

OCTOBER
DATES OF
INTEREST

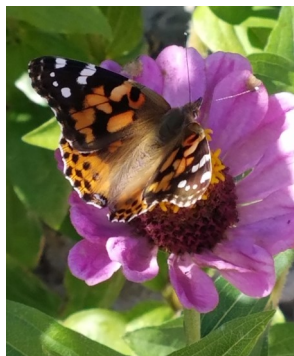
- **Adopt a Shelter Dog Month**
- **Read a Book Month**
- **German Heritage Month**
- **World Series Month**
- **Positive Attitude Month**
- **German Unity Day**
10/3
- **Navy's Birthday**
10/15/1775
- **World Teacher's Day**
10/5

The Woodcrest Villager

OCTOBER, 2017

October Harvest is Bountiful !

Zinnias are bursting out of our front gate to greet anyone walking into Woodcrest, and they are covered in Painted Lady Butterflies! One might wonder if they are



the descendants of the group of caterpillars we raised and then released in our gardens early this summer. There is no doubt that we



have been enjoying the fruits of our plantings for months now, but fall means harvest time. Like most local gardeners, we are picking basketfuls of flavorful tomatoes and the aromatic herbs to go with them. For salads or snacking, they've been delicious. We've also been gathering juicy grapes and even a

peach or two from a young tree in the Courtyard. October usually brings a hard frost, but The Farmer's Almanac predicts not until later in the month. So we'll be like the birds at the feeders in our windows, collecting as much as we can, while the getting's good!



Riddle Me

This:

If you have me, you want to share me. If you share me, you haven't got me. What am I?

National Health Care Facilities Engineering Week

Need help fixing almost anything? From heating and cooling to computers and communications, Mike Ryans's your man. He and his right

hand man, Dan O'Neil, keep Woodcrest running smoothly, safely, and efficiently.

Whether the house needs general maintenance, or someone needs a light-hearted laugh and a big smile, they are always there. We are truly grate-

ful to have such a friendly, caring, and capable team. We appreciate all that they do so much!



Last Month in Review

September is a beautiful month here in New Hampshire. Warm, summery days linger, but there is the slightest nip in the air, and a touch of fall color

on the leaves. We sure managed to get the most out of the shortening days this

month. We had a lovely time on a cruise around Lake Sunapee and celebrated our beautiful new deck in style. A trip to The VINS in Quechee, VT was as informative as it was entertaining, then we stopped and enjoyed a bite at The Public House. Reveling in the season, we tasted homemade ap-

plebutter from local apples on fresh baked bread. Musical performances by Sue Ann Thayer and Bob Rutherford were good fun. On a beautiful day, we made our way high up into the White Mountains for dinner and a cocktail at The Woodstock Station followed by a ride up the Cannon Mt. Tramway. It's easy to love being a New Englander in September, isn't it?





Save the Date!

Autumn is in full swing and we'll be busy! Keep an eye on the calendar for some great upcoming events! Some highlights include;

10/1 Visit Gould Apple Orchard

10/2 Resident Council Meeting

10/5 Richard King Performs Guitar Music

10/10 Oktober

Fest w/ Gerry Grimo

10/11 Trip to Charmingfare Farm w/ fall foliage hayride

10/13 Staff Art Exhibit Opening

10/18 Woody Wagon Ride w/ Dave Kidder

10/26 AIL Presentation "Death in the White Mtns"

10/27 Planting seeds w/ Abby

10/30 Bagging Candy for Trick or Treaters!



Fall Foliage Hay Ride at Charmingfare Farm. Invite a family member along!

Sign up for outings early and look for a host of interesting talks, performers and art projects in October!

Employee Art Exhibit in the Community Room!

The photography of father/daughter team Paul and Martha Howe is beautiful and was greatly enjoyed by all in September. Now the seasons are changing and so is the art in the Community Room! In October,

we'll showcase the creative talents of our dedicated staff! You may or may not know that we have quite a few gifted artisans in our midst! We've got painters, photographers, quilters, and so much more! It'll be a great chance to gain a new perspective on the people

we see in a different light everyday! Please join us for an opening of their artwork in the Community Room on Friday, 10/13 at 3:30.



It's That Time of Year Again...

**Woodcrest will be hosting a Flu Clinic on Oct. 20th, from 9-11 am
in the Community Room!**

The best defense is a good offense. North East Pharmacy will be here administering the "Fluzone High-Dose" shot to any resident or employee who would like it. This is a no cost service which our nursing staff would like to **highly** recommend to all.

- *People over 65 are at high risk of serious flu-related complications
- *Side effects of the shot are mild compared to the flu itself
- *Long-term medical conditions create risk of flu-related complications

You May See Some More People Around the House

Recently, the Woodcrest Community has grown. We happily extend a warm welcome to our new residents and neighbors; Nancy Black, Leverett Hubbard, Sheridan Danforth, Barbara Hinman, Gwain and Janet Gillespie, and Connie and Alan Johnson. We hope they will feel

very much at home and we look forward to spending time getting to know them. Also, Colby Sawyer student, Abby Rix will be spending some time here at Woodcrest. We're so excited she'll be lending her creative ideas in the Activities Department. From the looks of it, she's got some interesting projects in mind so make room in your calendar if you can!



Already?

It may seem early, but we are planning our **Holiday Gala** for Friday, December 1st, from 6-9pm We'll be making merry with dancing, cocktails and fabulous food! Invite up to four guest and we'll mail them formal invitations on your behalf. Give Vicki your list by the end of **October!**