

livfun

The Linden at Woodbridge

SEPTEMBER 2020 • BELIEVE

A Grand Relationship

Anyone who has received a loving hug, phone call or letter from a grandchild knows how truly special and beneficial that bond is.

Intergenerational relationships are important for the emotional growth of a child, who develops a sense of belonging and identity by feeling part of a larger family. A grandparent can strengthen this connection by passing on family history, heritage and traditions. Grandparents also serve as a child's source of wisdom, emotional support, entertainment and, of course, unconditional love.

In return, grandchildren bring meaning and joy to a grandparent's life. By being able to play a nurturing role and watch grandchildren grow—without the responsibility of primary parenting—grandparents experience an increased sense of self-worth and purpose.

One of the biggest rewards of the grandparent-grandchild relationship is learning new things from each other. Together, grandparents and grandchildren can share and explore existing passions and new interests, and both old and young can experience the world from a fresh perspective.



Find Joy Through Journaling

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

Ease stress: Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

Solve problems: When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

Improve relationships: It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

Set goals: By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals, and you can use your journal to track your progress as you move toward achieving them.



The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.

Dried Fruits for a Wellness Boost

Bite-sized servings packed with flavor, dried fruits can be a sweet addition to a nutritious diet. When you're hankering for a snack, reach for one of these popular options:

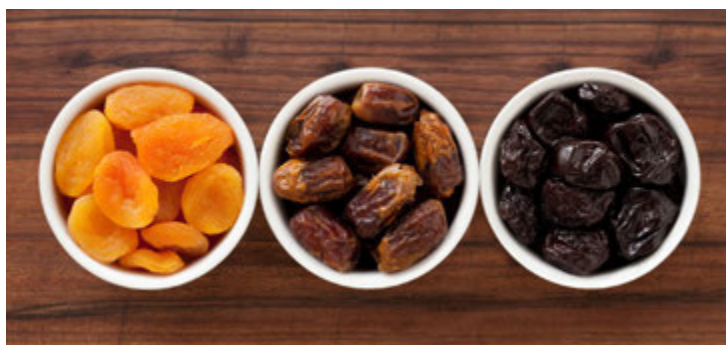
Apricots – This orange, velvety fruit related to the peach is rich in vitamins A, C and E, which promote healthy vision, benefit your skin, and can help strengthen immunity. Apricots' high calcium and iron content aids in maintaining strong bones and good circulation.

Dates – Although they taste very sweet, dates have a low glycemic index, making them a nourishing nibble for those watching their blood sugar levels. Full of fiber and iron, these sticky dried fruits are featured in baked goods, as well as rice and lentil dishes.

Prunes – Like dates, prunes, which are dried plums, are a sweet, filling snack that won't cause blood sugar levels to spike. Prunes are good sources of vitamins A and K, as well as fiber, potassium and boron, a mineral that supports bone health.

Figs – Grown on certain species of ficus trees, figs have more fiber than any other fruit. Their high levels of fatty acids, antioxidants and prebiotics can help lower cholesterol, prevent disease and improve digestion.

Raisins – These dehydrated grapes contain potassium and iron, which are linked to lowering blood pressure and inflammation. Sprinkle them in cereal and salads, bake them in cookies and bread, or add them to trail mix. They're also a flavorful ingredient in a variety of savory recipes.



Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

- More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.
- First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which is a fruit that grows on small trees.
- Brazil is the biggest producer of the globe's coffee supply.
- You'll find two main types of coffee beans: The most common is Arabica and robusta is the variety used for instant coffee.
- There's a lot of scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.
- According to sales figures, cold brew is now the hottest coffee trend in the U.S.
- Why do you get that jolt from java? The caffeine in coffee triggers the release of adrenaline and boosts the brain's level of dopamine, a chemical that puts you in a good mood.
- With over 30,000 locations, Starbucks is the world's largest coffee shop chain.
- Coffee could power our cars one day. Researchers are converting coffee grounds into fuel.



