

# Woodcrest Villager

Woodcrest Village | 356 Main Street New London NH | 603-526-2300



## January Moments



## Chasing Winter Glory

The 2026 Winter Olympics are headed to the stunning landscapes of northern Italy, bringing together athletes and fans for a celebration of winter sports, culture, and camaraderie. Set across Milan and Cortina d'Ampezzo, the Games promise a picturesque backdrop of snow-capped Dolomite peaks, charming Alpine villages, and historic cities bursting with Italian flair. Visitors can expect not only thrilling competitions but also the chance to savor local traditions—from hearty mountain cheeses and cured meats to rich pastries and steaming bowls of polenta. Northern Italy's cuisine, hospitality, and vibrant markets offer a unique flavor to the global event, making the Olympics more than just an athletic spectacle.

For winter sports enthusiasts, the 2026 Olympics also carry a strong sense of nostalgia. Many Woodcrest residents were avid skiers, embracing the thrill of the snowy mountains and carrying a lifelong love of the sport. Resident Tim Norris coached ski jumping at Proctor Academy and across the East for nearly 50 years. Resident Nancy McLeod, an adventurous skier, took on the steep challenging slopes of Tuckerman Ravine. Beyond her love of skiing, she gave back to the sport by volunteering with the ski patrol. John Clough, native New London resident, carved a name for himself in the ski world. John, a gifted and determined athlete, rose through the ranks of competitive skiing and achieved a remarkable milestone early in his career, winning both slalom and giant slalom races at the NCAA championship. The NCAA Skiing championships are held annually to crown the National Collegiate Athletic Association skiing champion. John recalls many highlights from his skiing career but shares "This was a big one." That victory was more than a title. It was a testament to years of discipline, early mornings, and an unwavering love of the sport. His success on the collegiate circuit opened the door to the highest level of competition, the U.S. Ski Team and many years of coaching young local ski racers.

The Activity Department will be bringing the Winter Olympics to Woodcrest Village! From friendly competition to plenty of laughs there's something for everyone. The Winter Olympics Opening Ceremony takes place on **Friday, February 6**, and a handful of events will be shown on the big screen in the Community Room.

## Saturday Morning Book Group



Join us by the fireplace as our wonderful volunteer Barbara, reads from *Vincent and Theo Van Gogh*. The deep and enduring friendship between Vincent and Theo Van Gogh shaped both brothers' lives. Confidant, champion, sympathizer, friend—Theo supported Vincent

as he struggled to find his path in life. They shared everything, swapping stories of lovers and friends, successes and disappointments, dreams and ambitions. Meticulously researched, drawing on the 658 letters Vincent wrote to Theo during his lifetime, Deborah Heiligman weaves a tale of two lives intertwined and the extraordinary love of the Van Gogh brothers. Settle in, relax, and enjoy a cozy morning of storytelling and conversation.

## February Activities and Events

Chair exercises Sun-Fri at 10 a.m.  
Men's Group Wednesdays at 9 a.m.  
Knitting Group Tues/Thurs at 1:30 p.m.  
Hair salon and in town errands Thursdays  
BINGO Fridays at 1:30 p.m.  
Book Group with Barb Saturdays 10 a.m.

2/2- Bill Parker Performs in Community Room  
2/4- Adventures in Learning Let's Get Organized presented by Nancy Hodgman  
2/6- NL Outing Club after school program visits  
2/6- Winter Olympic games begin  
2/8- Super Bowl Sunday  
2/10-Chapel with Lynne Hubley  
2/11- Sueanne Thayer Sings  
2/14- Happy Valentine's Day  
2/16- Presidents' Day  
2/17- Chinese New Year (Buffet in private DR)  
2/17- Kearsarge High School students visit  
2/18- Ash Wednesday -Catholic Mass with Our Lady of Fatima Church/Ashes.  
2/25- Resident Council Meeting  
2/26- Rich Araldi plays the vibrophone

## Let's Get Organized

presented by Nancy Hodgman

Please join us for the Adventures in Learning  
Community Enrichment Program at Woodcrest Village!

**Wednesday, February 4, 2026 • 2:00 p.m. • Woodcrest Community Room**

When it comes to New Year's resolutions, getting organized is almost as popular as getting more exercise. Start 2026 off on the right foot by learning about the home organizing process from a retired professional organizer. You'll leave with practical strategies for decluttering, downsizing, and removing items from your home. The presentation will also offer different approaches for purging clothing and memorabilia.

