



THE OAKS
AT WOODFIELD

A Trilogy Senior Living Community

Outlook

January 2022

New Year's Resolutions in 2022

Inspired by healthinaging.org, these simple but effective New Years resolutions are sure to help anyone who is looking to make the most out of 2022. Here are just a few ways that you can better yourself as we begin the new year:

Stay sharp! – Being mentally active is a sure-fire way to help your brain stay healthy and alert. Whether it's getting lost in a good book, playing a board game with a loved one, or simply sharing a childhood story with a close friend, the benefits of keeping our minds engaged is just as beneficial to the brain as it is to opening our hearts. Need a place to start? Talk to any member of our team about our *Artisans* program, where you'll be engaged by creating arts and crafts up to twice weekly!

Keep Active! – Equally as important to our mental health is our physical health. Even as we age,



keeping physically active can not only be safe and healthy, but it can help us stay happy and healthy for years to come. Talk to any member of our team about our *Vitality* program, where we provide opportunities for physical movement up to three times a week. We'll be more than happy to talk to you about your comfort level, what you can do, and how we can help you get started!

Explore a New Passion! – As a resident of our campus, there's never been a better time to pick up a new skill or hobby. With our *Lifelong Learning* program, we're

proud to teach courses in topics including art, computers, history, humanities, international studies, languages, music and performing arts, psychology, social studies, recreation, science, health, and math. Talk to any member of our team about what interests you today!

Whether you're looking to make a change or already love the life you're living, we're here to support you every step of the way. For more information about any of these resolutions, talk to our Life Enrichment Director today. Happy New Year from our family to yours!

Happy Birthday!

Residents

Dorothy O. January 17

Staff

Kimberly L. January 01

Donna H. January 02

Latoya C. January 03

Tawana B. January 07

Nicole L. January 12

Teresa E. January 14

Daniil M. January 27

Scott D. January 29

Angela W. January 29

Family Night

Our first family night will be Monday, January 31st from 6:30 PM – 8 PM. We will be doing FAMILY VISIONARY BOARDS for the new year and playing games. Refreshments will be provided by our dining services. RSVP to Life Enrichment 810.606.9950.

Campus in Color

We are not staying dormant for Campus in Color. We are working on our plants this winter, giving them some love! If you like to garden come join our efforts.

Volunteer News

Start the new year by joining our volunteer program. Talk to Lesa in Life Enrichment 810.606.9950 for information. Whether you like to play games, chat, do crafts, cards, or crochet, you can make a difference doing the things you enjoy.

Executive Director Corner

Welcome to 2022!

I hope that everyone had a wonderful holiday and New Year. Being able to celebrate the end of 2021 with my new "family" here at the Oaks, not only was a perfect sendoff for this hectic year that we just had, but perfectly captured the spirit of the year that we look forward to having here in 2022.

Every day I am impressed by the servant hearts of the staff, here at the Oaks. 2022 will be our year!

As we continue to stay warm, I want to give a huge "thank you" to everyone who participated in our 2021 Hope for the Holidays campaign. Driven by the kindness of our friends, families, and residents, our campus was proud to make a meaningful contribution to our local charities this

past holiday season. Stay tuned for additional updates on how much of an impact we were able to make!

In the coming weeks, we'll have more to share about everything that we have planned for 2022 – from Theme Dinners, community outings, retreats, and more. And if there's anything in particular that you want to see happen at our campus, be sure to talk to our Life Enrichment Director. They'll be happy to hear from you!

I look forward to growing as a team and am excited to serve the staff and residents here.

Let's have a great 2022, everyone!

Yours in Service,

Kelly Glynn

Executive Director

Smiles of the Month

This month is "ACTIVITY PROFESSIONAL MONTH." Take a moment to thank your Life Enrichment Team. They strive to serve you each and every day!





More Smiles of the Month

Inspired Living

Have some ideas for activities? Tell Life Enrichment. We love to try new things!

