



THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

August 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

Karen Kitchen, Editor

Carey Waycaster, Assistant Editor

kkitchen@thewoodland

inc.com

(434) 392-6106



Thank You, Chestnut Grove Community

The Woodland residents had the opportunity to enjoy July 4th in the Chestnut Grove area of Buckingham. They were treated with good food, fireworks and hospitality.



Car Show At the Woodland

The residents enjoyed getting to view the antique car show. The cars brought back many memories.



Wake Up and Drink Up

After a night of sleep, rehydrate your body by drinking a glass of water when you first wake up. The replenishment can provide a natural pick-me-up as you start the day.



Build Balance by Swimming

In addition to enjoying a gentle, low-impact exercise, seniors have another reason to take up swimming: fall prevention. Multiple studies show that swimmers have a 30 to 50 percent lower risk of falling.

Add More to S'mores

Make a tasty and healthy addition to s'mores. Take the campfire creation to another level by sandwiching sliced strawberries, bananas or peaches between the classic ingredients of chocolate and marshmallow.



Trivia Whiz

Top Dogs

Celebrate these "pup" culture icons on National Dog Day, Aug. 26.

Petey. The original pooch in "The Little Rascals" kid comedies had a partial black circle around one eye, which makeup artists completed with dye, giving him his distinctive look.

Pluto. Since 1930, Mickey Mouse's pet has entertained audiences with his silly facial expressions and playful personality.

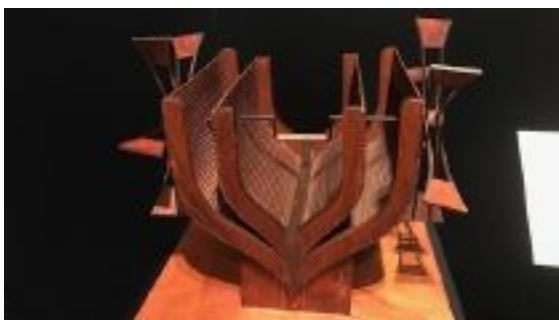
Toto. Dorothy's companion, who journeyed with her to a magical land in the film "The Wizard of Oz," was played by a black cairn terrier named Terry.

Benji. This heroic mixed-breed mutt became a box office star when his first film debuted in 1974.

Gidget. The small Chihuahua with the big personality starred in commercials for the fast-food chain Taco Bell in the late 1990s.

"Da Vinci Alive" At Science Museum of Virginia

The Courts residents visited the traveling exhibit from Australia located at the Science Museum of Virginia in Richmond, VA. The exhibit runs May 13 thru September 5.



Riverfront Historic Canal Cruises

The Courts residents went on a historic tour on the Richmond Riverfront along the historic Canal Walk.



The canal system started in 1789 after George Washington lobbied the General Assembly for a canal & turnpike system that would connect harbors of the east and west.





Courts residents enjoying a picnic.



Lazy afternoon of fishing.



Good friends and Good food.



Wit & Wisdom

“When you can’t make them see the light, make them feel the heat.”
—Ronald Reagan

“Maybe we adults idealize our own red-rover days, the hot afternoons spent playing games that required no coaches, eating foods that involved no nutrition, getting dirty in whole new ways and rarely glancing in the direction of a screen of any kind.”
—Nancy Gibbs

“I’m surprised how hot it gets in the Moab Desert. I knew it got hot, but I didn’t think it got, like, Mercury-hot.”
—Adam Ferrara

“What dreadful hot weather we have! It keeps one in a continual state of inelegance.”
—Jane Austen

“It ain’t the heat, it’s the humility.”
—Yogi Berra

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8		10 Helen King	11 John Ritter	12
13 Marie Enders	14 Gladys Lott	15	16 Catherine Robertson William Frank	17 Gloria Hackney	18	19
20 Walter Flowers	21 Marie Love	22 Claudine Harris	23	24 	25 Joyce Burke	26
27	28 Ollie Lewis Ruby Pulliam	29	30 Bessie Ransome	31	<h1>August</h1>	

Word Search

Category: Money (New and Old) Around the World

M C D P P E S E T A G O
 D X E D C D G H D U D G
 C S D I G N I G E C I G
 O G R N F I Y C Y K M U
 R H A A R C K B N D E I
 U B C R A K R D N Y L L
 P M H L N E O K E G I D
 E A M D C L N N P H R E
 E R A G L G A S E C A R
 A K C A D H S P O U N D
 S D R X Q U A R T E R S
 S H I L L I N G J S C O

- Dime _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

- Word Search Solutions:
- Dime
 - Dinar
 - Dollar
 - Drachma
 - Euro
 - Franc
 - Guilder
 - Krona
 - Lira
 - Mark
 - Nickel
 - Penny
 - Peseta
 - Peso
 - Pound
 - Quarter
 - Ruppee
 - Shekel
 - Shilling
 - Yen

