

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

January 2019



OFFICE HOURS

Bus. Office M-F 8:30-4:30

IMPORTANT NUMBERS

24 Hours (434) 392-6106

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The Woodland Connexion

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Laugh Away the Winter Blahs

If you find yourself with a case of the winter blahs, try watching a comedy or chatting with a funny friend. Studies show that laughter causes your brain to release mood-lifting endorphins.

Dress for the Weather

Winter weather is unpredictable, so please be prepared with proper clothing when you leave the building. Dressing in layers and taking along a coat is advisable.

Remember Martin Luther King Jr.

As we celebrate the birthday of Martin Luther King Jr. this month, let's take a few moments to remember the accomplishments and teachings of this great civil rights leader.

Monday, January 21, 2019



The First Snowfall of the 2018-2019 Season

On December 5, 2018 the Farmville area was surprised by a freak snow cloud. Thankfully, it went just as quickly as it started. Who knew it was just a taste of what was on its way. The following Sunday, December 9, 2018, the entire Farmville area was inundated with snowfall totals between 9 to 12 inches!



Community Card Games

The Community is cordially invited to The Woodland every 2nd & 4th Thursday of each month. Begins at 2pm at Varner Hall-Brookview.



Support Group Information

*Alzheimer's Association
Caregiver Support Group for
Families and Caregivers of
Persons Living with Dementia*

meet on the 1st Thursday of the month at 2pm at Brookview. For more information, please contact Marion Kyner at (434) 392-6106, ext 222.

Find us on 

Type in The Woodland Inc and
like our page!



Trivia Whiz

In Praise of Penguins

They've been featured in movies and are a main attraction at many zoos and aquariums. Here's a peek into the world of the penguin.

There are at least 17 species of penguins, and they all live in the Southern Hemisphere.

The smallest species is the little blue penguin, which is about 16 inches tall. The largest, the emperor penguin, stands 4 feet tall.

They are flightless birds, but penguins are great swimmers and spend much of their lives in water.

Penguins hunt for fish during underwater dives that can last up to 20 minutes. Insulating feathers help penguins stay warm in the water.

Penguin nesting areas are called rookeries and may contain thousands of pairs of birds.

Madeline House Welcome Bags

Residents of Brookview and Watson worked on putting together Welcome Bags for Madeline's House for Christmas.

Madeline's House is a non-profit organization providing comprehensive services for individuals and families experiencing domestic and sexual abuse. Southside Center for Violence Prevention, Inc was established in response to the cries of persons who experience domestic and sexual violence and their primary need for immediate help and safety by:

- Providing temporary housing
- Empowering clients and residents to become survivors
- Assisting them in regaining control of their lives through a wide range of services

- Supporting these individuals in ending their experience of violence and homelessness through client advocacy, counseling, and community support systems.



Fuqua 8th Graders

Students from Fuqua School 8th grade class visited Brookview residents and helped in decorating the Christmas Trees.





Christmas Memories



Powers and Brown perform



Fuqua Generational Reading Program.



Geriatrics Christmas Play Performance



Calvary Hill Quartet from North Carolina performs



Plan Some Puzzle Time

See if you can solve this riddle: What day is celebrated every Jan. 29? A clue: Taking part can improve brain health, memory, language and problem-solving skills—and it's fun. The answer is National Puzzle Day! From crosswords and sudoku to jigsaw puzzles and word games, take some time on this day and every day to enjoy a puzzle.



Throw on a Scarf

Keep warm by wearing a scarf around your neck to help retain body heat. In addition, experts say using a scarf to cover your nose when going outside in frigid weather can help fight off the cold virus. Warming the air you breathe into your nasal cavity may thwart the virus, which thrives in cool air.



Wit & Wisdom

"Even though the future seems far away, it is actually beginning right now."
—Mattie Stepanek

"There will come a time when you believe everything is finished. That will be the beginning."
—Louis L'Amour

"Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect."
—Alan Cohen

"You will never win if you never begin."
—Helen Rowland

"Begin somewhere; you cannot build a reputation on what you intend to do."
—Liz Smith

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."
—Maria Robinson

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day 1	2	3 Opal Tyler	4	5
6 	7 Irma Health Doris Bellofatto	8 John Atkinson	9 Earl Amos	10	11	12
13	14 Margaret Cole	15 Julia Easter	16	17 Cheryl Allen	18 	19
20 Martin Luther King Jr. Day	21 Robert Laws	22 Charles Barron	23 Lenarose Huddleston	24 Edith Pace	25 Mabel Taylor Elizabeth Lackey	26
27 Barbara Bedner	28	29	30 John Hall	31	<i>January</i>	

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

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

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