



THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

December 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
Carey Waycaster, Asst. Editor
kkitchen@thewoodland
inc.com
(434) 392-6106

The Woodland Welcomes Frances Eugene Wood



Local Award Winning Author Frances Eugene Wood speaks with residents concerning his life and books that the community continues to enjoy.

Mr. Wood spoke to a packed house here at Brookview Lodge, reading excerpts from his stories and speaking on his creative process.

We are excited to announce that several of his books are available for purchase in The Woodland Gift Shoppe.



Robert Thomas Carriage Museum

The Courts residents enjoyed a trip to Blackstone to visit the Robert Thomas Carriage Museum, Schwartz Tavern Museum and lunch at the Herb Cottage.



Christmas Morning ...

Ho! Ho! Ho!

The holiday season starts early at The Woodland. **Saturday, Dec. 7**, Santa will be arriving and having breakfast with residents, staff and families. The festivities will begin at 7 a.m. until 9 a.m. in each dining area.



Fish fry hosted by Bessie Ransome & Ann McIntyre for The Courts' Fishing Club. Fish, fun and fellowship to end the season.



Days at the Woodland ...

When looking back at the past year residents, families and staff reflect on the fun times.
Merry Christmas and Happy New Year



Winter Blues ...

The winter blues have a way of getting us down, but that doesn't mean we have to stay there. Try one of these.

Pull out the photo album. Looking at personal photos lifts people's spirits. Pick pictures with fond memories, such as those from a fun vacation or family times.

Spread the warmth. There's a reason we turn to steaming mugs of hot tea or cocoa for comfort—warm liquids can make us feel happier. Taking a warm bath will, too.

Lighten up. Sunlight is a natural mood booster, and increased light exposure contributes to happiness and better sleep.

Put on a happy face. A simple smile is sometimes all it takes to raise your spirits. Our emotions respond to our physical actions, so appearing happy will make us feel happy, too.



Stew and chili were a big hit!



Harvest B I N G O



Artwork and Handmade Crafts



Say "Cheese," Tricia and Mr. Varner!



Fuqua Band entertains guests.

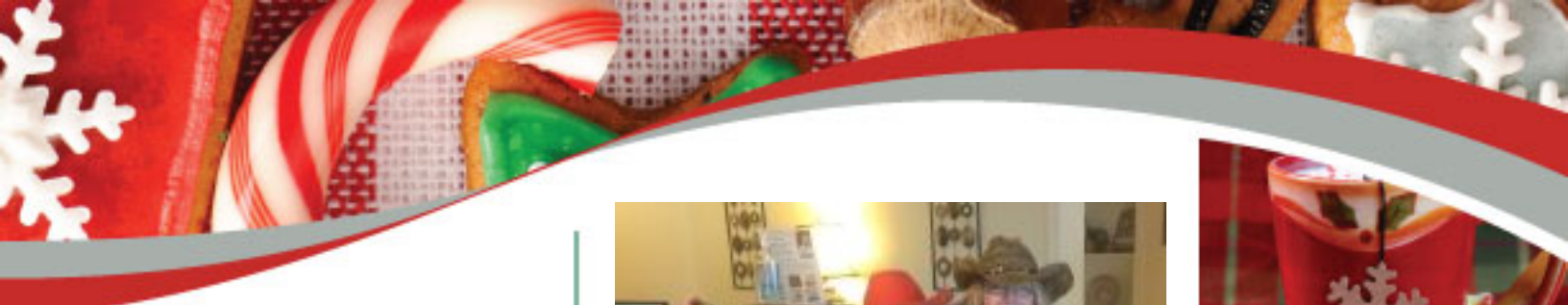


Fuqua students and residents, enjoying the afternoon



Hubert Atchley, Craftsman & Jewelry Designer





Ride 'em cowboy!







Guess Who



Lady in Red



December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Roberta Stables	3 Alma Lewis Junior Walton	4 Terry West	5	6	7
8	9 Rachel Snead	10	11 David Stables	12	13 	14
15 Margaret Dailey	16 Richard Burrell Charles Booker	17 	18	19 Nancy Giannini	20 Helen Wright	21
22	23	24 Christmas Eve	25	26	27 Nancye Noel Christine Leatherwood Billye Minnix	28
29 Patsy Pough James Andrews	30	31 New Year's Eve	 <h1>DECEMBER</h1> 			

Word Search

Today's Category: Words (of 3 or more letters) from "Jingle Bells"

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

- Bells
- _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____

- Word Search Solution:
- All
 - Bells
 - Bobtail
 - Bright
 - Dashing
 - Fun
 - Jingle
 - Laughing
 - Making
 - Open
 - Ride
 - Ring
 - Sing
 - Sleigh
 - Snow
 - Spirits
 - The
 - Tonight
 - Way
 - What

