

Around Town & Around the Village



Residents enjoy a special performance of "She Loves Me" at the New London Barn Playhouse. (above)



The Woodcrest Villager

A NEWSLETTER FOR WOODCREST VILLAGE
RESIDENTS AND THEIR FAMILIES

JULY 2022

A Very
Happy
Birthday!

Shirley
Avery

7/7

&

Phyllis
Defelice

7/28

We look
forward to
celebrating with
you!

WOODCREST
VILLAGE
ASSISTED LIVING

Happy Independence Day!



For your enjoyment and thoughtful reflection, the **United States Constitution Preamble:**

We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

Increase Your Independence Through Exercise



Physical activity and exercise are good for you, and you should aim to make them part of your routine. There are countless studies that prove the important health benefits

associated with exercise, and it becomes more important as we age. Regular physical activity helps improve mental and physical health, both of which will help you maintain your independence as you age.

Prevent Disease: Maintaining regular physical activity can help prevent many common diseases, such as heart disease and diabetes. Exercise improves overall immune function, which is important for seniors as their immune systems are often compromised. Even light exercise, such as walking, can be a powerful tool for preventable disease management.

Improved Mental Health: The mental health benefits of exercise are nearly endless. Exercise produces endorphins (the “feel good” hormone), which act as a stress reliever and leaves you feeling happy and satisfied. In addition, exercise has been linked to improving sleep, which is especially important for older adults who often suffer from insomnia and disrupted sleep patterns.

Decreased Risk of Falls: Older adults are at a higher risk of falls, which can prove to be potentially disastrous for maintaining independence. Exercise improves strength and flexibility, which also help improve balance and coordination, reducing the risk of falls. Seniors take much longer to recover from falls, so anything that helps avoid them in the first place is critical.

Social Engagement: Whether you join a walking group, go to group fitness classes or visit a gardening club, exercise can be made into a fun social event. Maintaining strong social ties is important for aging adults to feel a sense of purpose and avoid feelings of loneliness or depression. Above all, the key is to find a form of exercise you love, and it will never feel like a chore again.

Improved Cognitive Function: Regular physical activity and fine-tuned motor skills benefit cognitive function. Countless studies suggest a lower risk of dementia for physically active individuals, regardless of when you begin a routine.

Exercise is good for you; it’s just a matter of making it a priority and habit in your daily life. In the aging population, exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function. Regardless of your age, we hope this will motivate you to incorporate exercise into your life.

Daily Exercises at Woodcrest Village begin at 10am:

- Strength & Balance
- Sit & Be Fit
- Musical Exercise
- Chair Exercises
- Weight Training

Activities & Events

Summer is in full swing. Keep your eye out for these events and more.

- ♦ Morning Exercises Weekdays at 10:00am
- ♦ Men’s Group Wednesdays at 9:00am
- ♦ Knitting Group Thursdays at 1:30pm
- ♦ Flower Arranging Fridays at 10:00am

July 4 It’s Independence Day.

Wear your red, white, and blue today!

July 5 Foot Clinic

July 5 Scenic Van Ride

July 7 Music with Bill Parker

July 11 Sunapee Singers Perform

July 12 Chapel Service with Dick Dutton

July 13 New London Barn Playhouse,

Boeing Boeing

July 20 MV Mt. Sunapee Boat Ride

July 21 Music with Frank Kelecy

July 25 Music with Ralph English

July 27 Afternoon at the Fells

July 28 Music with Chris Decato

July 4th Spot the Difference

Spot the 7 differences between the two pictures



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Welcome New Residents

This summer you will notice some new faces in our community! We extend a very warm welcome to Tom Talpey, George Green, and Margaret and Ken Muller. We are so glad to know you all and sincerely hope you feel right at home here at Woodcrest Village. If there is anything at all we can do to make your stay more comfortable, please don’t hesitate to call on a staff member for assistance. Welcome!



Tom Talpey (left)

George Green (below)

Ken and Margaret Muller
(not pictured)

