



THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

February 2018



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Popular Presidents

C-SPAN surveyed historians in 2017 to create a ranking of past U.S. presidents. The top five spots went to Abraham Lincoln, George Washington, Franklin D. Roosevelt, Theodore Roosevelt and Dwight D. Eisenhower.

Wellness for All

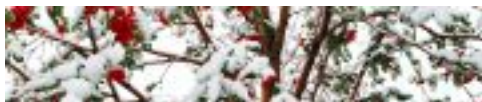
The Woodland has Wellness facilities that are open to the public. Stop by and check out what our Wellness department has to offer you and your family.

We have options in aquatics including open pool times for swimming, aquatics classes for arthritis and general exercise. Wellness also offers land options for personal training, cardio and strength needs. Stop by the pool or call (434) 392-6106 ext. 333 for more information on joining and schedule. Memberships begin at \$30 a month. Remember, if you are an employee of The Woodland, your membership is free.



The Woodland Gift Shop

The Gift Shop located at Brookview Assisted Living is open Wednesday & Friday 10 to 3 and on Thursday 11 till 6. Please stop by for any last minute gift ideas or shop for yourself.



A Crimson Classic

The color of love, red velvet cake is a much-desired dessert for Valentine's Day. This all-American recipe is a variation on chocolate cake. There are many stories about where and when it originated, but the crimson cake rose to popularity in the 1940s, after the Adams Extract company printed a recipe for it in order to sell its red food coloring, which was used to achieve its classic look.

Year of the Dog

Chinese New Year begins Feb. 16, and 2018 is the year of man's best friend, the dog.

A Month Without a Full Moon

This year, you won't see a full moon during the month of February, but March will make up for it by having two full moons, as did January. This happens about every 20 years, the last time in 1999 and occurring next in 2037.



Trivia Whiz

A Look at the Olympics

Speedskating, ice hockey and luge are a few of the many events on tap for the 2018 Winter Olympics in Pyeongchang, South Korea. Prepare for the Feb. 9–25 games by learning a bit more about the competition.

This will be the 23rd Winter Olympics. The first took place in Chamonix, France, in 1924.

South Korea hosted the 1988 Summer Olympics in Seoul, but this will be the Asian nation's first Winter Games.

The athletes in Pyeongchang will compete in 102 events in 15 sports.

The 2018 Games will feature four new events: big air snowboarding, mixed doubles curling, mass start speedskating and mixed team Alpine skiing.

February Events to Enjoy

There are many things to celebrate in the month of February....

- Groundhog Day February 2
- Nat'l Wear Red Day February 2
- Super Bowl February 4
- Mardi Gras February 13
- 2018 Olympics February 9-25
- Valentine's Day February 14
- Presidents Day February 19

Check with your activities department and your February calendar for dates and times.



Let's Hope Phil Doesn't See His Shadow!



Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The

Remember When: Wooden Sleds

For generations of children, the combination of a winter snowfall and a nearby hill made for a day of sledding fun. One of the most popular means of riding the snowy slopes was aboard a Flexible Flyer. The iconic wooden sled with its eagle logo, red metal runners and hardwood seat slats was famous for a revolutionary feature—a flexible front-end steering bar that allowed the rider to control their course. Created in 1899 by a New Jersey manufacturer, millions of the sleds were sold up until the 1980s.

Love Quenches All

"Love is the greatest refreshment in life." —Pablo Picasso

oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.



Santa visited during the December Birthday party.



Happy 105th Birthday Mary Martin!



New Year's Eve Auction fun!



Dorothy Wilkerson was crowned Queen at Holly Manor for Mardi Gras.



Edith Stith was crowned on the Watson Unit.



Lois Bickford won the December Bingo tournament.



Wit & Wisdom

"How sweet the words of truth, breathed from the lips of love."
—James Beattie

"Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold."
—Judith Olney

"Life is short, and it is up to you to make it sweet."
—Sarah Louise Delany

"The road to greatness is often sought, but if journeyed with kindness, it is sweetly paved."
—Tom Althouse

"Connecting our hearts through love yields a nectar so sweet we are forever full."
—Amy Leigh Mercree

"But friendship is the breathing rose, with sweets in every fold."
—Oliver Wendell Holmes

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 	3 Marie Blanton Sandra Nygaard
4	5 Elfriede Jones Nora Rutledge	6 Dorothy Wilkerson	7	8	9 Mary Reardon Ruth Walker Barbara Remington	10
11 Joyce Grant John Johnson Patricia Smiley	12 Thomas Avent Ruth Catlin Jane Tomlinson	13 Rose Sapienza	14 Valentine's Day Edward Harris	15	16 William Pollard	17
18	19 Presidents Day Alice Barlett	20	21 Anne Berry	22 Marie Humphreys	23 Dan Owens	24
25	26	27	28 Mary A Lynn Willie Reid, Sr Joyce Davis	<h1>February</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

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

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