

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

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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

SEPTEMBER 2023

Warde Rehabilitation and Nursing

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| | <h1>SEPTEMBER 2023</h1> <h2>Warde Rehabilitation and Nursing</h2> | | | | <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary- Chapel 2:00 Chocolate Bar BINGO 3:00 How It's Made - Hershey's Chocolate - Video</p> | <p>9:00 Room Visits 10:15 Exercise 11:00 Rosary - Chapel 2:00 Social Hour 4:00 Mass - Chapel</p> |
| <p>9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 BINGO</p> | <p>9:00 Room Visits 10:15 Labor Day Coffee Social 11:00 Rosary - Chapel 2:00 School Days Reminisce</p> <p>Labor Day</p> | <p>9:00 Room Visits 10:15 Ring Toss 11:00 Rosary - Chapel 2:00 Golf Cart Rides 4:00 Outdoor Visits 6:15 Evening Activity</p> | <p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Scrapbooking 4:00 One-to-One Visits 6:15 BINGO</p> | <p>9:00 Room Visits 10:15 Service Dog Month - Baking Dog Treats 11:00 Rosary - Chapel 2:00 Pet Visits with Griffin and Oakley 4:00 Outdoor Visits 6:15 Evening Activity</p> | <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Birthday Party with Ralphie - Gathering Room</p> | <p>9:00 Room Visits 10:15 Remember When... 11:00 Rosary - Chapel 2:00 Movie Matinee 4:00 Mass - Chapel</p> |
| <p>9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 1:00 Car Show - Outdoors (Weather Permitting)</p> <p>Grandparents Day</p> | <p>9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals</p> | <p>9:00 Room Visits 10:15 Sing Along and Ribbon Dancing 11:00 Rosary - Chapel 2:00 Music with Bill - Gathering Room 4:00 Outdoor Visits 6:15 Evening Activity</p> | <p>9:00 Room Visits 10:15 Apple Games 11:00 Mass - Chapel 2:00 Celebrate The Apple Season 4:00 One-to-One Visits 6:15 BINGO</p> | <p>9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 10:00-3:00 Country Fair - Gathering Room</p> | <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Movie Matinee - State Fair</p> <p>Rosh Hashanah Begins</p> | <p>9:00 Room Visits 10:15 Exercise 11:00 Rosary - Chapel 2:00 Big Band Dance - Gathering Room 4:00 Mass - Chapel</p> <p>Oktoberfest Begins</p> |
| <p>9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 BINGO</p> | <p>9:00 Room Visits 10:15 Bowling 11:00 Rosary - Chapel 2:00 Celebrate Oktoberfest 3:00 Arm Chair Travel - Germany - Video</p> | <p>9:00 Room Visits 10:15 Ring Toss 11:00 Rosary - Chapel 2:00 Magazine Hour - Cut and Collage - Fall 4:00 Outdoor Visits 6:15 Evening Activity</p> | <p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 All About Lighthouses 4:00 One-to-One Visits 6:15 BINGO</p> | <p>9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Resident Council</p> | <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Happy Fall - Apple Cider and Cookie Social</p> | <p>9:00 Room Visits 10:15 Exercise 11:00 Rosary - Chapel 2:00 Social Hour 4:00 Mass- Chapel</p> <p>Autumn Begins</p> |
| <p>9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 BINGO</p> <p>Yom Kippur</p> | <p>9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals</p> | <p>9:00 Room Visits 10:15 Bird BINGO 11:00 Rosary - Chapel 2:00 Sing Like A Bird with Dove and Suzie - Gathering Room 4:00 Outdoor Visits</p> | <p>9:00 Room Visits 10:15 Ball Toss 11:00 Mass - Chapel 2:00 Sensory Group 4:00 One-to-One Visits 6:15 BINGO</p> | <p>9:00 Room Visits 10:15 Service Dog Month - Baking Dog Treats 11:00 Rosary - Chapel 2:00 Pet Visits with Griffin and Oakley</p> | <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Balloon Volleyball</p> <p>Sukkot Begins</p> | <p>9:00 Room Visits 10:15 Exercise 11:00 Rosary - Chapel 2:00 Social Hour</p> |

Activities subject to change; see daily chronicle.