

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. Musher's 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
			1 8:30 Daily Chronicle 9:30 Shopping: Walmart 11:00 Mass - Chapel 2:00 Glamour Nails- Café	2 8:30 Daily Chronicle 10:00 Chair Exercise 11:00 Rosary - Chapel 2:00 Gardening Groundhog Day	3 8:30 Daily Chronicle 10:00 Morning Stroll 11:00 Rosary - Chapel 2:00 Feed the Birds National Wear Red Day	4 8:30 Daily Chronicle 10:00 Indoor Walk 11:00 Rosary - Chapel 2:00 Café Activities 4:00 Mass- Chapel
5 8:30 Daily Chronicle 10:00 Independent Walk 11:00 Rosary - Chapel 2:00 Movie Matinee	6 8:30 Daily Chronicle 10:00 Balloon Tennis 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G	7 8:30 Daily Chronicle 10:00 Hot Chocolate Bar 11:00 Rosary - Chapel 2:00 Painting- G	8 8:30 Daily Chronicle 9:30 Shopping: Market Basket 11:00 Mass - Chapel 2:00 Color Me Calm- Café	9 8:30 Daily Chronicle 10:00 Yoga- G 11:00 Rosary - Chapel 12:00 Pizza Lunch for National Pizza Day! 2:00 Pin the Pepperoni on the Pizza- G	10 8:30 Daily Chronicle 10:00 Chair Exercise 11:00 Rosary - Chapel 2:00 Birthday Party with Ralphie- 1	11 8:30 Daily Chronicle 10:00 Indoor Walk 11:00 Rosary - Chapel 2:00 Café Activities 4:00 Mass- Chapel
12 8:30 Daily Chronicle 10:00 Independent Walk 11:00 Rosary - Chapel 2:00 Movie Matinee	13 8:30 Daily Chronicle 10:00 Wii Bowling- Café 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G	14 8:30 Daily Chronicle 10:00 Morning Stroll 11:00 Rosary - Chapel 2:00 Gal-entine's in the Foyer Valentine's Day	15 8:30 Daily Chronicle 9:30 Shopping: Walmart 11:00 Mass - Chapel 2:00 Glamour Nails- Café	16 8:30 Daily Chronicle 10:00 Chair Exercise 11:00 Rosary - Chapel 2:00 Spelling Bee	17 8:30 Daily Chronicle 10:00 Hot Chocolate Bar 11:00 Rosary - Chapel 2:00 Uno- Cafe	18 8:30 Daily Chronicle 10:00 Indoor Walk 11:00 Rosary - Chapel 2:00 Café Activities 4:00 Mass- Chapel
19 8:30 Daily Chronicle 10:00 Independent Walk 11:00 Rosary - Chapel 2:00 Movie Matinee	20 8:30 Daily Chronicle 10:00 Coffee and Tea Social 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G Presidents' Day	21 8:30 Daily Chronicle 10:00 Sticky Buns & Coffee in Foyer 11:00 Rosary - Chapel 2:00 Mardi Gras Party with Adam- 1 Mardi Gras	22 8:30 Daily Chronicle 9:30 Shopping: Market Basket 11:00 Mass - Chapel 2:00 Color Me Calm- Café Ash Wednesday	23 8:30 Daily Chronicle 10:00 Yoga- G 11:00 Wii Bowling 11:00 Rosary - Chapel 2:00 Chili Day	24 8:30 Daily Chronicle 10:00 Morning Stroll 11:00 Rosary - Chapel 2:00 J+L Music- G	25 8:30 Daily Chronicle 10:00 Indoor Walk 11:00 Rosary - Chapel 2:00 Café Activities 4:00 Mass- Chapel
26 8:30 Daily Chronicle 10:00 Independent Walk 11:00 Rosary - Chapel 2:00 Movie Matinee	27 8:30 Daily Chronicle 10:00 Chair Exercises- Café 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G	28 8:30 Daily Chronicle 10:00 Morning Stroll 11:00 Rosary - Chapel 2:00 BINGO- G				

Activities subject to change; see daily chronicle.