

April 2026

Woodcrest Villager

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



Spring's Gentle Return

April has arrived, bringing longer days, brighter sunshine, and the unmistakable signs of spring all around us. Even with a few lingering patches of snow, crocuses are bravely pushing through the soil. These tiny bursts of purple and yellow remind us that winter is finally loosening its grip!



There is something special about hardy New Englanders in the spring. Even with a chill still in the air, you find residents bundled in sweaters, sitting on the porch, faces turned toward the sun. After a long winter, those bright rays feel like a gift.



Making Memories on the Road



Last month residents took a scenic trip to the Sugar House at Harding Hill Farm to celebrate maple sugaring season and enjoy some sweet local maple syrup.

We also attended a lunch and learn presentation at the First Baptist Church titled *Better Balance at Any Age*, led by Pam Sanborn. While balance can naturally change as we age, the good news is that it's something we can continue to improve at any stage of life. Pam shared valuable information about the importance of maintaining balance as we grow older and how simple exercises can help improve stability and confidence.



On a recent visit to Proctor Academy and ski area, we were lucky to have Tim Norris, long time resident of Andover, serve as our personal tour guide. Tim taught and coached ski jumping at Proctor for many years. The day was chilly, but the good company and warm drinks made for an enjoyable afternoon!

A Patchwork of Talent

We are delighted to announce an upcoming Quilt Show that will transform our community room into a vibrant display of color, creativity and craftsmanship. This special exhibition will highlight artistry of quilting, a tradition that blends patience, skill, and heartfelt expression.

Linda Lasco is a fourth-generation quilter who makes quilts for family and friends, charity and by commission. She worked as an editor for the American Quilters Society and has done public relations work on behalf of the New England Quilt Museum. Other roles in the quilting world include teacher, lecturer, and quilt shop staff member. Currently, she has been making memorial quilts from the dress shirts of a recently passed family member. She has more quilts in progress and in the beginning stages. "They never cease to be compelling." explains Linda.

Join us on **April 9th at 3:00 pm** in the Community Room to celebrate Linda's remarkable work.

Pictured below is one of Linda Lasco's quilts.



Community Connections

We want to extend a huge thank you to all the residents who have been participating in the school programs this year. Your time, energy, and enthusiasm made each visit special creating meaningful connections and joyful moments for students.

Last month the NL Outing Club after-school care program came to Woodcrest for a field trip. Students got the chance to spend time with residents, sharing stories and playing games.

Kearsarge Elementary's Kindness Club has been visiting Woodcrest after school. Residents were thrilled to receive thoughtful handmade gifts from students. Each was carefully crafted and personally delivered, bringing smiles and conversations to everyone.

The Art of Storytelling program with Kearsarge High School students will be wrapping up this month. Residents and students have been meeting monthly throughout the school year. Part of the culminating activities include recording residents' stories and archiving them in StoryCorps' national database. The students' final presentation will be on **Friday April 17th** at 9:30 am in the Community Room. All residents are welcome to attend.

Residents and elementary students are connecting in a special way through a pen pal program. Letters filled with stories, drawings and plenty of questions travel back and forth between generations. For students, it's an opportunity to practice writing skills. Thank you to the residents who have taken the time to respond to all these letters!

Audrey Wenger, Sunapee High School student, will be finishing her Senior-to-Senior Project (high school senior paired with senior in assisted living). Audrey spent time gathering stories from Woodcrest veterans and preserving meaningful memories.

Ice-out on Pleasant Lake

In NH we have a fun community tradition that involves guessing the exact day the ice will melt off the lakes. Ice-out is declared when the lake becomes completely free of ice, signaling that spring has truly arrived in New Hampshire. Dave Marshall, owner of Marshall's Garage in Elkins, calls the official ice-out day for Pleasant Lake. It's always a bit of a guessing game. Will warmer days in March hurry things along, or will winter hold on a little longer?

At Woodcrest we will be having a little friendly competition of our own to see who can guess the ice-out date for Pleasant Lake. A voting jar will be available near the dining room entrance so be sure to vote your prediction of when the lake will finally shed its winter ice. Correct guesses come with bragging rights and a prize!

Easter Holiday Plans

If you plan to be away at Easter, kindly notify the concierge so the chef can plan accordingly, and the nursing staff can have your medications prepared for your departure. Thank you!

April Activities and Events

Chair exercises Sun-Friday at 10 a.m.
Men's group Wednesdays at 9 a.m.
Knitting group Tues/Thurs at 1:30 p.m.

4/1- Adventures in Learning Presentation
4/2- KRHS students visit
4/2- Jim Hollis sings
4/7- Chapel Service St. Andrew's Church
4/8- Suanne Thayer sings
4/9- Art opening- A collection of quilts
4/13- Live music at Waldo's
4/15- Foot Clinic
4/16- New London Outing Club kids visit
4/17- KRHS students last visit/celebration
4/20- Patriots Day/Boston Marathon
4/20- Tim Kelly performs
4/22- Piano recital in Community Room
4/30- Frank Kelecy sings

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. See below for information about this month's presentation.

Mrs. Jane Tracy's Community Building

presented by Jim Perkins

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

Wednesday, April 1, 2026 • 2:00 p.m. • Woodcrest Community Room

The Tracy Memorial Building was dedicated on October 3, 1926, and has served the New London community for a century. This presentation looks at the wide-ranging and lasting community-building work of its benefactor, Mrs. Jane Tracy, a summer resident for 50 years.

Extra parking for this event is made available by our good neighbor,
The New London Inn.

This event is free and open to the public.



In Partnership With



Book Lovers

Tracy Memorial Library

Tracy Library provides home delivery service for Woodcrest residents. How does it work? Nicole Swason at Tracy library will speak with you about your reading interests. She can choose books for you, or you can request specific titles. Books get delivered/picked up every Thursday.

Woodcrest Book Group

Courtyard residents are reading *Master and Commander* a Nautical historical novel by the English author Patrick O'Brien. Woodcrest Village Residents will be starting *Theo of Golden* by Allen Levi this month. The group continues to meet on Saturday mornings at 10:00 a.m.

NL Elementary Reading Buddies



Our 5th grade reading buddies have officially wrapped up another wonderful season of weekly visits. What a joy it has been to watch friendships blossom between students and residents. The program has been a reminder that reading connects generations. Thank you to the residents who took the time to listen and help students read. We are already looking forward to next year's visits!

Welcome New Residents

We would like to extend a warm welcome to Bob Whitney as he joins the Woodcrest Community this month. We hope he is feeling right at home.

April Birthdays

In astrology, those born between April 1–19 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. As eternal optimists, no odds are ever considered insurmountable. Those born April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves for a job well done.

Happy Birthday to all residents with birthdays this month-may your day be filled with joy!

April 18- Virginia Fernald
April 20- Hardy Hasenfuss
April 23- Jo Woodward
April 23- Joan Chesley
April 28- Ken McDonald

Share a Laugh, Boost Your Day

Did you know that April is Humor month? Laughter is one of the best forms of stress relief and has medical benefits. It can induce physical changes in the body. 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. Be on the lookout for an upcoming presentation on Laughter Yoga with Jyl Bradley.

