



# Quarterly Newsletter

Winter 2025



## Happy Holidays!

We would like to thank all of our residents at Woodscape Glen for another terrific year! Your community spirit and neighborly kindness are what makes living here so special. We wish you all a wonderful holiday season and a Happy New Year.

From the Wildwood|Mahonia Staff,

John, Deb, Sam, Byron, Balta, Fede, Roberto & Terry

### Holiday Office Closure:

The Wildwood Office will be closed for the holidays on the following days:

Tuesday, December 24, 2025  
Wednesday, December 25, 2025  
Wednesday, January 1, 2026

### Christmas Tree Removal

Christmas trees cannot be left in driveways or along the landscaping in the community. Our groundskeepers cannot place them, or any other plant materials, in their trailers due to the potential pest issues that could be spread to our native plant nursery. Please take your trees to an appropriate recycler such as the Boy Scouts.



## Festive Goat Cheese Balls

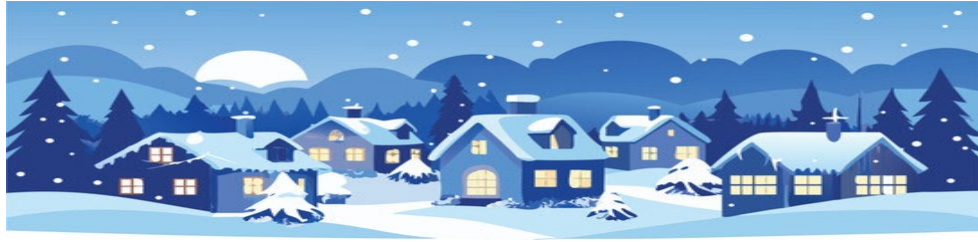
### Ingredients:

- \*2 – 4-ounce packages goat cheese, at room temperature
- \*1 – 2-ounce package cream cheese, at room temperature
- \* ½ cup finely chopped dried cranberries
- \*1/2 cup finely chopped pistachios

### Directions:

1. Mix the goat cheese and cream cheese in a bowl with a mixer until uniform in texture. Refrigerate until firm, about 15 minutes.
2. Combine the cranberries and pistachios on a plate. Scoop the cheese mixture into small balls, then roll in the cranberry-pistachio mixture to coat completely. If you aren't serving right way, place the balls on a plate, cover with plastic wrap and refrigerate.
3. Yields 30 servings.

(Credit: [www.thepioneerwoman.com](http://www.thepioneerwoman.com))



Don't let the dark winter days dim your mood! You can boost your state of mind with a few simple strategies. Make sure to stay active, socialize, get as much natural light as possible, and create a cozy atmosphere. Other tips include engaging in hobbies, eating well, and practicing self-care.

Get moving and get outside -

- Stay physically active: Exercise releases endorphins that boost your mood.
- Go outside: Even a short walk in the fresh air can make a big difference. Bundle up and enjoy the crisp winter air, which can improve your mood and energy.

Stay connected and engaged -

- Socialize: Make an effort to see friends & family. Plan a game night, movie marathon, or meet for coffee.
- Laugh: Look for opportunities to laugh, as it's a great mood booster.
- Learn something new: Pick up a new hobby you've always wanted to try.

Create a positive environment -

- Maximize natural light: Open blinds during the day and try to work near a window if possible.
- Make it cozy: Use soft blankets, warm lighting, and candles to create a comforting atmosphere at home.

Nourish your body and mind -

- Eat well: Focus on nutritious foods, including fruits and vegetables. Complex carbohydrates and protein can help keep your mood and blood sugar steadier than sugary snacks.
- Practice self-care: Take time to relax with activities like meditation, journaling, or a warm bath.
- Prioritize sleep: Maintain a consistent sleep schedule to help regulate your mood.



## MAHONIA VINEYARD

Don't forget to call the office to order some Mahonia wines for the Holidays. Our Estate Chardonnay, Pinot Noir, Pinot Gris and Rosé pair wonderfully with the tastes of the season.



## Resident Referral Incentive

Life is so much more enjoyable when you live next door to a friend. That is why we like to reward you for bringing your friends, family, or co-workers to Woodscape Glen!

Limitations do apply. You must notify us of your referral before your friend's move-in date or have the applicant state their referral on their rental application. Contact our office for more information.