

The Woodcrest Villager

JULY, 2018



“WE HOLD

THESE
TRUTHS
TO BE
SELF-
EVIDENT,
THAT ALL
MEN ARE
CREATED
EQUAL...”

-THOMAS
JEFFERSON

Summer in Full Swing

Summer time and the livin's easy. Here at Woodcrest the warm, hazy days of July are full of all that delicious summer goodness. Our gardens are really starting to spring into action. We've got lettuces and herbs being used daily in our kitchen.

The tomatoes and cucumbers are all looking healthy and promising. The blueberry bushes and grape vines are loaded with fruit slowly ripening. Our chicks are growing fast and they seem to be enjoying their new digs on the back pa-



tio. The season seems to be settling in comfortably. Let the dog days come, we'll be on the porch!



Independence Day is Here!

July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 4th, 1776, the 13 colonies adopted the Declaration of Independence. From 1776 to the present day, July 4th has been celebrated. We'll live it up with a good old fashioned cookout! Look for a copy of the Declaration of Independence and some informative literature as well as themed activity packets!

Last Month in Review



It doesn't get much nicer than June in New Hampshire. We've been soaking it all in like so much Vitamin D. We started with a fascinating Art history discussion and slide presentation, then we enjoyed a



visit from the New London PD K9, Vilo. We decided on a trip north to see the

Lupin Festival and spontaneously hit the road for ice cream on a particularly warm day. Pleasant Lake lived up to it's name as we sat by the water one afternoon. What a way to welcome summer time!

"The trouble with talking too fast is you may say something you haven't thought of yet."

-Ann Landers

New Faces, New Friends

So much has been going on here at Woodcrest Village! Mary Epreman has joined us here at Woodcrest, and we offer her a very warm welcome and hope she'll feel right at home! We look forward to getting to know her!

Welcome New Volunteer Helen!



Helen Hoft is a new volunteer at Woodcrest and she'll be working with residents individually in July. Helen believes that music has a special way of bringing people together.

She also enjoys reading novels, and spending time with family. She will be a senior nursing student this coming fall at CSC. She stays active on campus

and is a member of; Adopt a Grandparent Club, Women With Will, Student Nurses' Association, and Colby-Sawyer Singers. We're looking forward to all that energy!

Save the Date

July is jam packed with great, summery fun! Don't miss these events!

7/2- Games with Rec Center Campers

7/4- July 4th Cook-out

7/5- "Little Women" matinee

7/6- Resident Council Meeting

7/11- Kathy Lowe performs in the Courtyard

7/12- Mickey and Minnie host an Ice cream social with Rec Center Campers

7/12- Bill Parker Con-

cert

7/17- Pizza Picnic at Winslow State Park

7/18- Pizza Party on the Patio in the Courtyard

7/19- Games with Rec Center Campers

7/25- "42nd Street" Matinee

7/26- Tea on the Veranda at The Fells

Summer Film Series



July brings our summer film series back around. We've got a great line up this season! So invite friends and family to come take in a film

and enjoy some cold drinks and hot popcorn! Movies are shown in the Community Room and they start at 6:30 pm every Saturday night!

July Movies

7/7-Lion

7/14- The Greatest Showman

7/21- Julie and Julia

7/28-Mao's Last Dancer



Stay Cool Woodcrest!

No doubt about it, summer is here! As the temperature rises, it's important to be mindful of precautions to take in the heat.

First, make sure to stay well hydrated, by drinking 6-8 glasses of water per day. If you enjoy soaking up the sun, bring a hat

and some sunscreen. Limit sun exposure during the hottest part of the day (between 12-2pm) and wear light, loose fitting clothes. We'll make the most of the season in style and comfort!

In astrology, those born between July 1–21 are Crabs of Cancer. Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle. Those born between July 22–August 21st are Lions of Leo. Leos are natural-born leaders: confident, charismatic, and creative. Leos use their humor and loyalty to bring people together to work for a common cause.

A Very Happy Birthday to;

Nancy Black

7/1

Dot Gordon

7/7

Marie Aseltine

7/10

Neil Atkins

7/12

Ann Landers 7/4/1918

Frida Kahlo 7/6/1907

E. B. White 7/11/1899

Woody Guthrie
7/14/1912

Ginger Rogers 7/16/
1911

John Glenn 7/18/1921

Ernest Hemingway
7/21/1899

Beatrix Potter
7/28/1866

J. K. Rowling 7/31/ 1965

Recipe of the Month

Salsa Fresca

- 2 cups chopped and seeded tomatoes
- 4 cloves garlic, finely chopped
- 1/2 to 1 white onion, chopped (amount depends on your personal preference)
- 1-2 jalapenos, finely chopped, seeds are just fine!
- A pinch of sea salt to taste
- A tiny pinch of cumin, optional
- 1/8 cup of loosely packed cilantro

Mix all ingredients into a bowl and start dipping, or sprinkle on fish, chicken or burgers!