

From Meek to Mighty

December 15 is a day to root for the little guy with the big heart, for it is Underdog Day. What makes underdogs so appealing? They must win against all odds. Whether it's strength, courage, heart, or a little bit of luck, these heroes prevail against the most overwhelming odds. Here's a list of some of the best underdogs, real and fictitious:



Sports is the most likely place to start searching for memorable underdogs, and no team may have pulled off a more surprising win than the 1980 men's Olympic hockey team. A team made up of amateurs and college stars defeated a tough Soviet team during the middle of the Cold War. Sportscaster Al Michaels famously asked, "Do you believe in miracles?" You bet we do.

No story about underdogs would be complete without a mention of racehorse Seabiscuit. Seabiscuit was short with crooked legs and, after first failing as a racehorse, was used as a workhorse. His jockey was a visually impaired former boxer. At Maryland's legendary Pimlico Race Course, Seabiscuit defeated the accomplished War Admiral in what many believe to be the greatest horse race in history.

Literature is filled with underdog stories, and J.R.R. Tolkien's hero Frodo Baggins from his *Lord of the Rings* trilogy is practically the size of a dog. This tiny hobbit, best known for eating, drinking, and living in peace, crosses an entire continent full of beasts and demons to save the world from evil and destruction.

Harry Potter may well be another great literary underdog, but so is his creator, J.K. Rowling. This unknown writer and unemployed single mother created an international sensation and hooked thousands of children on reading.

Holiday Happenings

- All our residents in our Assisted Living & Nursing Home will be receiving a donated Christmas gift. Thank you to St. Matthew's Church, the Windham Mom's Alliance, and Santa for Seniors for making this possible!
- As the holiday season comes, we kindly ask that any gifts you bring in for your loved one that go through our laundry services (blankets, clothing, etc.) are labeled with their name and room number.
- We look forward to our Family Christmas party on December 21st!

Spectacular Soda

With its hundreds of uses, bicarbonate of soda certainly deserves its own day on December 30. Baking soda, as it is commonly called, is used for far more than baking. Make homemade toothpaste by mixing baking soda with hydrogen peroxide. Mix a 3-to-1 ratio of baking soda and water to create a gentle exfoliant for your skin or to relieve the itch of insect bites. Add a sprinkle of baking soda to your shampoo to add extra cleaning power. Out of deodorant? Just apply a thin dusting of baking soda under your arms.



Even the ancient Egyptians were wise to the uses of baking soda. They found natural deposits of bicarbonate of soda and used them to create soaps. It's time to put that box of baking soda front and center in the cupboard.

Newsletter

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

Celebrating December

Universal Human Rights Month

Safe Toys and Gifts Month
Clerc-Gallaudet Week
December 3-9

Dice Day
December 4

Bathtub Party Day
December 5

Salesperson Day
December 8

Gingerbread House Day
December 12

Humbug Day
December 21

Christmas
December 25

Thank-You Note Day
December 26

New Year's Eve
December 31

December Greetings to all our Friends & Families:

I hope this newsletter finds you all happy & healthy. Welcome December. A month of celebrating Winter Blessings!!

We had lots of fun events in the month of November. We were blessed with the warmer weather and the changing leaves that led to beautiful colors this past Thanksgiving season. Be sure to check out our Facebook page (Warde Senior Living) to see all of the great pictures from our November events.

Congratulations to Mr. & Mrs. Evan (Elizabeth Hurst)

Thomas!! Their wedding was on November 30th in Florida! Wishing the new Mr. & Mrs. a lifetime of happiness.

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

As everyone knows, Hanukkah & Christmas are the main holidays for the month of December. Hanukkah begins at sunset on Thursday, December 7, 2023 and ends at nightfall on Friday, December 15, 2023. Hanukkah (Chanukah) is the Hebrew word for "dedication." The eight-day Jewish celebration bearing that name — it is also called the Festival of Lights — remembers the dedication of the Temple in Jerusalem after it had been recovered. Christmas is Monday, December 25, 2023. Christmas is the Christian Festival celebrating the birth of Jesus. Take a moment, a deep breath to reflect on your blessings the holiday season.

Old Man Winter is upon us!! Winter Solstice - The winter solstice occurs on Thursday, Dec. 21, 2023 at 10:27pm. The winter solstice marks the first day of winter in the Northern Hemisphere. This day has the fewest hours of sunlight in the entire year.

We wish everyone a Holiday season that is filled with many family blessings!! As always, we, the associates, at Warde Senior Living, thank you for giving us the privilege of caring for your loved one.

