

# June Newsletter

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



## June Greeting Continued

Summer Solstice June 21<sup>st</sup> – “On this day, the Sun travels the longest path through the sky, and that day therefore has the most daylight, sometimes referred to as “the longest day”. Spiritually, the summer solstice means midsummer, the time of new beginnings, has been celebrated since the pagan holiday of Litha. Now, it is a time for inner power and brightness, a spiritual battle between light and shadow that culminates in the perfect balance of day and night.”

We wish everyone a summer that is filled with warmth and family blessings!! 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 Thoughts of Sunshine & Ice Cream,  
Shari L. LaRoche, MS LNHA*

## Donations Welcome

We are currently welcoming donations for our BINGO prizes!

- Candy Bars
- Bags of Chips
- Summer Décor
- Note Pads
- Stationary
- Lotions
- Soaps
- Costume Jewelry

## Napoleon’s Waterloo



On June 18, 1815, Napoleon lost the Battle of Waterloo, suffering the final defeat of his military career and marking the end of his reign as emperor. Napoleon’s meteoric rise as a military strategist and leader began around 1799, when Napoleon returned to France from his military campaign in Egypt to find that France was at war with most of Europe and near collapse. Napoleon reorganized the French army, marched to victory across Europe, reestablished France as a superpower, and was crowned emperor. Waterloo, however, proved his undoing. Napoleon led his forces against a well-defended Prussian army, and after a series of strategic mistakes, had his forces crushed on the field of battle. Today, in remembrance of Napoleon’s historic defeat, we use the name “Waterloo” to mark a devastating failure.

## Going Postal



On June 13, 1920, the United States Postal Service declared that it would no longer send children by parcel post. As strange as it may seem, we now remember June 13 as No Mailing Children Day. On January 1, 1913, the U.S. Post began mailing parcels and packages. Americans could now buy and sell large dry goods by mail. Some, however, took advantage of this service and sent their children through the mail. After all, the delivery cost of mail was cheaper than a train ticket. Newspaper headlines captured the phenomenon: “Mail Carrier Safely Delivers Boy of 10 3/4 lbs to Grandmother, Cost 15 Cents.” Assistant Postmaster General John Koons eventually declared that children didn’t fit within the classification of harmless live animals.

## Celebrating June

**Men’s Health Month**

**Perennial Gardening Month**

**Caribbean American Heritage Month**

**Go Barefoot Day**  
*June 1*

**World Bicycle Day**  
*June 3*

**D-Day**  
*June 6*

**Flag Week (U.S.)**  
*June 11–17*

**Worldwide Day of Giving**  
*June 15*

**Father’s Day**  
*June 18*

**World Music Day**  
*June 21*

**Great American Backyard Campout**  
*June 24*

**Social Media Day**  
*June 30*

## June Greetings to all of our Families & Friends:



June Greetings to all of our Families & Friends: I hope this newsletter finds you all happy and healthy. Happy Summer – June 21, 2023

We celebrated so many special events in the month of May. Licensed Nursing Week & National Nursing Home Week were celebrated with so many different appreciation and life enrichment programs for our nurses and residents to participate in. Thank you to our Life Enrichment Associates who planned and coordinated all of the events. The events were well attended and so much fun!! I hope that you were able to see all of them on our Facebook page! Our largest celebrations were the Nursing Home Week events. It was truly a blessed month!

Special Days in June: Please refer to the June Life Enrichment Calendar with all of the special events planned.

1<sup>st</sup> Day of Summer – Summer Solstice – Wednesday, June 21<sup>st</sup>

National Licensed Nursing Assistant Week – June 14<sup>th</sup> – June 20<sup>th</sup>

Please thank our Licensed Nursing Assistants (LNAs) for all that they do!

National Bring Your Dog to Work Day – Friday, June 23<sup>rd</sup>  
National Chocolate Ice Cream Day – Wednesday, June 7<sup>th</sup>

Who doesn’t love chocolate ice cream??

