

THE WOODLAND CONNEXION

RESIDENTS' NEWSLETTER

August 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

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inc.com

(434) 392-6106



Spirit of Norfolk Cruise Line, Norfolk, VA

The Courts residents enjoyed a one day cruise of the Elizabeth River on the Spirit of Norfolk in Norfolk, VA. They got to see the sites of Old Fort Norfolk, Tanners Point, Monitor/Merrimac Battle site & much more.



Senator Mark Peak Visits

The Senator visits and gives a brief talk on upcoming legislative matters. Thank you, Sen Mark Peak, for visiting!



Many Ways To Hydrate

In addition to plain water, other beverages and foods help you stay hydrated, too. Mix it up with flavored or sparkling water, smoothies, fresh fruit and vegetables, and savory broths.

Community Card Games

The Community is cordially invited to The Woodland Community Center every 2nd & 4th Thursday of each month. Games begin at 2pm. Please come join us.



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

Get to Know Graceland

Elvis Presley's sprawling Graceland estate in Memphis, Tenn., opened to the public in 1982. Get all shook up with these facts about the King's home.

The original owners named the property Graceland, after a female relative.

In 1957, at age 22, Presley bought the home and surrounding land for \$102,500, which would be about \$920,000 today.

The mansion's legendary music-themed iron gates were installed soon after the home's purchase.

The Jungle Room was a favorite hangout for Presley, who wanted the room to remind him of Hawaii.

Drawing more than 600,000 visitors each year, Graceland is the second most-visited home in the U.S., after the White House.

Remembering Woodstock

In August 1969, thousands of people crowded into a hayfield in rural New York for Woodstock, a music festival that became a cultural phenomenon.

Four young men organized the Aug. 15-17 event to raise money to build a recording studio and retreat for musicians. Billed as "An Aquarian Exposition: Three Days of Peace and Music," the festival was planned to be held in Woodstock, N.Y., but problems forced a change in location to a farmer's field 50 miles away in Bethel, N.Y., in the Catskill Mountains.

About 50,000 attendees were expected. When crowds began arriving two days early before ticket booths were set up, organizers decided to make the concert free, and nearly half a million people swarmed to the venue.

Some of the biggest names in music performed at Woodstock. Among the 32 acts were the Grateful Dead,

Janis Joplin, Arlo Guthrie, Sly and the Family Stone, Joan Baez, Ravi Shankar, Santana, and the Who. Rain delays pushed the festival into a fourth day, and Jimi Hendrix closed it out, playing an iconic version of "The Star-Spangled Banner" on his electric guitar.

Woodstock is often praised for its peaceful expression of the musical and cultural idealism of the 1960s.



Fun Food Games

Encore Therapy Department with The Woodland Activities Department threw a Fun Food Game day at the Community Center with the residents.



Outdoor Therapy

Take a book or deck of cards outside and enjoy the summer breezes while you relax.



'Bark' the Date

Aug. 26 is National Dog Day which celebrates all dogs & serves to help excite the public to recognize the dogs that need to be rescued.



Catch Some Fun

We're planning fishing trips this month, and we hope you take the bait and join us for a "reel" good time! Check the Brookview activities calendar for details.



Brookview men enjoyed a cookout on the patio.



Courts & Brookview residents enjoy homemade ice cream.



Lewis Ginter Botanical Gardens



Richlands Dairy Farm & Creamery



Wit & Wisdom

"I look on life as a joyous adventure."
—Ernie Harwell

"Instead of trying to make your life perfect, give yourself the freedom to make it an adventure, and go ever upward."
—Drew Houston

"The biggest adventure you can take is to live the life of your dreams."
—Oprah Winfrey

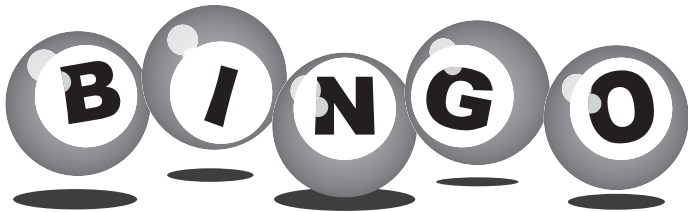
"We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open."
—Jawaharlal Nehru

"It's never too late in life to have a genuine adventure."
—Robert Kurson

"Adventure is worthwhile in itself."
—Amelia Earhart

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>August</h1>				1	2 Agnes Schrier	3
4	5	6	7	8	9 	10 Helen King
11 John Ritter	12	13 Marie Enders	14 Gladys Lott	15 Ruby Hypes Mary Huth	16	17 Gloria Hackney
18	19 Charles Gough	20 Peggy Cave	21 Marie Love	22	23	24
25 Joyce Burke	26	27 Katie Jones	28 Ruby Pulliam	29	30 Bessie Ransome	31



Salad	Dessert	Appetizer	Entree	Hors d'oeuvres	Formal Courses
Swedish	Dutch	Armenian	Estonian	Hungarian	Languages
Spanish	Danish	Arabic	English	Hindi	Hebrew
Slovak	Austrian	African	Albanian	Hebrew	Texas
San Antonio	Dallas	Austin	Ariflene	El Paso	Famous Cities in Texas
Singleton	Dryden	Audubon	Elway	Houston	Famous People Whose First Name Is John
Shea	Denver	Adams	Elway	Houston	Famous People Whose First Name Is John
Schneider	Daily	Adams	Elway	Houston	Famous People Whose First Name Is John
Scalp	Free Space	Arkie	Elbow	Heart	Five-letter Body Parts
S	D	A	E	H	

- Five-letter Body Parts
- Famous People Whose First Name Is John
- Famous Cities in Texas
- Languages
- Formal Dinner Courses

<h1>HEADS</h1>				
			FREE SPACE	