

# Woodcrest Villager

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



## The Kentucky Derby May 2<sup>nd</sup>

The Kentucky Derby is a top ranked race for three-year-old Thoroughbred horses. The race distance is one and one-quarter miles long, and it is run on the dirt race track at Churchill Downs in Louisville, Kentucky.

Twenty horses compete in the Kentucky Derby. It is the longest continually held sporting event in America, and it is one of the most prestigious horse races in the world. Often called "The Most Exciting Two Minutes in Sports," the Kentucky Derby receives this nickname from the approximate length of time it takes the winner to run from the starting gate to the finish line.

Stay tuned for fun Kentucky Derby related activities right here at Woodcrest including horse betting, Derby hat decorating, mint juleps and of course a Derby race party! Enjoy the matinee Seabiscuit, the remarkable tale of a thoroughbred racehorse and down-and-out jockey who together became two of the most celebrated sports figures of the 20<sup>th</sup> century.



## May Birthdays

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21–31 are Gemini's Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they're often the life of the party.

- May 8— Diane Ball
- May 14— Lyman Smith
- May 15—Cynthia Donovan
- May 16—Kathy James
- May 17— Trudy Baily-Byrnes

## Woodcrest Derby Betting

### Place your Bets

**ALL BETS \$ 1**

### *How to Play*

**BET** on as many horses as you wish. No need to choose win, place or show.

**PAY** the bookie (Concierge) \$1 per bet.

**WRITE** your name on your betting slip and place the slip in your favorite horse's jar.

The pool is split among the bettors on the horse that wins.



## Happy Mother's Day

To all of you who have mothered those you care about. You are special in so many ways, but especially for all the unselfish ways you give of yourself for the benefit of someone you love.



## National Nurses Week

Woodcrest is so fortunate to have a wonderful crew of nurses. While they are appreciated each day, we are pleased to acknowledge their hard work and dedication during National Nurse's Week May 6<sup>th</sup>-12<sup>th</sup>. Let's also recognize our retired nurses Marilyn Barselle and Peggy Glecker who have left an indelible mark on so many lives.



## The Merry Month of May

Another season of rebirth has arrived. This vibrant Spring month is bursting with life. After a long New Hampshire winter, it sure is good to witness everything waking up and coming alive. Our raised garden beds will be fertilized and brought to life soon. Bring your green thumb or enthusiasm the last week of May and come help.



## With Gratitude: Fire Chief Retires

Residents attended a heartfelt send-off procession honoring Jay Lyon, New London's Fire Chief. After more than 35 years of service and 18 years as New London's Fire Chief it's hard to put into words the impact Chief Lyon has had on this community. We are so thankful for your dedication to keeping us safe.



### International Museum Day

International Museum Day is celebrated annually on May 18th, organized by the International Council of Museums (ICOM). It's a global event that highlights the transformative role of museums and raises awareness about their importance in society. Be sure to sign up with Activities for a trip to one of these local museums.

#### Mt. Kearsarge Indian Museum

May 4, 1:00pm~ Museum exhibits allow visitors to travel through time and space displaying artifacts and presenting information on prehistoric to contemporary Native Americans from every corner of the North American continent. MKIM is always adding to and changing exhibits so be sure to see what's new at the museum this month!



#### The NH Telephone Museum

May 13, 1:15pm~ The New Hampshire Telephone Museum houses a tangible history of telecommunications. Explore important moments in telephone history, such as the race to the patent office, the undertaker who invented the dial system, and so much more.

#### The Ice House Museum

May 28, 11:00am~ The Ice House Museum offers a memorable, hands-on experience for visitors of all ages. Antique Ford cars, children's ride-on toys, steam whistles, padlocks, washing machines, auto parts, horse-drawn carriages, a town jail, blacksmith shop and tinsmith shops!

### May Activities and Events

Chair exercises Sun-Friday at 10am  
Men's Group Wednesdays at 9am  
Knitting Group Tues/Thurs at 1:30pm  
Card Games Tuesdays at 3pm  
Book Group Saturdays at 10am

#### Special Events

- 5/2- Kentucky Derby
- 5/4- Trip to Indian Museum
- 5/4- Cinco de Mayo
- 5/10- Mother's Day/Grace Rapetti sings
- 5/11- Live Music with Bill Parker
- 5/12- Chapel with Pastor Lynn Hubley
- 5/13- Trip to NH Telephone Museum
- 5/14- Live Music with Chris Ekblom
- 5/20- Foot Clinic/Live Music with Tim Kelly
- 5/25- Memorial Day BBQ
- 5/28- Trip to the Ice House Museum
- 5/30-Symphony NH in concert-Barn Playhouse

#### May is Physical Fitness Month

As the days grow longer and the weather warms, May offers the perfect opportunity to get moving and celebrate Physical Fitness Month. Staying active is important at every stage of life, and even small amounts of daily movement can make a big difference in how we feel both physically and mentally.

This month is a great time to try something new or revisit a favorite activity. Join a group exercise class, take a stroll outdoors or you might even give bocce ball a try. A fun and easy game that's perfect for all skill levels.

Did you know we have a new piece of equipment in the work out room? The PhysioStep cross trainer's recumbent linear stepping motion gives you an easy and effective low impact total body workout. It combines a stable and stress free recumbent sitting position, with the natural feeling of walking. The stepping motion is incredibly smooth and easy on your joints. Reach out to Angela, Physical Therapist or Tina, concierge for guidance on using the machine.

### Community Room Art Exhibit Opening Celebration June 4<sup>th</sup> 3:00-4:00 p.m.



New London Inn, New London N.H.

Step back in time and enjoy the Town Archives' historical photo exhibit showcasing pieces that highlight our town's rich past.



Every year Woodcrest purchases season's tickets to the Barn Playhouse matinee performances. This year offers a wonderful selection of shows. Please see Megan Activities, to reserve a seat. Tickets to Woodcrest Residents are discounted and can be billed to your monthly account.

May 30- **Symphony NH in Concert— Man of La Mancha.** This powerful new concert adaptation of the Broadway classic, featuring a streamlined story and reduced dialogue, retains all the unforgettable songs from Mitch Leigh and Joe Darion's inspiring score. This timeless tale of hope, courage, and the power of dreaming impossible dreams will uplift and inspire!

- June 1— **Million Dollar Quartet**
- July 1— **Chicago**
- July 22— **Young Frankenstein**
- August 12— **Escape of Margaritaville**

### May is National BBQ Month

The recent one-day heat wave has us thinking forward to BBQ season. In May we will begin our bi-weekly BBQ buffet, and the new menu cycle. Residents can look forward to new seasonal fares. Items to tempt the palate include barbecue chicken, baby back ribs, flame-grilled cheeseburgers, corn on the cob and watermelon.



### More Spring Trips and Activities