Flag Day – Wednesday, June 14<sup>th</sup> – wear the colors of your flag on this special day

We wish all of our residents, families and associates with children graduating either high school or college a huge congratulations from all of us at Warde Senior Living. What a great accomplishment and everyone should be so very proud!! Wishing all of them much success in their future endeavors!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# June 2023

## Warde Assisted Living

				<p>8:30 Daily Chronicle 10:00 Yoga w/ Sandy-Foyer 11:00 Rosary - Chapel 2:00 National Nail Polish Day- Manicures-Café</p>	<p>8:30 Daily Chronicle 10:00 Outside Stroll 11:00 Rosary - Chapel 2:00 National Donut Day- Donut Social &amp; BINGO- 1</p>	<p>8:30 Daily Chronicle 11:00 Funeral Mass-Chapel 2:00 Sip &amp; Color- 2 4:00 Mass- Chapel</p>
<p>8:30 Daily Chronicle 10:15 Chair Exercise- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p>	<p>8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "Our Changing Environment" w/ Mercy Justice Committee- G</p>	<p>8:30 Daily Chronicle 10:00 Outing: Coffee Factory 11:00 Funeral Mass-Chapel 2:00 Painting- Café</p>	<p>8:30 Daily Chronicle 10:00 Outing: Shopping 11:00 Mass - Chapel 2:00 Craft Time- Café</p>	<p>8:30 Daily Chronicle 10:00 Happy Hearts Club- Café 11:00 Mass - Chapel 2:00 Birthday Party with Chris- G</p>	<p>8:30 Daily Chronicle 10:00 Outside Stroll 11:00 Rosary - Chapel 2:00 Movie Matinee-Foyer</p>	<p>8:30 Daily Chronicle 10:15 Coffee &amp; Coloring- 2 11:00 Rosary - Chapel 2:00 Saturday Social- 2 4:00 Mass- Chapel</p>
<p>8:30 Daily Chronicle 10:15 TV Yoga- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p>	<p>8:30 Daily Chronicle 10:00 Exercise- Foyer 11:00 Rosary - Chapel 2:00 "Our Changing Environment" w/ Mercy Justice Committee- G</p>	<p>8:30 Daily Chronicle 10:00 Back Porch Memories- Deck 11:00 Rosary - Chapel 2:00 Craft Time- Café</p>	<p>8:30 Daily Chronicle 10:00 Outing: Shopping 11:00 Mass - Chapel 2:00 Celebrate Flag Day- Deck/Foyer</p> <p>Flag Day (US)</p>	<p>8:30 Daily Chronicle 10:00 Yoga w/ Sandy-Foyer 11:00 Rosary - Chapel 2:00 Baking Bunch- Café</p>	<p>8:30 Daily Chronicle 10:00 Outside Stroll 11:00 Rosary - Chapel 12:00 Men's BBQ Luncheon-Foyer/Deck 2:00 Music with Jay- G</p>	<p>8:30 Daily Chronicle 10:15 Coffee &amp; Chats- 2 11:00 Rosary - Chapel 2:00 Movie Matinee- 2 4:00 Mass- Chapel</p>
<p>8:30 Daily Chronicle 10:15 Sing a Long with Suzie Q Video- 2 11:00 Rosary - Chapel 2:00 Father's Day Social</p> <p>Father's Day</p>	<p>8:30 Daily Chronicle 10:00 Outing: Dunkin's 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G</p> <p>Juneteenth</p>	<p>8:30 Daily Chronicle 10:00 Wii Bowling- Café 11:00 Rosary - Chapel 2:00 National Vanilla Milkshake Day: Milkshakes- Foyer</p>	<p>8:30 Daily Chronicle 10:00 Outing: Shopping 11:00 Mass - Chapel 2:00 Celebrate 1st Day of Summer- Deck/ Foyer</p> <p>Summer Begins</p>	<p>8:30 Daily Chronicle 10:00 Outing: Beach 11:00 Mass - Chapel 2:00 Music with Bob- G</p>	<p>8:30 Daily Chronicle 10:00 Outside Stroll 11:00 Rosary - Chapel 2:00 Movie Matinee-Foyer</p>	<p>8:30 Daily Chronicle 10:15 Coffee &amp; Coloring- 2 11:00 Rosary - Chapel 2:00 Saturday Social- 2 4:00 Mass- Chapel</p>
<p>8:30 Daily Chronicle 10:15 TV Yoga- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p>	<p>8:30 Daily Chronicle 10:00 Exercise- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G</p>	<p>8:30 Daily Chronicle 10:00 Exercise- Foyer 11:00 Rosary - Chapel 11:30 Outing: Picnic at Massabesic</p>	<p>8:30 Daily Chronicle 11:00 Mass - Chapel 2:00 Painting- Café 6:00 Outing: Windham Fireworks</p>	<p>8:30 Daily Chronicle 10:00 Yoga w/ Sandy-Foyer 11:00 Rosary - Chapel 2:00 Outing: Horse Farm- G</p>	<p>8:30 Daily Chronicle 10:00 Outside Stroll 11:00 Rosary - Chapel 2:00 Movie Matinee-Foyer</p>	<p>Key G - Gathering Room 1- 1st Floor Dining Room 2- 2nd Floor Dining Room</p> 

Activities subject to change, please see daily chronicle.