THE LINDEN AT WOODBRIDGE

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Program Supervisor
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**Plant Operations
Supervisor**
Mark Hanks

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Transportation Monday, Thursday & Friday, 9 a.m.-3 p.m.: Various Doctors' Offices Tuesday, 9:30-11 a.m.: Shopping Trip Tuesday, 11:45 a.m.-3 p.m.: Activities Outing Wednesday, 10:30 a.m.-2 p.m.: Opal Outing Saturday, No Transportation Sunday, 9:15-10:30 a.m.: No Transportation		1 10:15 Trivia Pursuit, AR 11:00 Mobility with the JCC, LR 2:00 Rosetta Stone Learning: French, LR 3:15 Tasty Treats, LR 4:00 Brain Fit, LR 6:00 Rosary Circle, AR	2 10:15 Mid Week Exercise, LR 11:00 Wii "Wheel of Fortune," AR 2:00 Bingo Time, AR 3:15 Mid Week Social, LR 4:00 Brain HQ, LR 5:30 Mystery Movie, AR	3 10:30 Wii "Jeopardy!," AR 11:00 Mobility with the JCC, LR 2:00 Jewelry Class, AR 3:15 Mix & Mingle Happy Hour, LR 4:00 Brain Fit, LR 5:30 Evening Movie, AR	4 9:30 Communion Service, LR 11:00 Wii "Wheel of Fortune," AR 12:30 Spa Time, BS 2:00 Bingo Hour, AR 3:15 TGIF Social, LR 4:00 Word in a Word, AR	5 10:00 Morning Exercise, LR 11:00 Baking Group, AR 1:30 Cornhole Challenge, LR 3:00 Snack & Chat, LR 4:00 Chat Around, LR 5:30 Saturday Sitcom, AR	
6 10:00 TV Catholic Mass, AR 11:00 Sunday Stretch, LR 2:00 Bingo, Bingo, AR 3:00 Weekend Social, LR 3:30 Active Games & Fun, LR 5:30 Evening Movie, AR	LABOR DAY 7 10:15 Morning Exercise, LR 10:30 Wii "Jeopardy!," AR 11:45 Labor Day Bbq, DR 1:00 Travel Around the World, AR 2:00 \$0.50 Bingo, AR 3:00 Snack & Chat, LR 4:00 Brain Games, LR 5:30 Comedy Night, AR	8 10:15 Trivia Pursuit, AR 11:00 Mobility with the JCC, LR 2:00 Rosetta Stone Learning: French, LR 3:15 Tasty Treats, LR 4:00 Brain Fit, LR 6:00 Rosary Circle, AR	9 10:15 Mid Week Exercise, LR 11:00 Wii "Wheel of Fortune," AR 2:00 Bingo Time, AR 3:15 Mid Week Social, LR 4:00 Brain HQ, LR 5:30 Mystery Movie, AR	10 10:30 Wii "Jeopardy!," AR 11:00 Mobility with the JCC, LR 2:00 Jewelry Class, AR 3:15 Mix & Mingle Happy Hour, LR 4:00 Brain Fit, LR 5:30 Evening Movie, AR	PATRIOT DAY 11 9:30 Communion Service, LR 11:00 Wii "Wheel of Fortune," AR 12:30 Spa Time, BS 2:00 Bingo Hour, AR 3:15 TGIF Social, LR 4:00 Word in a Word, AR	12 10:00 Morning Exercise, LR 11:00 Baking Group, AR 1:30 Derby Horse Racing, LR 3:00 Snack & Chat, LR 4:00 Chat Around, LR 5:30 Saturday Sitcom, AR	
