

# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

August 2013



## 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

Karen M. Kitchen, Editor

Alison Kitchen, Asst. Editor

kkitchen@thewoodland  
inc.com

(434) 392-6106

## Woodland Wellness



Residents enjoy a water aerobics class led by Susan Dykes.

The Woodland offers a variety of wellness classes to help its residents maintain a healthy lifestyle. Numerous aquatic and land-based classes are offered for people of various fitness levels. All Woodland residents receive 20% off the cost of classes. Call Debbie Mawyer at 392-6106 for more information.

## Crab Louies Seafood Tavern

A group from The Woodland recently visited Crab Louies Seafood Tavern in Midlothian. The group enjoyed seafood in a historic atmosphere. The tavern was built in 1745, and has been known as Crab Louies since 1981. The residents rated Crab Louies five out of five on cleanliness, friendliness, atmosphere, and cost effectiveness.



The group takes a photo op.

## Game Time



Deal or No Deal is one of the many games played at Thursday night game nights, which occur every 2nd & 4th Thursday of the month.

## Acts of Service

Longwood University Peer Mentors will be visiting The Woodland on Aug. 20, to take part in Acts of Service. Acts of Service is a new part of the Peer Mentor program that will focus on the giving back to the community.

## Happy Birthday!



Residents enjoy the June birthday bash.



## Taking a Stand

The first Tuesday in August marks National Night Out, which was created to help communities take a stand against crime and violence in their neighborhoods.

It was created by the National Association of Town Watch in 1984. The first year saw participation by 2.5 million Americans in 400 communities. By 2012, those numbers had exploded to 37.5 million people in nearly 16,000 communities.

National Night Out is celebrated with community events such as block parties and cookouts, many of which include visits from local law enforcement officers. So participate on Aug. 6, in Farmville.



## Painting With Margy



Painting with Margy is a cost-free program offered to all Woodland residents. Mary and her husband J. R. have graciously volunteered their time and talents to bring such a wonderful opportunity to The Woodland. Margy King Smith is an accomplished artist who shares her talents with others. Her art is displayed in museums and homes around the country. Her program lets participants take part in various art projects such as crafts, painting, etc.

Everyone is welcome! Visit the Cumberland Room at Brookview every Wednesday at 10 a.m. to participate.

## Five Years Cancer Free



Activity members gather around Georgia "Pumpkin" Arnold for a group photo.

The activity department surprised Pumpkin with a party to celebrate her fifth anniversary free of cancer.

## There's Nothing Like a New Do'

All ladies love to be pampered and get their hair done and that is exactly what Selena White recently did. She visited the salon to get a new hair do!



Selena White while getting her hair done.

## Henricus Historical Park



Captain Mike

A group recently visited Henricus Historical Park the 2nd successful English village in the new world. They toured the living history village, ate a picnic lunch, shopped, and enjoyed a boat tour of the James River led by Captain Mike.

## Fork & Cork



At the Wine and Cheese Social residents had the opportunity to sample a variety of assorted wines and cheeses while gathering with friends.



Ladies enjoy a little conversation with their wine and cheese.



Christine Hadel and Richard Burrell have a toast.

## At the Hop!

Let's go to the hop! Residents were able to bring back memories of times spent at the hop in the '50s at the '50s themed ice cream social. With music, decorations and ice cream floats attendees were able to travel back in time to their younger years.



Varner Hall was at full capacity.



The ice cream bar at the social.



Residents enjoy refreshing ice cream floats on a hot summer day.

## Herbs to Know

Summer evenings are a great time to get outdoors. However, mosquitoes also seem to enjoy the evening. Mosquito bites are irritating and can potentially be dangerous. Here are some great plants that are easy to grow which naturally repel mosquitoes.

**Citronella** masks other attractants to mosquitoes, making it harder for them to find you.

**Horsemint** gives off a strong incense-like odor which confuses mosquitoes.

**Marigolds** have a distinctive smell which mosquitoes find particularly offensive.

**Ageratum** emits a smell which mosquitoes find particularly offensive.

**Catnip** for unknown reasons is a natural mosquito repellent.



# August 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-size: 4em;">AUGUST</h1> 				1 Richard Rousseau	2	3
4 John Elgin and Cora Anderson	5 Edna Waddill	6	7	8	9 	10
11 Madeline Wynn	12 Lucille Richards and Grace Taylor	13	14 John Davis, Gladys Lott, and Mary Gutowski	15 Inez Simpson	16	17 Gloria Hackney
18	19 	20	21	22 Claudine Harris	23	24 Bessie Newman
25 David Burke	26	27	28 William Leadbetter	29 Mary Walter	30 Bessie Ransome	31 Margaret Stockman



# August

Word Search

- |          |            |
|----------|------------|
| Beach    | Popsicle   |
| Bike     | Sand       |
| Garden   | Summer     |
| Hot      | Sun        |
| Hot dogs | Swimsuit   |
| Park     | Travel     |
| Picnic   | Vacation   |
| Pool     | Watermelon |

W Y R D V M T H L R F F O Q C  
 A X W X F V X O S E W Y V E R  
 T B E A C H O T P A R P K S G  
 E L C I S P O P I C N I C G Z  
 R H O P T G K T N U B D D W F  
 M G K R A P R S D N U Q T V H  
 E M V R D A P N U O K B O H M  
 L E D A V S A S O M G I W S T  
 O E S E O R W S W I M S U I T  
 N V L L N J D L J C T E U E B  
 I T S L S I A Z F C G A R T Y  
 A V H I M A A E A Z I X C N B  
 H R V V Z B D F R E J V Y A N  
 C A D L A T V E Y W F I T K V