making floral arrangements with residents



Tea Time



Twin Lakes State Park

Ranger Kevin from Twin Lakes State Park visits with a program on the hibernation of various animals, and brought animal skins for residents to touch.



Family Visits

Sherman Pierce of Brookview had a wonderful visit with family from Florida.

Pictured with Mr. Pierce are his 2 great-great-grandchildren, Isyss, age 12, and Nevaeh, age 9. Not pictured is Paige Beamesderfer, his granddaughter.

Richmond Historic Trolley Tour



A group from The Courts got to enjoy a 2 hour long historic ride through Richmond on a classic trolley. They enjoyed seeing places like the old City Hall, the John Marshall House and St. John's Church. To finish out their journey, they enjoyed a meal at LongHorn Steakhouse.



Robert Thomas Carriage Museum

A group from Brookview Lodge visited the Carriage Museum in Blackstone, VA. Mary Walter is looking up to horse pulled carriage. This trip would not be complete without lunch at The Corner Kitchen.

National Have Fun at Work Day!

The Woodland's first ever Have Fun at Work Day was a complete success thanks to all employees who attended. Lots of fun was had with all the different activities and prizes that were set up for everyone to enjoy. Stay tuned for more to come!



Wit & Wisdom

"Fortune favors the bold."
—Virgil

"Luck is not chance, it's toil; fortune's expensive smile is earned."
—Emily Dickinson



"No man ever wetted clay and then left it, as if there would be bricks by chance and fortune."
—Plutarch

"Live as brave men; and if fortune is adverse, front its blows with brave hearts."
—Marcus Tullius Cicero

"If we should be blessed by some great reward, such as fame or fortune, it's the fruit of a seed planted by us in the past."
—Bodhidharma

"An aim in life is the only fortune worth finding."
—Robert Louis Stevenson

March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Virginia Estes	2 Frances Hopkins	3	4 Margaret Hargrove Clarence Schmidt Monroe Jackson	5
6	7 Izetta Moore Mary Allen	8	9 William Tomlinson	10 	11 Wilye Nixon Sue Wilkerson	12 Vicki Sprouse
13	14 	15	16	17	18 Alta Southall	19 Mary Companion
20	21 Elizabeth Wilson	22 Maude Slater Thelma Carr	23	24	25	26 Mary Laird
27	28 Lorraine Banton	29 Ruby Warren Shirley Jones	30 Carol Prescott Donald Deskins	31	<i>March</i>	

Word Search

Today's Category: Inventors

B C B Y W R I G H T M Z
 G E V G I L L E T T E D
 O G S B G G T N O P U D
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- Word Search Solution:
- Bell
 - Bessemer
 - Braille
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 - Du Pont
 - Edison
 - Fulton
 - Galileo
 - Geiger
 - Gillette
 - Goodyear
 - Howe
 - Marconi
 - Nobel
 - Pullman
 - Watt
 - Whitney
 - Wright
 - Yale
 - Zeppelin