13 10:00 TV Catholic Mass, AR 11:00 Sunday Stretch, LR 2:00 Crafting Fun, LR 3:00 Weekend Social, LR 3:30 Active Games & Fun, LR 5:30 Evening Movie, AR	14 10:15 Morning Exercise, LR 10:30 Wii "Jeopardy!," AR 1:00 Travel Around the World, AR 2:00 \$0.50 Bingo, AR 3:00 Snack & Chat, LR 4:00 Brain Games, LR 5:30 Comedy Night, AR	15 10:15 Trivia Pursuit, AR 11:00 Mobility with the JCC, LR 2:00 Rosetta Stone Learning: French, LR 3:15 Tasty Treats, LR 4:00 Brain Fit, LR 6:00 Rosary Circle, AR	16 10:15 Mid Week Exercise, LR 11:00 Wii "Wheel of Fortune," AR 2:00 Bingo Time, AR 3:15 Mid Week Social, LR 4:00 Brain HQ, LR 5:30 Mystery Movie, AR	17 10:30 Wii "Jeopardy!," AR 11:00 Mobility with the JCC, LR 2:00 Jewelry Class, AR 3:15 Mix & Mingle Happy Hour, LR 3:15 Monthly Birthday Party, LR 4:00 Brain Fit, LR 5:30 Evening Movie, AR	ROSH HASHANAH BEGINS AT SUNSET 18 9:30 Communion Service, LR 11:00 Wii "Wheel of Fortune," AR 12:30 Spa Time, BS 2:00 Bingo Hour, AR 3:15 TGIF Social, LR 4:00 Word in a Word, AR	19 10:00 Morning Exercise, LR 11:00 Baking Group, AR 1:30 Cornhole Challenge, LR 3:00 Snack & Chat, LR 4:00 Chat Around, LR 5:30 Saturday Sitcom, AR	
20 10:00 TV Catholic Mass, AR 11:00 Sunday Stretch, LR 2:00 Bingo, Bingo, AR 3:00 Weekend Social, LR 3:30 Active Games & Fun, LR 5:30 Evening Movie, AR	21 10:15 Morning Exercise, LR 10:30 Wii "Jeopardy!," AR 1:00 Travel Around the World, AR 2:00 \$0.50 Bingo, AR 3:00 Snack & Chat, LR 4:00 Brain Games, LR 5:30 Comedy Night, AR	AUTUMN BEGINS 22 10:15 Trivia Pursuit, AR 11:00 Mobility with the JCC, LR 2:00 Rosetta Stone Learning: French, LR 3:15 Tasty Treats, LR 4:00 Brain Fit, LR 6:00 Rosary Circle, AR	23 10:15 Mid Week Exercise, LR 11:00 Wii "Wheel of Fortune," AR 2:00 Bingo Time, AR 3:15 Mid Week Social, LR 4:00 Brain HQ, LR 5:30 Mystery Movie, AR	24 10:30 Wii "Jeopardy!," AR 11:00 Mobility with the JCC, LR 2:00 Jewelry Class, AR 3:15 Mix & Mingle Happy Hour, LR 4:00 Brain Fit, LR 5:30 Evening Movie, AR	25 9:30 Communion Service, LR 11:00 Wii "Wheel of Fortune," AR 12:30 Spa Time, BS 2:00 Bingo Hour, AR 3:15 TGIF Social, LR 4:00 Word in a Word, AR	26 10:00 Morning Exercise, LR 11:00 Baking Group, AR 1:30 Derby Horse Racing, LR 3:00 Snack & Chat, LR 4:00 Chat Around, LR 5:30 Saturday Sitcom, AR	
YOM KIPPUR BEGINS AT SUNSET 27 10:00 TV Catholic Mass, AR 11:00 Sunday Stretch, LR 2:00 Crafting Fun, LR 3:00 Weekend Social, LR 3:30 Active Games & Fun, LR 5:30 Evening Movie, AR	28 10:15 Morning Exercise, LR 10:30 Wii "Jeopardy!," AR 1:00 Travel Around the World, AR 2:00 \$0.50 Bingo, AR 3:00 Snack & Chat, LR 4:00 Brain Games, LR 5:30 Comedy Night, AR	29 10:15 Trivia Pursuit, AR 11:00 Mobility with the JCC, LR 2:00 Rosetta Stone Learning: French, LR 3:15 Tasty Treats, LR 4:00 Brain Fit, LR 6:00 Rosary Circle, AR	30 10:15 Mid Week Exercise, LR 11:00 Wii "Wheel of Fortune," AR 2:00 Bingo Time, AR 3:15 Mid Week Social, LR 4:00 Brain HQ, LR 5:30 Mystery Movie, AR	Locations Activities Courtyard, AC Activities Room, AR Beauty Salon, BS Bistro, B Country Kitchen, CK Dining