With Many Blessings,
Shari L. LaRoche, MS LNHA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 2023

Warde Assisted Living

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| | | | | | 8:30 Daily Chronicle 10:00 Coffee Bar- Foyer 11:00 Rosary - Chapel 2:00 Outing: TBA Flannel Friday: Wear a Flannel | 8:30 Daily Chronicle 10:15 Table Ball- 2 11:00 Rosary- Chapel 2:00 Creative Crafts- 2 4:00 Mass- Chapel |
| 8:30 Daily Chronicle 10:15 Chair Exercise- 2 11:00 Rosary- Chapel 2:00 BINGO- 2 | 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G | 8:30 Daily Chronicle 11:00 Rosary - Chapel 2:00 Holiday Sing Along with Bob Baker- 2 | 8:30 Daily Chronicle 11:00 Mass - Chapel 10 AM- 3 PM: Let's Make Gingerbread Houses- Foyer | 8:30 Daily Chronicle 10:00 Hot Cocoa- Foyer 11 AM-3 PM Let's Make Cookies for the Staff!- Cafe 11:00 Rosary - Chapel 4:00 Mass- Chapel 5:30 St. Matt's Caroling | 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Bob's Holiday Show- G Silly Sock Day: Wear Holiday Socks | 8:30 Daily Chronicle 10:15 Coloring & Chats- 2 11:00 Rosary - Chapel 2:00 Social Hour- 2 4:00 Mass- Chapel |
| 8:30 Daily Chronicle 10:15 Chair Exercise- 2 11:00 Rosary- Chapel 2:00 BINGO- 2 | 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G | 8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 1:30 Painting- G 4:00 Caroling with Kids in Service- 2 | 8:30 Daily Chronicle 10:00 Outing: Shopping 11:00 Mass - Chapel 1:30 Movie on the Big Screen: Crown for Christmas- G | 8:30 Daily Chronicle 11:00 Rosary - Chapel 1:30 Movie on the Big Screen: Angels Sing- G | 8:30 Daily Chronicle 10:00 Outing: TBA 11:00 Rosary - Chapel 2:00 Candy Cane BINGO Candy Cane Day: Wear Red and White | 8:30 Daily Chronicle 10:15 Snowman Races- 2 11:00 Rosary - Chapel 2:00 Holiday Piano Concert-G 4:00 Mass- Chapel |
| 8:30 Daily Chronicle 10:15 Chair Exercise- 2 11:00 Rosary - Chapel 2:00 BINGO- 2 | 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News?" w/ Sr. Rosemary- G | 8:30 Daily Chronicle 9 AM-12 PM Christmas Baking- Cafe 11:00 Rosary - Chapel 2:00 Nativity Play- Chapel | 8:30 Daily Chronicle 10:00 Caroling Walk 11:00 Mass - Chapel 1:30 Christmas Happy Hour- Foyer | 8:30 Daily Chronicle 10:00 Craft: Ornaments- Cafe 11:00 Rosary - Chapel 2:00-3:30 Family Party 3:30 Opera Performance- Chapel | 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 1:30 Movie: Miracle on 34th Street- Foyer Santa Day: Wear Red and a Santa Hat | 8:30 Daily Chronicle 10:15 Coloring & Chats- 2 11:00 Rosary - Chapel 2:00 BINGO- 2 4:00 Mass- Chapel |
| 8:30 Daily Chronicle 9:45 Opening Presents & Egg Nog Social- Foyer 11:00 Rosary - Chapel 2:00 George Parker's Christmas Show- G 4:00 Christmas Eve Mass | 8:30 Daily Chronicle 11:00 Rosary - Chapel 12:00 Holiday Feast 1:30 Movie: Its a Wonderful Life- Foyer Christmas | 8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 1:30 Painting- G | 8:30 Daily Chronicle 10:00 Outing: Shopping 11:00 Mass - Chapel 1:30 Cards- Cafe | 8:30 Daily Chronicle 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 1:30 Movie on the Big Screen: New Town- G | 8:30 Daily Chronicle 10:00 Snowflake Craft 11:00 Rosary - Chapel 1:30 Snowball Cookies & Hot Cocoa Bar- Foyer Winter Wonderland Day: Wear Blue | 8:30 Daily Chronicle 10:15 Table Ball- 2 11:00 Rosary - Chapel 2:00 Minute to Win it Games- 2 4:00 Mass- Chapel |
| 8:30 Daily Chronicle 10:15 Year In Review- 2 11:00 Rosary - Chapel 2:00 BINGO- 2 4:00 New Years Eve Mass- Chapel |  <p>Key: 1- 1st Floor Dining Room 2- 2nd Floor Dining Room G- Gathering Room</p> | | | | | |

Activities subject to change, please see daily chronicle.