



# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

October 2015



### 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 Kitchen, Editor

Carey Waycaster, Assistant Editor

kkitchen@thewoodland  
inc.com

(434) 392-6106



The Lee wing is complete with 3 additional rooms for activities and

large events. The construction has made the area for residents to enjoy more than one activity at a time.



### The Community Building

As we watch daily before our eyes we are seeing the progress of The Community Building. The weather seems to be cooperating and progress is being made. Looks like we might be in by December 2015.

### Teatime Tames Tension

When temperatures drop, folks find themselves drinking more hot beverages throughout the day. Instead of coffee, drink black tea to reduce stress. Research shows that tea has tension-taming properties, so warm up and unwind with a steaming cup of tea today.



### Reducing Breast Cancer Risk

The prevalence of pink in October reminds us that it's

Breast Cancer Awareness Month. To help reduce the risk of breast cancer, *MayoClinic.com* recommends controlling weight, exercising regularly, avoiding environmental pollution and limiting alcohol consumption. **The Woodland would like to celebrate and remember those by having PINK FRIDAYS... GO Pink...**



**SMILE!**



**Audrey Schlickemeyer**



Audrey relocated here from Hampton Roads while completing her degree in Kinesiology with a concentration in exercise science. Wellness programs are a growing part of our community, and Audrey hopes to increase your quality of life.

### The Woodland Day Trippers



Hatton Ferry, Scottsville, VA

The Woodland Day Trippers took a trip to the historic Hatton Ferry located in Scottsville, VA, where they met "Captain Doug". The group learned some history behind the pole driven ferry and got to cross the tranquil James River, all the while enjoying the sun and gorgeous scenery. Afterwords, the group had lunch at Tavern on the James, which is also located in downtown Scottsville.



**Scott Smalley, Director of Facilities**

Scott has joined The Woodland team. He completed his degree at Longwood University and has been self-employed and brings years of experience in all aspects of maintenance and construction.



**Sittin' by the Camp Fire!**



**STRIKE!**



**October Folklore**

Much rain in October, much wind in December.

**Country Comedy Queen**

Minnie Pearl was born on Oct. 25, 1912.



**Happy 101st Birthday!**

Family came to help Ruth Simpson celebrate her 101st birthday!



**Birthday Party for Earl!**



**FUN!**

**Pasta Time!**

The Woodland had a special luncheon at the Jefferson Dining room for our residents, guests, & employees.

Our Chefs put on a wonderful pasta bar complete with toppings of your choice! Check out the monthly calendar for more exciting activities to come!



**Keep It Happy**

October is Positive Attitude Month.

# October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="font-size: 4em; margin: 0;">OCTOBER</h1>				1	2 	3
4	5	6	7	8 Eugene Fowlkes Linda Metcalf	9	10 Shirley Childress
11 Marian Baldwin Page Johnson	12 <b>Columbus Day</b>	13 Claude Schmidt Ayrle Locke	14	15	16 Homer Springer	17 Gail Davis Coleen Inge Selena White
18 Joan Neihouse	19	20	21	22	23 Nancy Redman	24 Catherine East
25 	26 Lorraine Elliott	27	28	29	30 Lois Nervig	31 Sherman Pierce Thomas Chambers

# Word Search

Today's Category: Words That Mean "Happy" or "Sad"

<p>M I S E R A B L E G G M  D C G D E T A L E P E T  L U F R E E H C L L U H  B D A L G D S D A E L R  V D D G U T G N M A B I  C E J O A F C S S S D L  J J K T W H W D I E F L  O E I C O N D O D D G E  Y C G L O O M Y R D R D  O T Y L L O J M E R R Y  U E X O S S L U F Y O J  S D W T N A L I B U J S</p>	<p>1. Pleased _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p> <p>11. _____</p> <p>12. _____</p> <p>13. _____</p> <p>14. _____</p> <p>15. _____</p> <p>16. _____</p> <p>17. _____</p> <p>18. _____</p> <p>19. _____</p> <p>20. _____</p>
---	--

Word Search Solution:

<p>1. Blue 2. Cheerful 3. Dejected 4. Dismal 5. Down 6. Ecstatic 7. Elated 8. Glad 9. Gloomy 10. Jolly</p>	<p>11. Joyful 12. Joyous 13. Jubilant 14. Low 15. Melancholy 16. Merry 17. Miserable 18. Pleased 19. Sorrowful 20. Thrilled</p>
--	---