Room, DR Dining Room Courtyard, DRC Exercise Room, EXR Front Desk, FD Front Porch, FP Library, LB Living Room, LR Lobby, L Opal, O Opal Courtyard, OC Sun Porch, SP			Birthdays Madelyn Oertel, 11th Alex Zibluk, 21st Elizabeth Taylor, 23rd Richard Piccione, 25th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Birthdays Madelyn Oertel, 11th Alex Zibluk, 21st Elizabeth Taylor, 23rd Richard Piccione, 25th</p>		<p>10:15 ● Sit & Stretch 10:30 Refreshments 11:00 ● Drawing Class with Kwadeo 2:00 ● You Know It's September When ... 3:00 ● Snack & Chat 7:00 ● Current Events/ Horoscopes</p>	<p>2 10:15 ● Morning Exercise 10:30 Refreshments 11:00 ● All About the Corn Moon/Painting full Moon 2:00 ● Manicures & Massage 3:00 ● Snack & Chat 7:00 Card Games</p>	<p>3 10:15 ● Chair Yoga 10:30 Refreshments 11:00 ● Exploring with Watercolors 2:00 ● Finish the Song Lyric 3:00 ● Snack & Chat 6:30 ● Nightly News</p>	<p>4 10:15 ● Group Exercise 10:30 Refreshments 10:30 ● Communion 11:00 Name 5 2:00 ● "Let's go to the Movies" 3:00 ● Friday Happy Hour! 6:30 ● Trivia Group</p>	<p>5 10:00 ● Chair Exercise 10:30 Refreshments 11:00 ● Picto Word Game 2:00 ● Patriotic Art Sheets 3:00 ● Snack & Chat 3:30 ● Community Walk 7:00 ● Jigsaw Puzzles</p>
	<p>6 10:00 ● Mass Together 10:30 Refreshments 10:45 ● Morning Exercise 2:00 Bingo 3:00 ● Snack & Chat 7:00 ● Sunday Sitcom</p>	<p>LABOR DAY 7 10:15 ● Morning Stretch 10:30 Refreshments 11:00 ● Name that Job Tune 12:15 Labor Day Bbq Lunch 2:00 ● Baking Group: Red, White & Blue Parfaits 3:00 ● Snack & Chat 3:30 ● Devotional Reading 7:00 Word in a word</p>	<p>8 10:15 ● Sit & Stretch 10:30 Refreshments 11:00 ● Drawing Class with Kwadeo 2:00 ● Outdoor Games 3:00 ● Snack & Chat 7:00 ● Current Events/ Horoscopes</p>	<p>9 10:15 ● Morning Exercise 10:30 Refreshments 11:00 ● Manicures & Massages 2:00 ● Music with Jon Condie 3:00 ● Snack & Chat 7:00 Card Games</p>	<p>10 10:15 ● Music & Movement 10:30 Refreshments 11:00 ● Morning Singalongs 2:00 Trivia & Lemonade 3:00 ● Snack & Chat 6:30 ● Nightly News</p>	<p>PATRIOT DAY 11 10:15 ● Group Exercise 10:30 Refreshments 10:30 ● Communion 11:00 ● 9/11 Day of Remembrance & Patriotic Tunes 2:00 ● "Let's go to the Movies" 3:00 ● Friday Happy Hour! 6:30 ● Trivia Group</p>
<p>13 10:00 ● Mass Together 10:30 Refreshments 10:45 ● Morning Exercise 11:15 ● History of Grandparents Day 2:00 Grandparents Day Special Ice Cream Social 3:00 ● Snack & Chat 7:00 ● Sunday Sitcom</p>	<p>14 10:15 ● Morning Stretch 10:30 Refreshments 11:00 ● Baking Group: Oatmeal Cookies 2:00 ● Music with Paul Schlien 3:00 ● Snack & Chat 3:30 ● Devotional Reading 7:00 Word in a word</p>	<p>15 10:15 ● Sit & Stretch 10:30 Refreshments 11:00 ● Drawing Class with Kwadeo 2:00 Daytime or Nighttime