

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

February 2016



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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The Woodland Community Center

Are you looking for a place to have conferences, large gatherings, meetings that can be catered or space rental with plenty of seating? The Woodland has a state of the art Community Center that offers a large multi-function room fully equipped with a kitchen, sound system and retractable screen, television with projector and is able to seat 100+ people. The facility also offers a small conference room and a sitting room with another large screen television.

If interested in renting or have any questions regarding The Woodland Community Center please contact:

**Mary Kate Lyons at (434)
392-6106 ext 269 or email:
mlyons@thewoodlandinc.com**

The Courts Mailboxes

The apartment mailboxes are now conveniently located in the new Community Center. The doors will open Monday thru Friday from 8am till 5pm to allow residents safe & weather proof access to their mailboxes. For after hours access information please contact Mary Kate Lyons at (434) 392-6106 ext 269. Each mailbox is marked with the house & street number along with large boxes located below for any package delivery needs. Also there are slots for your out going mail, giving you a sense of security that your mail and you will be safe.



Leap to It

2016 brings a bonus in the form of an extra day—it's a leap year. The day is added on Feb. 29 in order to synchronize the calendar with the Earth's orbit around the sun, which takes about 365.25 days. The extra .25 requires the need for a leap day every four years.

February Fun!

Super Bowl parties
Mardi Gras celebrations
Sunday Brunch 3rd Sunday each month
11:00 am until 1:30 pm
Sunchase Cinema
Music \ Waterworks Play
Look for Activity Calendars...



Trivia Whiz

Logos of Love

Symbols for love and romance are everywhere we look. Hearts, flowers, gems and other motifs bring to mind the emotional qualities of love and how we feel about our loved ones.

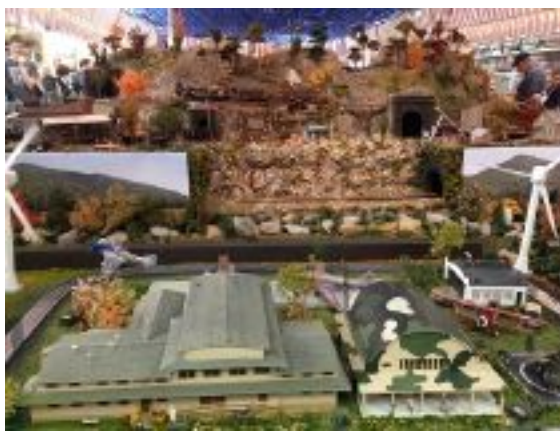
The Romans believed diamonds, worn to symbolize eternal love, were splinters of fallen stars. The first diamond engagement ring can be traced to the 15th century.

The personification of love and courtship, Cupid is depicted with a bow and quiver of arrows. The notion that being hit by Cupid's arrow will make the victim fall in love comes from the myth of Cupid and Psyche.

Likely the most common symbol for love is the heart. At one time, scholars believed the heart was the seat of all human emotions.

Bevell's Train Display

Our AL residents made it to see the yearly train display in Blackstone, VA.



Volunteering

Residents from Brookview volunteered to ring the bell at the local Walmart for the Salvation Army.



Annual New Year's Eve Auction



Eating at Boxcar Southern Bistro

Brookview residents got to try out the newest restaurant in Crewe, VA, and gave it a thumbs up!



After eating a variety of lunch specials, the residents indulged in banana fosters!





2015 Staff Holiday Fun!

Thanks to all those employees who joined in on the holiday events!



Crazy Hat Contest



Potato/Chili Bar for the staff's enjoyment...



Ugly Sweater Contest

The month of December was filled with activities for staff to enjoy. Eating and participating in craft items and also giving back to the community with a toy and food drive.

Thanks to The Woodland for everything...



Let's Talk...

Talk to Us!

The Woodland enjoys seeing not only the residents having outings, but the staff also. When looking back at 2015 we have been very blessed with being a part of The Woodland team. We are a family here and we tend to help each other when needed, but we also have to realize our management staff have numerous responsibilities.

Our management staff has many purposes—to make the residents home here at The Woodland as comfortable and enjoyable as possible. We work hard to make sure our community is one of which you're proud to be a part. Please discuss your ideas, comments and questions with the management office. We'd love to hear from you.

Uncle Sam and Seniors

While Social Security income typically is not taxable, that doesn't apply in all cases, especially if you have other sources of income. To determine if you need to file, speak to your own financial advisor or tax professional. If you don't have one, the IRS, along with many community service groups, offers free tax help for seniors. Visit www.IRS.gov for more information.

Motivational Tip

Turn problems into opportunities. The next time you're faced with a potential hurdle, take a step back and ask yourself what new capabilities the problem gives you. For example, a rude encounter with a stranger can be seen as a test to your patience. Having "nothing to eat" in your kitchen when payday is still a few days away challenges you to create new recipes from ingredients you do have. Forcing yourself to find the good in difficult situations helps you grow.

Outings Are Good for Your Brain

Trips to museums, zoos and other places of interest are not just fun ways to spend a day—they can also boost your cognitive abilities! To make the most of each visit, read the signs next to each exhibit and repeat the key information to yourself. After you've returned home, tell a friend or write about the experience to help retain what you've learned.

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 7	1 Arlene Johnson	Groundhog Day 2	3 Sandra Nygaard	4	5 Stephen Ferguson Mary DeJesso Elfriede Jones Nora Rutledge	6 Harry Ludwig
7	8 John Foreman	9 Mary Reardon Barbara Remington	10	11 Patricia Smiley John Johnson	12 Thomas Avent Ruth Catlin Jane Tomlinson	13 Rose Sapienza
Valentine's Day 14 Edward Harris Francine Giles	Presidents Day 15	16 William Pollard Dillard Scruggs	17	18	19 Alice Bartlett	20
21	22	23 Dan Owens	24 	25 George Cobb	26	27 James Whitlock
28 Mary A Lynn Willie Reid Sr Joyce Davis	29	<h1 style="font-family: cursive;">February</h1>				

