

Woodcrest Villager

Woodcrest Village Assisted Living | 356 Main Street, New London, NH | 603.526.2300



April is Jazz Appreciation Month

“It Don’t Mean a Thing (If It Ain’t Got That Swing)!”/ Duke Ellington (1932)

Jazz Appreciation Month, celebrated annually in April, is a month-long initiative by the National Museum of American History to recognize and celebrate the rich heritage and history of jazz music.

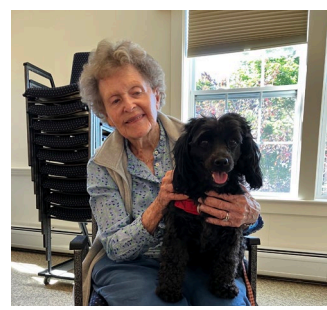
Here at Woodcrest we will be celebrating Jazz Appreciation month with the sweet sounds of the East Bay Jazz Ensemble on April 23rd at 3:00pm in the Community Room. These Upper Valley musicians perform a concert of jazz standards which span more than 60 years!



Animal Assisted Therapy

Dogs and cats have long held the title of “humans’ best friends,” but April shines a special spotlight on their roles in our lives. Therapy Animal Day on April 30 celebrates the unique bond between people and therapy animals.

At Woodcrest we are lucky to partner with Caring Animal Partners, a local organization that certifies Therapy Animals. These teams then visit a variety of Hospitals, Retirement Communities and Schools in New Hampshire. Studies have shown that interacting with pets can reduce stress, decrease the incidence of minor illnesses and lower blood pressure and heart rate. From cuddly companions to tireless helpers, these animals pictured right bring joy to both Residents and staff here at Woodcrest Village.



April Birthdays

In astrology, those born between April 1–20 are Aries, the Ram. Rams are adventurous go-getters and full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers—undeterred when the going gets rough. Those born from April 20–30 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence in achieving their goals. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home.

- April 20- Hardy Hasenfuss
- April 23- Jo Woodward
- April 28- Ken McDonald

April Showers Bring May Flowers....

April is a wonderful time of year. It symbolizes new life, color, signs of warmer days and longer spans of daylight. We welcome all these springtime gifts throughout the Holy Days as well as other special days this month. For many of us, this month is a time to come out from the heaviness of winter and slowly enjoy the bright and earthy tones of the seasons still to come.

Woodcrest has already begun to celebrate new life with the start of our sweet peas and having the pleasure of meeting Alice’s great granddaughter, Catherine pictured below.



The Art of Pysanky

Pysanky, or decorated Easter eggs, has a long history in Ukraine, dating back to ancient times. People decorated eggs as part of sun worship rituals and believed they held protective powers. Designs often included nature symbols meant to bring fertility and ward off evil. After Christianity arrived, pysanky became part of Easter traditions, with colors and symbols gaining new meanings. Patterns are drawn on the egg with hot beeswax, which then protects the covered areas from the dye that is applied. By repeating this process with different colors of dye, a multi-colored pattern is built up. The wax is removed at the end to reveal the colors that were covered up at each stage. A great deal of patience and concentration is required to complete a single egg, but it is very rewarding to reveal your hard work when the wax is taken off.

Join us April 2nd at 11am in the Community Room where our very talented Sarah Dowsett will demonstrate the art of Pysanky in addition to sharing with us the beautiful eggs she and her family have designed.



Just Laugh!



Did you know that April is Humor month? Laughter is one of the best forms of stress relief, and has medical benefits. It can actually induce physical changes in the body.

Short term benefits include enhancing your intake of oxygen, stimulates heart, lungs and muscles.

Doctors have become wise to the positive health effects of laughter. Laughter has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease hormones associated with stress. Laughter even reduces pain by stimulating the release of endorphins. One doctor believes laughing is such good exercise that he calls it "internal jogging." One minute of laughing, he says, is equal to 10 minutes on a rowing machine.

Our activities calendar includes an event on April 16th to encourage a lot of laughing! Make sure to join us for a healthy "Laugh Therapy" activity!

Welcome New Residents!

We welcome a few new residents to our community. Marilyn Barselle and Sandy Cain have joined us. We are so glad to meet them both and truly hope they feel right at home here at Woodcrest Village.

Adventures in Learning

Adventures in Learning (AIL) offers lectures and discussions throughout the year on a wide variety of topics, led by individuals who are knowledgeable and passionate about a particular subject and who are willing to share that passion with others.

Join us on Tuesday April 15th at 2pm in the Community Room for a virtual exploration of New London's Philbrick-Cricenti Bog. Through this multimedia presentation, you'll learn about the bog's fascinating formation, it's unique flora and fauna, and the recent history of this local gem. You'll also hear about the New London Conservation Commission's ongoing efforts to care for the bog, including the recent completion of the Walkway Project which began in 2022. Whether you have visited the bog many times, or have yet to check it out, you're sure to learn something new about this natural wonder!

Mardi Gras Celebrations



A King Cake is a sweet, oval-shaped pastry, traditionally enjoyed during the Mardi Gras season, often decorated with the colors purple, green, and gold, and featuring a small

plastic baby hidden inside. The finder of the baby is granted luck and good fortune for the upcoming year. Congratulations to Tim Norris for finding the King's Cake figurine! Compliments to our chefs for making such a festive and delicious dessert.

Book Lovers...

Tracy Memorial Library

Tracy Libray provides home delivery service for Woodcrest residents. How does it work? Contact Nicole Swanson at Tracy Library. Nicole will speak with you about your reading interests. She can choose books for you or you can request specific titles. The library has a wide selection of books (regular and large print), audiobooks, DVDs, puzzles and games. They can also get materials from other libraries for you. Every Thursday a volunteer will drop off a bag at Woodcrest and pick up the previously delivered bag to return to the library.

Woodcrest Book Club

How To Be A Good Creature: A Memoir in Thirteen Animals by Sy Montgomery is the next book club read. National Book Award finalist Sy Montgomery reflects on the personalities and quirks of 13 animals—her friends—who have profoundly affected her. Be sure to stop by the Living Room Fridays at 3pm to check it out!

Reading Buddies

Woodcrest Residents and KRES students finished the Reading Buddies program last month. The students were a delight and presented a lovely hand painted card to residents thanking Woodcrest for hosting and supporting program.



April Activities and Events

Chair exercise weekdays at 10am
Men's Group Wednesdays at 9am
Knitting Group Tues/Thurs at 1:30pm
Card Games Tuesdays 3pm
Book Club Fridays at 3pm
Pet Visits Tuesdays at 9:30am

- 4/1- St. Andrew's Episcopal Church Service
- 4/2- The Art of Pysanky demonstration
- 4/3- KRHS students visit
- 4/7- Storyteller and Musician Chris Ekblom
- 4/8- Bradford Community Church Service
- 4/9- Dying Easter Eggs with Colby Sawyer
- 4/11- Kirsten Becker plays piano and sings
- 4/14- Piano recital-local elementary student
- 4/15- AIL Presentation Philbrick-Cricenti Bog
- 4/16- Foot Clinic
- 4/16- KRHS students present final project
- 4/17- Dixie Dog Does Tricks
- 4/20- Easter Sunday
- 4/23- East Bay Jazz Band

Fun activities in March!



ARTS
&
CRAFTS



WALDO'S
PUB
PARTY!

VOLUNTEERS
LYNN & JEFF