



CHANGES TO THE CALENDAR

On Fridays, Coffee Hour will be at 9:00 am. Exerpath will be at 11:00 am. At 2:00 pm we will have Mindful Moments. This will consist of relaxation time, deep breathing, relaxing music, etc. Please join us!

Newest Residents

Odessa & Nate Bunch in 331

Demetrel Shinall in 215

July Trivia:
1957 American Bandstand debuted

Famous Seniors:
When this 78 year old's fingers became too stiff to hold a needle to embroider on canvas, she began to paint in oils. These brightly-colored paintings of rural America became popular.
-ANNE MARY MOSES or GRANDMA MOSES

Dog Days of Summer: July 3 – August 11

Puzzle of the Month: What goes up the hill, down the hill, and yet stands still?
-A road!

EVENTS FOR JULY

July 7—Strawberry Ice Cream
Grab & Go—12:30

July 20th — Ice Cream Sundae
Grab & Go—3:00

July 23rd — Hula Hoop Contest

July 29 — Buffalo Wing Lunch
Grab & go— 1:00

In addition to these events, we have events everyday. Check you calendar for times and events.



Woodbridge Senior Village

COMMUNITY INFORMATION

COMMUNITY MANAGER:
MARCY MOCTEZUMA

MAINTENANCE TECH:
BO JENNINGS

OFFICE PHONE # & AFTER HOURS
EMERGENCY SERVICE #:
402-573-5555

MANAGER EMAIL:
MANAGERWOOD-BRIDGE@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO RM6A HOLDINGS

PLEASE BE SURE TO WRITE YOUR APARTMENT # IN THE MEMO LINE OF YOUR CHECK.



Woodbridge News

July 2020

“Come as strangers, live as friends”

REMINDER!

Children are not allowed at Woodbridge during this time of Covid-19. All visitors MUST use the front entrance and sign in. The ONLY visitors that can come in right now are caregivers and adult family caregivers. All visitors and caregivers MUST wear a mask and sign in at the front door when you enter and sign out when you leave.

Please help us keep our residents, your family, safe and healthy.

**Stay safe
Thank you!**

Quote of the Month: “A swam of bees in May is worth a load of hay, a swarm of bees in June is worth a silver spoon, but a swarm of bees in July is not worth a fly.” Proverb

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Canada Day – “O” Canada! Flip a coin day—Do heads/ tails 10 times. How many times did you guess it right? 11am-Dance Exercise 2pm– Connect Quest	2 Stretch your arms wide and touch your nose 10 times with each hand. 11am-Seated Stretch 2pm– BINGO	3 9:00 am– Coffee Hour 11am-Exerpath 2pm– Mindful Moments	4 Independence Day 
5 Full Moon	6 From your balcony/patio, what is the first thing you see move? (dog, bird, person) 11am-Tai Chi 2pm– Scholar Hour	7 National Strawberry Ice Cream Day 11am-Balance Training 12:30 Strawberry Ice Cream Grab & Go 2pm– Building Walk	8 Find 5 things in your apartment that are Red 11am-Dance Exercise 2pm– Connect Quest	9 Take a brief walk outside or in hallway 1am-Seated Stretch 2pm– BINGO	10 9:00 am– Coffee Hour 11am-Exerpath 2pm– Mindful Moments	11
12	13 International Puzzle Day Work on a favorite puzzle 11am-Tai Chi 2pm– Scholar Hour	14 Eat your favorite type of cheese 11am-Balance Training 2pm– Building Walk	15 Call a friend just to say, “Hi” 11am-Dance Exercise 2pm– Connect Quest	16 Make a card or write a note to a friend 11am-Seated Stretch 2pm– BINGO	17 65th Anniversary of Opening Disneyland 9:00 am-Coffee Hour 11am– Exerpath 2pm– Mindful Moments	18
19 National Ice Cream Day	20 Dance in your apartment to your favorite song 11am-Tai Chi 2pm– Scholar Hour 3:00 Ice Cream Sundae Grab & Go	21 Find 5 blue things in your apartment 11am-Balance Training 2pm– Building Walk	22 Take a friend a treat 11am-Dance Exercise 2pm– Connect Quest	23 Gorgeous Grandma Day & Hula Hoop Day 11am-Seated Stretch 12:30 Hula Hoop Contest 2pm– BINGO	24 9:00 am– Coffee Hour 11am-Exerpath 2pm– Mindful Moments	25 National Wine & Cheese Day and National Hot Fudge Sundae Day
26	27 Close your eyes and think about a relaxing place for 2 minutes 11am-Tai Chi 2pm– Scholar Hour	28 Sit on a chair and touch your toes 5 times 11am-Balance Training 2pm– Building Walk	29 National Chicken Wing Day 11am-Dance Exercise Buffalo Wing Lunch 1:00 2pm– Connect Quest	30 Sit on your patio/deck and listen for 5 sounds with your eyes closed 11am-Seated Stretch 2pm– BINGO	31 9:00 am– Coffee Hour 11am-Exerpath 2pm– Mindful Moments	