October 2026

Woodcrest Villager

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



Music in the Community Room



There's music in the air at Woodcrest this month. Music has a special way of bringing people together. A familiar song can bring back a cherished memory, lift our spirits, or simply make us smile. We have several music performances coming up this month in the Community Room.

The Silver Tones are a community chorus made up of local seniors and community members who gather to practice, sing familiar songs and perform for others. One of our own residents has a special connection to the Silver Tones, having sung with the group in the past.

Gerry Grimo is a New England-based accordionist who began playing in Rhode Island at age 7, performing with a 40-member accordion orchestra before launching his professional career. Gerry will be bringing his music to Waldo's for our Oktoberfest celebration.

Tim Kelly will return this month. Tim started performing at age 14 in Boston and later graduated from the Berklee College of Music. He is known for versatility, blending piano/vocal jazz, Great American Songbook standards, pop, oldies and original compositions.

The Center for the Arts Ukulele group will be performing some seasonal Halloween themed songs for us on October 25. This is a fun group of people who love to laugh, share their music, and bring plenty of smiles to everyone around them.

Jim Hollis is an independent musician who performs a mix of folk, country, and Americana-style songs accompanied by guitar.

Frank Kelecy, a local musician, plays guitar and sings. Influences include the Beatles, Fleetwood Mac, Bob Dylan, and John Denver.

We hope you can stop in for one of these performances and enjoy the music and good company!

October Birthdays

In astrology those born October 1–22 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill. Those born between October 23–31 are Scorpios. Scorpios are passionate and assertive leaders who value honesty and fairness above all—but betray a Scorpio and suffer the scorpion sting. Befriend a Scorpio and you will have not just a friend for life, but an advocate and confidant.

A very happy birthday to the residents celebrating a birthday this month! May the year ahead be filled with many happy moments and wonderful memories.

Sandy Stark — October 2
Tom Stark — October 4
Peg Glecker — October 20

October Activities and Events



Julie W., Jo W., and Kathy J. enjoy a game of Bocce Ball

10/5 — Silvertones choir perform
10/5 — Oktoberfest at Waldo's pub
10/6 — Saint Andrew's Episcopal Church
10/6 — Woodcrest Flu Clinic
10/7 — AIL presentation "Shakespeare as Muse"
10/14 — Live music with Tim Kelly
10/20 — Kearsarge high school students visit
10/25 — Ukulele group performs
10/26 — Live music with Jim Hollis
10/31 — Happy Halloween/Trick or Treat

Preventing the Flu

As cooler weather arrives, so does flu season. Protecting yourself and others from the flu is especially important in a community setting. The good news is there are a few simple steps we can all take to stay healthy.

Flu shots — The annual flu vaccine is the best defense against the virus. It's recommended for everyone, especially older adults and those with underlying health conditions.

Woodcrest will be hosting an in-house flu vaccination clinic on **Tuesday October 6** from 9:30a.m.- noon making it simple and convenient to receive your annual vaccination. Questions about the flu clinic can be directed to Kristin Gardner, Director of Health Services.

hand washing — Frequent handwashing with soap and warm water helps stop germs from spreading.

cover coughs and sneezes — Use a tissue or your elbow to cover your mouth and nose when you cough and sneeze.

boost your immune system — Getting enough sleep, eating balanced meals, and staying active all helps your body fight off illness.

Celebrating Woodcrest Village Volunteers

As we reflect on another year at Woodcrest Village, we are especially grateful for the wonderful people who give us one of life's most valuable gifts — their time.

Last month, Woodcrest had the pleasure of gathering to celebrate and thank all our wonderful volunteers who contribute in so many ways. We are grateful for the clergy who provide spiritual support, those who help lead and run activities, and our bartenders who help make Waldo's Pub more enjoyable. We appreciate those who share their musical talents, lend a helping hand, and accompany us on outings. And, of course, we are especially thankful for the volunteers who bring their four-legged friends to visit and brighten our residents' days with a little extra love and plenty of wagging tails!

Each volunteer brings something unique to Woodcrest, and their time, kindness, and friendship mean so much to residents and staff.

A heartfelt thank you to all the volunteers who have contributed this year. We truly appreciate everything you do and are grateful to have you as part of the Woodcrest Village family.



Fall Foliage in New Hampshire

There's nothing quite like autumn in New Hampshire. Each year the landscape comes alive with brilliant shades of red, orange and gold as the leaves change color. The Lakes Region offers breathtaking scenery that never gets old.

