

Greeting continued:

For those of you sending little/big kids/grandkids off to school/college for a new academic year, we wish you and the student the best year yet, that is full of success & happiness!!

We wish everyone a fall season that is filled with warm & crisp 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 Many Blessings for the changing seasons,

Shari L. LaRoche, MS LNHA

Podcast Popularity

Podcasts, those instantly accessible online audio series, are among the most popular forms of modern entertainment. They are so popular, in fact, that they enjoy their own holiday on September 30, International Podcast Day.

The allure of podcasts lies in their variety and availability. You can listen to stories about just about anything: cooking, home renovation, celebrities, hard news stories, pop culture, and more. And thanks to smartphones, you can listen whenever and wherever you want: on a walk, at the gym, at home, in the car. While many podcasts are deeply researched and professionally produced, even hosted by established radio and television personalities, it is still possible to record your own podcast about whatever topic you like in your basement. In many ways, the medium is surprisingly free, both in terms of cost to stream and in terms of creativity. Neither internet nor media companies control content. If you love listening to the radio, podcasts are its modern extension. Why not try them?

Car Show

Do you have a retro or vintage car? Come participate in our car show on Sunday September 10th (weather permitting) from 1:00 to 3:00 PM in honor of National Assisted Living Week! For any questions, please contact our Life Enrichment Director Elizabeth Hurst at whc.activitydir@nh-cc.org. We hope to see you there!



Something Borrowed

Since 1987, September has been celebrated as Library Card Sign-Up Month. While this is a time to remind children about the value of libraries, people of any age are encouraged to get a library card and explore the wonderful world of borrowing books for free. America's first lending library was founded in Franklin, Massachusetts, in 1778. When Founding Father Ben Franklin was asked to donate a bell to the town, he instead donated a set of books, which became the library's first collection. The oldest known library in the world dates back to the seventh century BC. Located in Nineveh, in modern-day Iraq, it was a private library built for the Assyrian ruler Ashurbanipal. It did not house books but rather 30,000 cuneiform tablets, including the 4,000-year-old *Epic of Gilgamesh*. It wasn't until the 19th century that public lending libraries became popular and the first library membership "card" systems were devised.

Newsletter

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



Celebrating September

Classical Music Month

Sewing Month

World Alzheimer's Month

Nutrition Week
September 1-7

Labor Day (U.S.)
September 4

International Day
of Charity
September 5

Grandparents Day
September 10

Patriot Day (U.S.)
September 11

Rosh Hashanah
September 15-17

Yom Kippur
September 24-25

World Tourism Day
September 27



September Greetings to all of our Families & Friends

I hope this newsletter finds you all happy & healthy.

Can you believe how fast the Summer of 2023 went by? I cannot believe that the Fall season is right around the corner. The trees will be changing, the weather will be getting colder, apple picking will be done and the pumpkin spice everything will be out before we know it!!

We had lots of fun events in the month of August. Our residents enjoyed many Life Enrichment programs and activities! Be sure to check out our Facebook page (Warde Senior Living) to see all of the great pictures from our August events. Our residents had so much fun participating in these events and soaking up the last bits of sunshine and summertime!!

Unfortunately, as everyone is aware, COVID came back to visit us at Warde Senior Living. We did have a few positive cases, but thankfully, the associates and the resident affected had minimal symptoms and recovered quickly. Warde Senior Living will continue to follow NH Department of Health & Human Service & CDC guidelines as it pertains to testing & prevention. Please be sure you are staying as healthy as you can with the upcoming Fall season ahead. Warde Senior Living will be offering the FLU vaccine to our residents, associates and contracted associates on Wednesday, September 20, 2023.

Special Days/Events in September: Please refer to the September Life Enrichment Calendar!

We will be celebrating National Assisted Living Week from September 10th – 16th. The week will kick off with a Car Show on Sunday, September 10th from 1-3pm. We will end the week with a Big Band Dance on Saturday, September 16th at 2pm. We look forward to this week and all of the Life Enrichment programs that are being offered to our residents at Warde!! It will certainly be a fun week with many smiles & laughs. We encourage you to participate in the activities with your loved one!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Key:
 2- 2nd Floor Dining Room
 1- 1st Floor Dining Room
 G- Gathering Room

