



A VILLAGE WOODS TESTIMONIAL

“I have made so many friends here
— it’s wonderful!”

✿ Arlene Erikson, *Village Woods Resident, Assisted Living*



efore living at Village Woods, Arlene Erikson had always led a busy life. Married over 60 years and with 4 children, she was always on the go, often biking to her job and being an active wife and mother. Then 25 years ago, she and her husband moved to Florida with plans to enjoy their golden years there.

But when her husband died 3 years ago, she wasn’t sure she wanted to be alone, so far from her family. “My daughter wanted me to move closer. I loved Florida, but I wanted my family near me.”

So Arlene’s daughter looked around and found Village Woods. “She said, ‘Mom, you’ll love it.’ And she was right!”

The Assisted Living program provides her with the help she needs with some activities of daily living, but she also takes advantage of all Village Woods has to offer. “They take care of things for us, like cooking. I didn’t like to cook anyway,” she says. “And when I see how much there is to do here, well, I get into everything I can get into,” she says.

Arlene’s life at Village Woods is full and active. Arlene has some routines at Village Woods (like a hair appointment with the beautician downstairs every Thursday at 1:30), but she also enjoys various activities as she desires: SeniorFit exercises, Wii Bowling, the scenic drives planned by the Life Enrichment department, and the many other social opportunities. “I have so many friends here—it’s wonderful!”

And to those who aren’t sure if they are ready to exchange their house for maintenance-free living at Village Woods, she has a message: “Just come and visit,” Arlene says. “Come and see what it’s like. I think you’d be surprised what a great life you can have here.” ✿



VILLAGE WOODS

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