

# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

June 2014



## 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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## A Day for Dads

On the third Sunday in June, we celebrate the fathers in our lives. Happy Father's Day to all the dads out there!



## Word for the Month: Soak

During lazy, sultry days, many of us don't mind what Merriam-Webster's dictionary describes as "becoming saturated by" our favorite things. Whether you spend your summer days "soaking" up the sun or "soaking" in the cooling waters of a pool or other body of water, one thing is certain: summer's balmy weather and carefree days allow our thoughts to drift away and truly "soak" in some much-needed relaxation.

## Positive Thought

"Happiness often sneaks in through a door you didn't know you left open." —John Barrymore



## Beat the Heat

Drink plenty of water to stay hydrated when it is hot outside.

## Enjoy Your Summer

Go outside once a day just to savor the fresh air and sunshine.

## You Look Marvelous

June 1 is Say Something Nice Day.



Enjoyed the Fishin' Pig!

## Keep a List

Maintain a list of all medications you take: prescription drugs, over-the-counter products and vitamins. Include the dosage and how often you take it. Take a copy of the list with you every time you visit a health care provider.



Woodland Walkers Enjoying an Afternoon Stroll



### Cinco de Mayo!

### Mariachi



### Choir & Jazz Band from Phi Mu Alpha



### Thanks to Our Volunteers!



### Spring Break!

Bobbie Bedner's grandson, Layne, came to visit with his grandmother during his week of spring break instead of going to the sitter's.








Laugh Lines



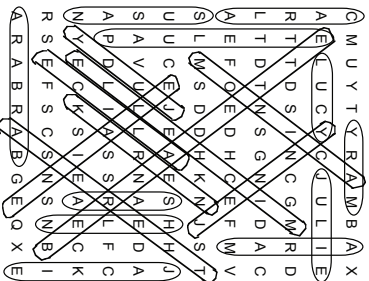
# June 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 John Varner Helen Baker	3 Pam Angello Elizabeth Owen Betty Perkins	4	5 Gene Grabeel James Wade Lillian Allen Frances Sowell	6	7 
8 Julia Tomlin	9 Jean Phillips	10 Sarah Cunningham	11 William Bradby Ernestine Garrett Esterlyn Young Theresa Shelton	12 Franklin Gallion Stephen Rhue	13 Melba Cross	14 Contance Gills
15	16	17 Terry Barksdale	18	19	20	21 Mary Sue Powell
22 Joan Osborne	23 Pauline Johnson	24 Betty Fox	25 	26	27 Joyce Spencer Sara Smith	28 Katharine Watts
29 Shirley Rice Elsie Finch	30					

## Word Search

Today's Category: Names for Girls

<p style="text-align: center;">C M U Y T Y R A M B A X A E L U C Y C J U L I E R T T D S I N C G M R D L T D T N S G N I D A C A E F O E D H C E F M V S L M S D D H K N J S T U U C E J E A E S H H J S A V U L L R N A E D A A P D L I A S S R L F C N Y E C K S I E A E C K R S E F S C S N S N B I A R A B R A B G E Q X E</p>	<ol style="list-style-type: none"> <li>1. <u>Lucy</u> _____</li> <li>2. _____</li> <li>3. _____</li> <li>4. _____</li> <li>5. _____</li> <li>6. _____</li> <li>7. _____</li> <li>8. _____</li> <li>9. _____</li> <li>10. _____</li> <li>11. _____</li> <li>12. _____</li> <li>13. _____</li> <li>14. _____</li> <li>15. _____</li> <li>16. _____</li> <li>17. _____</li> <li>18. _____</li> <li>19. _____</li> <li>20. _____</li> </ol>
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<p style="text-align: center;">Word Search Solution:</p> <ol style="list-style-type: none"> <li>1. Alice</li> <li>2. Barbara</li> <li>3. Bernadette</li> <li>4. Carla</li> <li>5. Elaine</li> <li>6. Helen</li> <li>7. Jackie</li> <li>8. Jenny</li> <li>9. Judy</li> <li>10. Julie</li> <li>11. Karen</li> <li>12. Lucy</li> <li>13. Maria</li> <li>14. Mary</li> <li>15. Michelle</li> <li>16. Monica</li> <li>17. Paulette</li> <li>18. Sara</li> <li>19. Susan</li> <li>20. Theresa</li> </ol>	
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