September 2023

Warde Assisted Living



<p>3</p> <p>8:30 Daily Chronicle 10:15 Color & Chats- 2 11:00 Rosary- Chapel 2:00 BINGO- 2</p>	<p>4</p> <p>8:30 Daily Chronicle 10:00 Labor Day Coffee Social- 2 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G</p> <p>Labor Day</p>	<p>5</p> <p>8:30 Daily Chronicle 10:00 Outdoor Walk 11:00 Rosary - Chapel 2:00 Social Hour- Foyer</p>	<p>6</p> <p>8:30 Daily Chronicle 10:00 Outing: Shopping 11:00 Mass - Chapel 2:00 Manicures- Café</p>	<p>7</p> <p>8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel</p> <p>Crafts all day in the Cafe</p>	<p>8</p> <p>8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Birthday Party with Ralphie- G</p>	<p>9</p> <p>8:30 Daily Chronicle 10:15 Remember When- 2 11:00 Rosary - Chapel 2:00 Social Hour- 2 4:00 Mass- Chapel</p>
<p>10</p> <p>8:30 Daily Chronicle 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 1:00-3:00 Car Show (Weather Permitting)</p> <p>National Assisted Living Week</p>	<p>11</p> <p>8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Drive in Matinee: An Affair to Remember</p> <p>National Assisted Living Week</p>	<p>12</p> <p>8:30 Daily Chronicle 10:00 Auction- Foyer 11:00 Rosary - Chapel 2:00 Music with Bill- G</p> <p>National Assisted Living Week</p>	<p>13</p> <p>8:30 Daily Chronicle 9:30 Outing: Apple Crest Farm 11:00 Mass - Chapel 2:00 Cards- Café</p> <p>National Assisted Living Week</p>	<p>14</p> <p>8:30 Daily Chronicle 10:00 Independent Strolls 11:00 Rosary - Chapel 10:00-3:00 Country Fair- G</p> <p>National Assisted Living Week</p>	<p>15</p> <p>8:30 Daily Chronicle 10:00 Independent Strolls 11:00 Rosary - Chapel 2:00 Movie: Fried Green Tomatoes- Foyer</p> <p>National Assisted Living Week</p>	<p>16</p> <p>8:30 Daily Chronicle 10:15 Exercise- 2 11:00 Rosary - Chapel 2:00 Big Band Dance- G 4:00 Mass- Chapel</p> <p>National Assisted Living Week</p>
<p>17</p> <p>8:30 Daily Chronicle 10:15 Color & Chats- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p>	<p>18</p> <p>8:30 Daily Chronicle 10:00 Bowling- 2 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G</p>	<p>19</p> <p>8:30 Daily Chronicle 10:00 Outing: Griffin Park 11:00 Rosary - Chapel 2:00 Social Hour- Foyer</p>	<p>20</p> <p>8:30 Daily Chronicle 10:00 Outing: Shopping 11:00 Mass - Chapel 2:00 Manicures- Café</p>	<p>21</p> <p>8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 1:30 Outing: Wind Haven Farm</p>	<p>22</p> <p>8:30 Daily Chronicle 10:00 TV Yoga 11:00 Rosary - Chapel 2:00 Movie: Rooster Cogburn- Foyer</p>	<p>23</p> <p>8:30 Daily Chronicle 10:15 Exercise- 2 11:00 Rosary - Chapel 2:00 Social Hour- 2 4:00 Mass- Chapel</p> <p>Autumn Begins</p>
<p>24</p> <p>8:30 Daily Chronicle 10:15 Color & Chats- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p> <p>Yom Kippur</p>	<p>25</p> <p>8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G</p>	<p>26</p> <p>8:30 Daily Chronicle 10:00 Walk 11:00 Rosary - Chapel 2:00 Sing like a Bird with Dove and Suzie- G</p>	<p>27</p> <p>8:30 Daily Chronicle 10:00 Outing: Visit to the Mall for a Walk & Lunch 11:00 Mass - Chapel 2:00 Cards- Café</p>	<p>28</p> <p>8:30 Daily Chronicle 9:00 Outing: Coffee Shop 11:00 Rosary - Chapel 2:00 Happy Hearts Club- Café</p>	<p>29</p> <p>8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Movie: Remember the Titans- Foyer</p> <p>Sukkot Begins</p>	<p>30</p> <p>8:30 Daily Chronicle 10:15 Exercise- 2 11:00 Rosary - Chapel 2:00 Social Hour- 2 4:00 Mass- Chapel</p>

Activities subject to change, please see daily chronicle.