

February Greeting Continued:

February brings many events that our Life Enrichment Associates have planned. Please be sure to refer to the Life Enrichment February calendar. This monthly calendar will be emailed to each of our families for assisted living and long-term care. Please feel free to join in on a life enrichment program with your loved one.

As always, we, the Associates, at Warde Senior Living, thank you for giving us the privilege of caring for your loved one. We are happy that you have placed your trust in us.

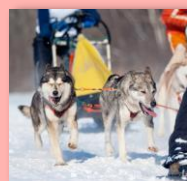
With February Blessings,
Shari L. LaRoche, MS LNHA
Administrator

Donations Welcome:

We are currently accepting donations for Valentine's Day and Mardi Gras

- Valentine's candies, goodies & chocolates
- Small Valentine's décor for BINGO prizes
- Candy hearts
- Mardi Gras beads

Challenge of the North



While the Iditarod Trail Sled Dog Race might be the most famous sled dog race in the world, February's Yukon Quest Sled Dog Race is undoubtedly more challenging. Run in the depths of winter, the Yukon Quest is colder, darker, lonelier, and runs over more challenging terrain. The course runs 1,000 miles from Whitehorse, Yukon, to Fairbanks, Alaska, and follows the historic route of the Klondike Gold Rush. While the Iditarod has 22 checkpoints along the way, the Yukon Quest has only nine. Mushers cross four mountain ranges, traverse frozen rivers, and deal with temperatures plummeting to minus-60 degrees Fahrenheit. Why would anyone want to compete in such a race? The prize money is minimal. The reward is honor and pride.

Flannel Favorites

Is flannel the perfect fabric? On February 10, Flannel Day, you can either praise its softness, warmth, and durability, or don a flannel shirt and enjoy all those qualities. What makes this



fabric so cozy and warm? It has a napped, fuzzy finish, the result of combing the fabric to raise its fine, soft fibers. The first flannels came from Wales, where the word *gwalanen* referred to "woolen cloth." In the 17th century,

Welsh textile workers began the process of *carding* sheep's wool, a method of combing that both disentangled and softened the yarns. The new carded fabric proved both strong, warm, and soft, and became a favorite of Welsh farmers. Flannels made from both wool and cotton soon spread around the globe, first as a favorite garment of the working class, and today worn by just about everybody.

Newsletter

Warde Senior Living | 21 Searles RD Windham, NH 03087 | 603.890.1290 |



Celebrating February Library Lovers' Month

Black History Month

Groundhog Day

February 2

Pizza Day:

Pizza Party at Lunch

February 9

Birthday Party with

Music by Ralphie

February 10

Super Bowl LVII

February 12

Valentine's Day

Celebrations

February 14

World Human Spirit Day

February 17

Presidents' Day (U.S.)

February 20

Mardi Gras Party

February 21

J+L Music

February 24

Science Day

February 28

February Greeting to all of our Family & Friends:

I hope this newsletter finds you all happy, healthy and full of love this Valentine's season.

COVID 19 – Update: Currently, we do not have COVID-19 in our community. We did come out of outbreak status on January 24th on the Assisted Living side of the community as we had 1 resident who had tested positive, along with some of our associates. We were able to contain the virus to the one resident who is now feeling just fine and back at baseline. Our associates are back to work as well. We continue to be vigilant in ensuring we are doing everything we can to keep COVID-19 out of our community!! We appreciate all that you are doing as well to keep your loved ones safe and wearing your masks when you are visiting!!

Special Days in February:


February 2nd – Groundhog Day – will the groundhog see his/her shadow or not? This is the question we ask ourselves each year. Will winter continue for another 6 weeks or will spring arrive sooner than we expect?

February 14th – Valentine's Day – Did you know that the name Valentine comes from a Latin word meaning "strength." There are many legends about it. Today, we celebrate Valentine's Day with the tradition of exchanging the affectionate gifts and love notes that we call "valentines".

February 20th – President's Day - a federal holiday also known as Washington's Birthday that is celebrated on the third Monday in February. (George Washington's actual birthday is February 22)

February 21st - Mardi Gras - (aka "Fat Tuesday" or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday.