Peak leaf color in N.H. generally occurs between late September until Columbus Day weekend in October. However, weather plays a big role in creating color that makes New England fall so stunning. For example, warm sunny afternoons followed by cool nights help trees produce the richest colors.

Residents can look forward to scenic drives through the countryside, when the foliage is at its peak and of course, a stop at Spring Ledge Farm for some homemade apple cider donuts.

Welcome New Residents

We are delighted to welcome our newest resident Barbara Smerald to the Courtyard! Barbara is already familiar with Woodcrest from her years of singing with the Sunapee Singers here. We look forward to reconnecting with our new neighbor and hope she feels right at home.

Community Room Art Exhibit

Creativity is in the spotlight this season as Woodcrest proudly opens a new art exhibit featuring the talent of a local artist, Tatiana Yanovskyaya-Sink this month.

Tatiana is an award-winning artist locally and nationally and has won numerous shows and competitions at both levels. According to the Boston Fine Arts website, Tatiana's works have been published in magazines such as American Artist, Art Connoisseur and International Artist. Some of her major awards include the Silver Medal from Guild of Boston Artists and Best of Show at the "Best and Brightest" competition at the Scottsdale Artists School in Scottsdale, Arizona.



Shakespeare as Muse

presented by Sharon Rae Paquette

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

Wednesday, October 7, 2026 • 2:00 p.m. • Woodcrest Community Room

The prolific 16th century writer William Shakespeare wrote 37 plays, 154 sonnets, and two narrative poems in the short span of 23 years. There is much discussion of what drove Shakespeare to be so prolific and who might have been his muse. Since his death more than 400 years ago, Shakespeare has, in turn, become the muse to countless other artists.

This presentation will look at how artists through the centuries have used Shakespeare's plays and sonnets as their springboard into creation. We will view, listen to, and discuss works inspired by Shakespeare. If you love the written word, visual art, sculpture or music, this presentation is a joyous exploration of all of this and more.

Apple Picking Adventure

Recently, residents enjoyed an outing to King Blossom Orchard in Grantham, N.H. Everyone picked their favorites. Some went straight for the Macintoshes, while others filled their bags with Honeycrisp and Cortland apples. The best part of the adventure may have been the homemade apple cider donuts we enjoyed afterward! They were the perfect sweet treat to finish a wonderful fall outing.



National Food Bank Week

National Food Bank Week during the second week of October is not only a weeklong food drive but a time to bring awareness to the narrow line between a full cupboard and an empty one. It also honors the volunteers, donors, and the inspiring people who make food banks possible.

Residents at Woodcrest have been coming together every Friday to play BINGO. Over the past year the group combined their BINGO earnings and contributed a generous monetary donation to the KLS Community Food Pantry at the First Baptist Church in New London.

For Woodcrest resident Kathy, giving back is especially meaningful: "It feels good to know that we can make a difference, and I love to play BINGO".

Together, we're reminded that a little kindness goes a long way.

Halloween Happenings

Get your costumes ready! New London will once again close off Main Street for its much anticipated downtown Trick-or-Treat night. This tradition has become a highlight of the fall season, bringing together families, neighbors and local businesses for a safe and spirited Halloween celebration.

The street closure ensures safety for the hundreds of families expected to attend, with volunteers and town staff on hand to help with traffic control and festivities. Many businesses also join in the spirit by decorating storefronts.

You can be sure Woodcrest will be joining the fun this year, and we will need residents to help give out candy to all the little ghouls and goblins.



A Squirrel's Tale

Some think of squirrels as small pests, adept at infiltrating your home or invading your bird feeders, but they are nature's most nimble and adaptable creatures. Squirrels are extremely active in October, burying nuts and storing food for the long, cold winter. For this reason, October is Squirrel Awareness Month.

Squirrels inhabit every continent except Australia and Antarctica. There are 265 different species but three basic kinds: tree squirrels, ground squirrels, and flying squirrels. They come in all different sizes, from the mouse-sized African pygmy squirrel, which is only 3 inches long, to the Indian giant squirrel, which grows up to 3 feet in length. Squirrels are very cunning, often pretending to bury acorns in order to fool other spying squirrels.

Speaking of acorns, please use caution when walking on the garden path, as many fallen acorns can create a tripping hazard.