## Chinese New Year 2026

February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's. Using a knife might just "cut off" the flow of good luck and prosperity to a home.

Chinese New Year 2026 welcomes the Year of the Horse, a symbol of energy, strength, and enthusiasm. Enjoy a Chinese food buffet in the private dining room on **February 17<sup>th</sup>**.

## Welcome New Residents

We have some new faces at Woodcrest. Please join us in extending a warm welcome to Peggy Gleckler, Barbara Cooper and Sandy and Tom Stark who joined us here at Woodcrest in January. We hope they are settling in and feel right at home.



Jo and Linda bundle up for lunch out at the Refinery

## Guardians of the Arctic

You don't have to live in the Arctic to celebrate International Polar Bear Day on February 27. Polar Bear Day is celebrated annually to raise awareness about polar bear conservation, focusing on protecting mothers and cubs in their dens and addressing threats from climate change, particularly sea ice loss, which impacts their survival as a vulnerable species. The polar bear is one of nature's most awesome beasts and is the world's biggest hunter. Join us in the Community Room on February 27<sup>th</sup> to watch the National Geographic special, *Clan of The North Kingdom of the Polar Bears*.

## Super Bowl Squares

The 2026 Super Bowl is fast approaching and set to be one of the most memorable yet. We're adding extra excitement to this year's Super Bowl with a game of Super Bowl Squares!

### How It Works:

A 10x10 grid is filled with resident and staff names-one name per square. After all the squares are filled, numbers 0-9 are randomly placed along the top and side of the grid. The numbers represent the last digit of each teams score.

### How You Win:

At the end of each quarter, the square that matches the last digit of each teams score wins. There are four chances to win, with \$25 awarded each quarter. Best of luck to all our participants!

Super Bowl festivities will kick off at Waldo's Pub with appetizers and drinks. The game will be shown the on big screen in the Community Room on **Sunday, February 8 at 6:30p.m.**

## Welcome Food Service Director

Tina Carmichael, Food Service Director, joined the Woodcrest team in January. Tina has many years of experience managing dietary departments in assisted living communities throughout Florida where she developed a strong appreciation for resident-centered dining. Tina's culinary philosophy centers on fresh, high-quality ingredients, locally sourced whenever possible, and meals made from scratch. She brings a wealth of experience and understanding of special diets to her work. Most importantly she believes food is not only nutritious and safe, but also enjoyable and comforting. Tina looks forward to getting to know each resident and is eager to hear your ideas and opinions about meals and dining at Woodcrest.

## February is Heart Health Month

February is Heart Health Month, a perfect time to focus on caring for our hearts and overall well-being. Small, everyday choices can make a big difference whether it's staying active, enjoying nutritious meals, or taking time to relax and connect with others. Throughout the month we'll be highlighting heart-healthy activities at Woodcrest, including exercise opportunities and nutritious menu options. Wear Red Day, observed on the first Friday in February each year, is a day dedicated to raising awareness about heart disease, particularly among women. Join us in wearing red to support Heart Health on **Friday February 6<sup>th</sup>**.

## Stories That Bring Us Together

We are excited to introduce a new resident-led storytelling activity! Each month, a topic will be announced, and residents are invited to sign up to share a five-minute story inspired by the theme. This activity was inspired by Moth storytelling, a global organization dedicated to the art of crafting and sharing personal stories live, without notes, celebrating diverse human experiences through events and podcasts. This is a wonderful opportunity to reflect, connect and enjoy one another's experiences. **February story topic: A Winter Memory.**

## February Birthdays

In astrology, those born February 1–18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who go with the flow.

Wishing residents celebrating this month a very happy birthday!

MaryAnne Krueger- February 22<sup>nd</sup>  
Barbara Cooper February 26<sup>th</sup>

## Valentine's Across Generations

Courtyard residents spread Valentine cheer by making Valentine's Day cards for the children at Windy Hill School and New London Elementary. Students from the Village after school program plan to visit Woodcrest to make Valentine's cards with residents. The afternoon is sure to be full of smiles, creativity and a wonderful connection between generations.



## Helping Each Other Stay Well

Health officials report that influenza cases have risen significantly across New Hampshire, with most areas seeing very high activity.

Handwashing is one of the simplest and most effective ways to prevent the spread of illness in assisted living communities. Clean hands help stop germs from traveling from person to person, protecting residents, staff and visitors. A few extra seconds at the sink can help keep residents and staff at Woodcrest feeling well.