February 22nd - Ash Wednesday, which marks the start of Lent.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>1</div> 9:00 Room Visits 10:15 Noodle Ball 11:00 Mass - Chapel 2:00 Crafting and Conversations 6:30 The Moonlighters - Orange Soda Floats	<div>2</div> 9:00 Room Visits 10:15 Chair Exercises 11:00 Rosary - Chapel 2:00 Groundhog Bowling 3:00 Barbara Streisand Day Video Concert Groundhog Day	<div>3</div> 9:00 Room Visits 10:15 Celebrate National Golden Retriever Day 11:00 Rosary - Chapel 2:00 Balloon Volleyball 3:00 Puzzle Hour National Wear Red Day	<div>4</div> 9:00 Room Visits 10:15 Ball Toss 11:00 Rosary - Chapel 2:00 Saturday Social 4:00 Mass - Chapel
<div>5</div> 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 BINGO	<div>6</div> 9:00 Room Visits 10:15 Table Ball 11:00 Rosary - Chapel 2:00 Balloon Volleyball 3:00 Massachusetts Day - Aerial America Video	<div>7</div> 9:00 Room Visits 10:15 Snowball Games 11:00 Rosary - Chapel 2:00 Reminiscing and Root Beer Floats 3:00 Making Valentines 6:00 BINGO	<div>8</div> 9:00 Room Visits 10:15 Baseball 11:00 Mass - Chapel 2:00 Scrapbooking and Snacking 6:30 The Moonlighters - Ice Cream Social	<div>9</div> 9:00 Room Visits 10:15 Pizza Pie Toss 11:00 Rosary - Chapel 12:00 Pizza Party Lunch 2:00 Celebrate National Pizza Day 3:00 Arm Chair Travel - Italy	<div>10</div> 9:00 Room Visits 10:15 Coffee and Crafts 11:00 Rosary - Chapel 2:00 Birthday Party with Ralphie - 1st Floor Dining Room	<div>11</div> 9:00 Room Visits 10:15 Chair Exercises 11:00 Rosary - Chapel 2:00 Card Games 4:00 Mass - Chapel
<div>12</div> 9:00 Room Visits 10:15 Treats and Trivia 11:00 Rosary - Chapel 2:00 BINGO 6:30 Super Bowl Sunday - on FOX	<div>13</div> 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals	<div>14</div> 9:00 Room Visits 10:15 Valentine's Day Family Feud 11:00 Rosary - Chapel 2:00 Sweetheart Sock Hop 3:00 Love Songs with Lawrence Welk - Video Valentine's Day	<div>15</div> 9:00 Room Visits 10:15 Cocoa and Current Events 11:00 Mass - Chapel 2:00 For The Birds 6:30 The Moonlighters - Root Beer Floats	<div>16</div> 9:00 Room Visits 10:15 Table Ball 11:00 Rosary - Chapel 2:00 Word Games 3:00 Resident Council	<div>17</div> 9:00 Room Visits 10:15 Chair Exercises 11:00 Rosary - Chapel 2:00 Balloon Volleyball 3:00 Puzzle Hour	<div>18</div> 9:00 Room Visits 10:15 Ball Toss 11:00 Rosary - Chapel 2:00 Saturday Social 4:00 Mass - Chapel
<div>19</div> 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 BINGO	<div>20</div> 9:00 Room Visits 10:15 Table Ball 11:00 Rosary - Chapel 2:00 Balloon Volleyball 3:00 Visit Mt. Rushmore - Video Presidents' Day	<div>21</div> 8:00 Mardi Gras Pancake Breakfast 9:00 Room Visits 10:15 Balloon Tennis 11:00 Rosary - Chapel 2:00 Music with Adam - 1st Floor Dining Room 6:00 BINGO Mardi Gras	<div>22</div> 9:00 Room Visits 10:15 Table Balloon Ball 11:00 Mass - Chapel 2:00 Paint and Sip 6:30 The Moonlighters - Ice Cream Social Ash Wednesday	<div>23</div> 9:00 Room Visits 10:15 Word Games 11:00 Rosary - Chapel 2:00 Celebrate Girl Scout Cookie Day - Baking In A Bag	<div>24</div> 9:00 Room Visits 10:15 Coffee and Color 11:00 Rosary - Chapel 2:00 J + L Music - Gathering Room	<div>25</div> 9:00 Room Visits 10:15 Drum Circle 11:00 Rosary - Chapel 2:00 Movie Matinee 4:00 Mass- Chapel
<div>26</div> 9:00 Room Visits 10:15 Horse Racing 11:00 Rosary - Chapel 2:00 BINGO	<div>27</div> 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals	<div>28</div> 9:00 Room Visits 10:15 Memory Games 11:00 Rosary - Chapel 2:00 Celebrate National Science Day	 <div> FEBRUARY 2023 Warde Rehabilitation & Nursing </div>			

Activities subject to change; see daily chronicle.