Game? 3:00 ● Snack & Chat 7:00 ● Current Events/ Horoscopes</p>	<p>16 10:15 ● Morning Exercise 10:30 Refreshments 11:00 ● Clay Sculpting 2:00 ● Manicures & Massage 3:00 ● Snack & Chat 7:00 Card Games</p>	<p>17 10:15 ● Chair Yoga 10:30 Refreshments 11:00 ● Exploring with Watercolors 2:00 ● Music with Bob Gianotti 3:00 ● Snack & Chat 3:15 ● Resident Birthday Party 6:30 ● Nightly News</p>	<p>ROSH HASHANAH BEGINS AT SUNSET 18 10:15 ● Group Exercise 10:30 Refreshments 10:30 ● Communion 10:30 ● Music with Larry Batter 2:00 ● "Let's go to the Movies" 3:00 ● Friday Happy Hour! 6:30 ● Trivia Group</p>	<p>19 10:00 ● Chair Exercise 10:30 Refreshments 11:00 Hangman 2:00 ● Connect the Dots 3:00 ● Pretzels & Beer Social 3:30 ● Community Walk 7:00 ● Jigsaw Puzzles</p>
<p>20 10:00 ● Mass Together 10:30 Refreshments 10:45 ● Morning Exercise 2:00 Bingo 3:00 ● Snack & Chat 7:00 ● Sunday Sitcom</p>	<p>21 10:15 ● Morning Stretch 10:30 Refreshments 11:00 ● Baking Group: Apple Pie 2:00 ● Eat Our Results & Feel Good Stories 3:00 ● Snack & Chat 3:30 ● Devotional Reading 7:00 Word in a word</p>	<p>AUTUMN BEGINS 22 10:15 ● Sit & Stretch 10:30 Refreshments 11:00 ● Drawing Class with Kwadeo 2:00 A Z Game 3:00 ● Snack & Chat 7:00 ● Current Events/ Horoscopes</p>	<p>23 10:15 ● Morning Exercise 10:30 Refreshments 11:00 ● Autumn Wreaths 2:00 ● Manicures & Massage 3:00 ● Snack & Chat 5:30 ● Music with Tom Sansone 7:00 Card Games</p>	<p>24 10:00 ● Chair Yoga 10:30 Refreshments 11:00 ● Expressive Art Tree 2:00 ● One Hit Wonders '50s & '60s 3:00 ● Snack & Chat 6:30 ● Nightly News</p>	<p>25 10:15 ● Group Exercise 10:30 Refreshments 10:30 ● Communion 11:00 Name 5 11:30 ● Resident Council 2:00 ● "Let's go to the Movies" 3:00 ● Friday Happy Hour! 6:30 ● Trivia Group</p>	<p>26 10:00 ● Chair Exercise 10:30 Refreshments 11:00 ● Fall Art Sheets 2:00 ● Harvest of Treasures Short Stories 3:00 ● Snack & Chat 3:30 ● Community Walk 7:00 ● Jigsaw Puzzles</p>
<p>YOM KIPPUR BEGINS AT SUNSET 27 10:00 ● Mass Together 10:30 Refreshments 10:45 ● Morning Exercise 2:00 Bingo 3:00 ● Snack & Chat 7:00 ● Sunday Sitcom</p>	<p>28 10:15 ● Morning Stretch 10:30 Refreshments 11:00 ● Baking Group: Cinnamon Rolls 2:00 ● Music with Leigh Sobel 3:00 ● Snack & Chat 3:30 ● Devotional Reading 7:00 Word in a word</p>	<p>29 10:15 ● Sit & Stretch 10:30 Refreshments 11:00 ● Drawing Class with Kwadeo 2:00 Who, What, Am I? 3:00 ● Snack & Chat 7:00 ● Current Events/ Horoscopes</p>	<p>30 10:15 ● Morning Exercise 10:30 Refreshments 11:00 Outdoor Joke Swap & Riddles 2:00 ● Manicures & Massage 3:00 ● Snack & Chat 7:00 Card Games</p>	 <p>opal key</p> <ul style="list-style-type: none"> Physical Social Experiential Emotional & Spiritual Creative & Artistic Therapeutic Sensory 		