



# THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

October 2017



### 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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### 2017 Walk to End Alzheimer's

This year's walk to End Alzheimer's will be held on **Thursday, October 5, 2017**. It will be held at Longwood University, Lancaster Hall. The address is 201 High Street, Farmville, VA. Registration begins at 4 pm and the walk will start at 5 pm. It will be a 2 mile walk around campus. If you would like to participate or make a donation, please contact Marion Kyner at (434) 392-6106.

### Watch Nature's Splendor

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn." — Elizabeth Lawrence



*The Woodland will announce when flu shots will be available for residents and employees. Please stay tuned.*



### Prescription Safety

October observances include Prescription Errors Education and Awareness Week. If you haven't already, make a list of the medications you take, including the dosage, reason for taking, and any side effects you have experienced. Bring this list with you to every doctor visit and give a copy to a trusted relative or friend.

### All Smiles

"Do an act of kindness. Help one person smile." That's the goal of World Smile Day, the first Friday in October. The annual celebration was the idea of Harvey Ball, the artist who in 1963 created the bright yellow smiley face symbol that is now used everywhere.

### Happy Halloween

Ghosts, witches, ghouls and goblins will soon be popping up all around us, so beware! Have a safe and happy Halloween!





## Trivia Whiz

### Magnificent Falls

On the border between New York and the Canadian province of Ontario is a breathtaking natural wonder, Niagara Falls.

Niagara Falls was formed about 12,000 years ago.

There are actually three falls that make up the massive spectacle: Horseshoe, American and Bridal Veil falls. Horseshoe Falls is the largest at 2,200 feet wide and 170 feet tall.

More than 3,000 tons of water rush over Niagara Falls every second. Most of the water comes from four of the five Great Lakes, which drain into the Niagara River.

On Oct. 24, 1901, Annie Edson Taylor, a 63-year-old Michigan teacher, became the first of several daredevils to survive a plunge over the falls in a barrel.

About 12 million tourists visit Niagara Falls each year.



### Luray Caverns

The Courts residents enjoyed an overnight trip to visit Luray Caverns. They stopped at Gathering Grounds Café in Luray for lunch before heading to the caverns. They traveled the scenic road of the Skyline Drive.



### Corn Hole Fun

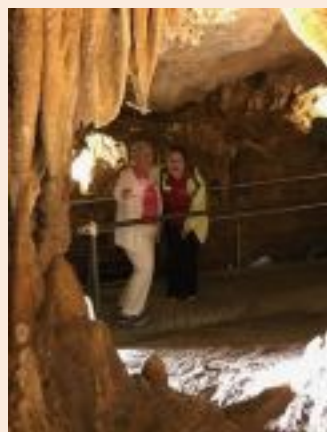


### Luau at Holly Manor





## Adventures



# October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3	4	5 Eula Martin Paige Walter	6	7
8	9 Columbus Day	10	11 Page Johnson	12	13 Evelyn Lynch Ayrle Lock Dorthula Massie	14 
15	16 Iba Edleman	17 Gail Davis Selena White	18 Heber Ashbrook	19	20 Albert Keeling	21
22 Anna Arthur	23	24	25 Vivan Caudill	26 Billy White Shirley Lewis	27	28
29	30 Lois Nervig	31 	<h1>October</h1>			

## SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

6	5	1	9	2	7	3	8	4
7	2	3	8	5	4	6	1	9
9	8	4	6	1	3	2	7	5
8	3	5	2	4	9	1	6	7
1	7	6	5	3	8	4	9	2
2	4	9	7	6	1	8	5	3
3	9	8	1	7	2	5	4	6
4	6	7	3	8	5	9	2	1
5	1	2	4	9	6	7	3	8

8					4		1	
		6		8		7		4
9		5			1			
	5				7	6		
2				3				1
			6				3	
	7		3			4		6
6		9		5		3		
	8		7					9