Upcoming Events

BRAIN FIT (5-week course to encourage memory, mood, and mind) begins Monday January 10th

FAMILY NIGHT, January 31st 6:30 PM – 8 PM

SENIOR EXECUTIVE CLUB (SEC) Tuesday, January 18th

Sunday Brunch Schedule for 2022

This year, we are excited to get back to our Trilogy Brunches. Currently, each resident may have two guests attend. Please note that guests must be vaccinated. RSVP to The Oaks one week prior to the brunch. Call 810. 606.9950 for information.

January 23rd

February 27th

March 27th

April 24th

May 22nd

June 26th

July 24th

August 28th

September 25th

October 23rd

November 27th

December 18th





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5370 East Baldwin Road

Grand Blanc, MI 48439

810-606-9950

theoaksatwoodfield.com |

Kelly Glynn
Executive Director

Lindsay Lloyd
Director of Health Services

Judi Cottrell
Customer Service Representative

Tanya Cartier
Customer Service Specialist

TBD
Rehabilitation Director

Lesla Carver
Life Enrichment Director

TBD
Director of Social Services

Brandon Maas
Director of Food & Dining Services

Kellie Partington
Legacy Lane Coordinator

Anthony Timmons
Environmental Services Director

Nicole Lepus
Guest Relations

Anna Morrison
Assisted Living Director

Stay in the Loop

Keep up with latest campus news
and happenings by following
us on your favorite social networks!

*We strive to provide the best customer
service and quality care for our residents.*

*Our Department Leaders are here
to solve any concerns you may have.*

*In the event that you need further
assistance with any unresolved concerns,
we encourage you to call or email
our Compliance Hotline: 800-908-8618,
ext. 2800; or comply@trilogyhs.com*

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Monthly Trivia & Activity Corner

All trivia answers will be printed in our upcoming month's newsletter!

Question 1: What was the first year there were fireworks for the New Year's Eve celebration in New York?

Question 2: What is the state called when animals sleep during the winter?

Question 3: What was Walt Disney's middle name?

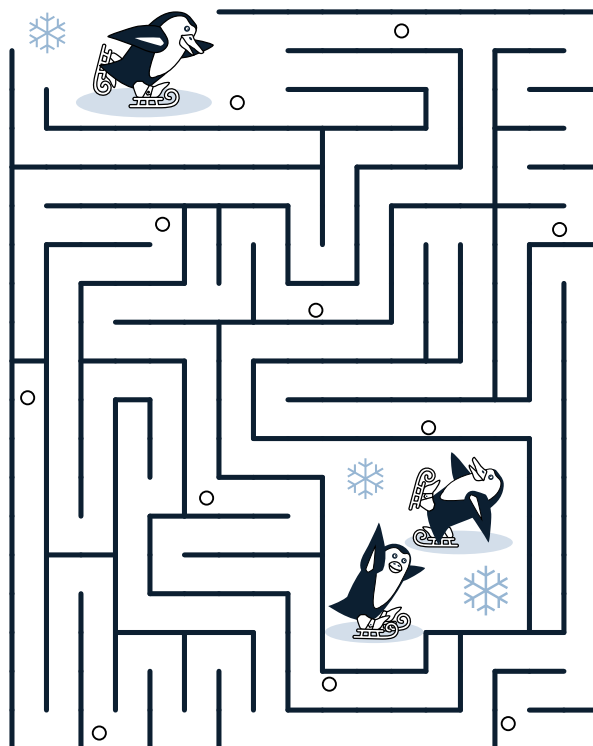
Question 4: What was the first toy to be advertised on TV?

Question 5: What is the total number of dots on a pair of dice?

*Flip the page for last month's
trivia answers:*

Q1: Who sang "I'm Dreaming of a White
Christmas"? Bing Crosby
Q2: How many reindeer in total help pull
Santa's sleigh? 9
Q3: What country does egg nog originate
from? Britain
Q4: What is another name for a Christmas
tree? Pine tree
Q5: Over 360 million glasses of _____ are
consumed across the world on New Year's
Eve. Champagne

Help the penguin join his friends for a skating party!



Word Search

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

ACTIVE

AGE

ALERT

ART

BOOK

COMFORT

COMPUTER

GAME

HEALTHY

HOBBY

INTERESTS

MOVEMENT

PASSION

RESOLUTIONS

SHARP

THEATRE