

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

June 2019



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

Carey Waycaster, Editor

cwaycaster@thewoodland
inc.com

(434) 392-6106

Popular Dad-isms

"I'm not made of money."
"Go ask your mother." "When
I was your age ..." According to
a survey, these are some of the
top sayings frequently heard
from fathers.

Happy Father's Day

June 16



100th Anniversary of Peace

World War I officially ended
on June 28, 1919, with the signing
of the Treaty of Versailles in the
Hall of Mirrors in France's Palace
of Versailles.



Ready, Set, Summer!

Get ready to enjoy the sun-
drenched glow of summertime.
The summer solstice is Friday,
June 21, and signals the official
start of the season. It will bring the
longest stretch of daylight and
the shortest night of the year in
the Northern Hemisphere.

Honoring Old Glory

In 1916, President Woodrow
Wilson officially established
June 14 as Flag Day. It honors the
day in 1777 when the first version
of the flag, featuring 13 stars and
13 stripes, was adopted as the
nation's official flag.

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

'Berry' Healthy Fruits

Juicy berries are a refreshing summer treat. Enjoy these berries that are ripe for the eating:

Strawberries. This summer staple often tops surveys as America's favorite berry. Strawberries are packed with vitamin C and a good source of fiber.

Blueberries. Plump, round blueberries have a high concentration of antioxidants, earning their status as a super food.

Raspberries. At 8 grams per cup, raspberries are one of the fruits highest in fiber. Red varieties are the most popular.

Blackberries. Their deep, glossy color is a good indicator of their nutritional content. Blackberries are loaded with disease-fighting antioxidants, manganese and vitamins C and K.

Fire Safety

Residents enjoyed learning how to use the fire extinguishers.



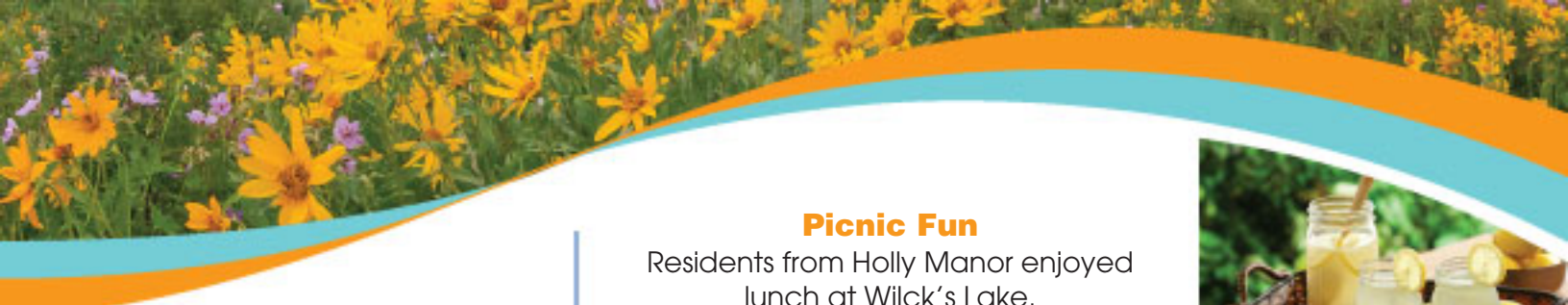
Thanks to Joe, Brian & Steve for all their hard work.



Fishing at Wilck's Lake

Residents from The Courts and Brookview enjoyed an afternoon of fishing.





Picnic Fun

Residents from Holly Manor enjoyed lunch at Wilck's Lake.



Margaret Cole made a new friend.



Wit & Wisdom

"There are no rules of architecture for a castle in the clouds."
—G.K. Chesterton

"How sweet to be a cloud, floating in the blue!"
—A.A. Milne

"Let's build us a happy little cloud that floats around the sky."
—Bob Ross

"You must not blame me if I do talk to the clouds."
—Henry David Thoreau

"Human minds are more full of mysteries than any written book and more changeable than the cloud shapes in the air."
—Louisa May Alcott

"The seasons do not push one another; neither do clouds race the wind across the sky. All things happen in their own good time."
—Dan Millman

Baseball!

Courts residents went to see the Lynchburg Hillcats baseball game.



Easter Egg Hunt at Holly Manor



Winners of the Easter Egg Hunt
Fannie Borum, Carol Prescott, Selina White



Courts residents enjoyed a night out in Farmville.



Group came in to visit with residents and hand out goodies.



June 2019

Sunday

Monday

Tuesday



Wednesday

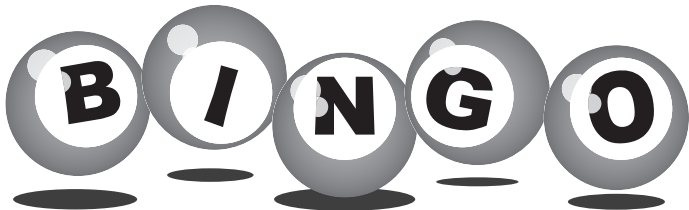
Thursday

Friday

Saturday



						1
2 William DeRegibus	3 Betty M Perkins Pamela Angello	4 Robert McDaniel	5 James Wade Joyce Trail	6	7 Elaine Hawkins	8 Joseph Vick
9	10 Mildred Bass	11 Esther Kernodle William Bradby Janice Mahone	12	13 	14 Dorothy Shumaker Shirley Hartley	15 Naomia West
16 Eunice Whitehurst	17 Rosalie Davis	18 	19 Roger Pope Vicie Grotte	20 Jessie Hodges	21	22 Mary Cooper
23/30 23-Pauline Johnson	24 Betty Fox	25	26	27 Joyce Spencer	28	29 Elsie Finch Shirley Rice



T	R	E	A	
Trike	Ralph	Ed	Alice	Characters on TV's "The Honeymooners"
Tanzania	Equatorial Guinea	Libya	Lesotho	African Nations
Togo	Rwanda	Ethiopia	Algeria	Three-letter Body Parts
Tang Tea	Root beer	Espresso	Apple juice	Beverages
Tomato juice		Limeade	Arm	African Nations
Toe	Rib	Eye	Leg	Characters on TV's "The Honeymooners"
Travolta	Raitt	Elway	Landis	
Tururo	Ritzler		Leguano	
Tyer			Limow	

ALERT

	FREE SPACE				