

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



 <h1 style="color: yellow;">DECEMBER 2023</h1> 							<p>9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary- Chapel 2:00 National Christmas Lights Day</p> <p>Flannel Friday: Wear a Flannel</p>	<p>9:00 Room Visits 10:15 Table Ball 11:00 Rosary - Chapel 2:00 Creative Crafts 4:00 Mass - Chapel</p>
<p>9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>9:00 Room Visits 10:15 Holiday Tea Party 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals</p>	<p>9:00 Room Visits 10:15 Ring Toss 11:00 Rosary - Chapel 2:00 Holiday Sing Along with Bob Baker</p>	<p>9:00 Room Visits 10:15 Ball Toss 11:00 Mass - Chapel 2:00 Christmas Card Social 4:00 One-to-One Visits</p>	<p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Celebrate Hanukkah 4:00 Mass - Chapel 5:30 Caroling with St. Matthews <small>Hanukkah Begins</small></p>	<p>9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Bob's Holiday Show - Gathering Room</p> <p>Silly Sock Day: Wear Holiday Socks</p>	<p>9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Social Hour 4:00 Mass - Chapel</p>		
<p>9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Scrapbooking</p>	<p>9:00 Room Visits 10:15 Snowball Toss 11:00 Rosary - Chapel 2:00 Gingerbread Month - Cookies and Crafts 4:00 Caroling with Kids in Service</p>	<p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Magazine Hour - Cut and Collage 4:00 One-to-One Visits</p>	<p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Baking In A Bag - Holiday Dog Treats 6:15 BINGO</p>	<p>9:00 Room Visits 10:15 Candy Cane Craft 11:00 Rosary - Chapel 2:00 Candy Cane BINGO</p> <p>Candy Cane Day: Wear Red and White</p>	<p>9:00 Room Visits 10:15 Snowman Races 11:00 Rosary - Chapel 2:00 Holiday Piano Concert- Gathering Room 4:00 Mass - Chapel</p>		
<p>9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>9:00 Room Visits 10:15 Manicures and Music 11:00 Rosary - Chapel 2:00 Piano with Amanda 4:00 Holiday Light Ride - Outing</p>	<p>9:00 Room Visits 10:15 Color-a-Carol and Sing Along 11:00 Rosary - Chapel 2:00 Nativity Play - Chapel</p>	<p>9:00 Room Visits 10:15 Winter Sensory Group 11:00 Mass - Chapel 2:00 Word Games 4:00 One-to-One Visits</p>	<p>9:00 Room Visits 10:15 Christmas Reminisce 11:00 Rosary - Chapel 2:00 - 3:30 Holiday Party 3:30 Opera Performance - Chapel 6:15 BINGO <small>Winter Begins</small></p>	<p>9:00 Room Visits 10:15 Roll-A-Santa Game 11:00 Rosary - Chapel 2:00 Holiday Party and Gift Exchange</p> <p>Santa Day: Wear Red and a Santa Hat</p>	<p>9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 BINGO 4:00 Mass- Chapel</p>		
<p>9:00 Room Visits 10:15 Coffee Social 11:00 Rosary - Chapel 2:00 George Parker's Christmas Show - Gathering Room 4:00 Holiday Mass - Chapel</p>	<p>9:00 Room Visits 11:00 Rosary - Chapel 12:00 Holiday Feast 2:00 Movie Matinee - "It's A Wonderful Life"</p> <p style="text-align: center;"><small>Christmas</small></p>	<p>9:00 Room Visits 10:15 Current Events and Cocoa 11:00 Rosary - Chapel 2:00 Sip and Color 6:15 Evening Activity <small>Kwanzaa Begins</small></p>	<p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Trivia 4:00 One-to-One Visits 6:15 Evening Activity</p>	<p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Resident Council 6:15 BINGO</p>	<p>9:00 Room Visits 10:15 Snowball Games 11:00 Rosary - Chapel 2:00 Snowman Bowling</p> <p>Winter Wonderland Day: Wear Blue</p>	<p>9:00 Room Visits 10:15 Table Ball 11:00 Rosary - Chapel 2:00 Minute to Win It Games 4:00 Mass - Chapel</p>		
<p>9:00 Room Visits 10:15 Year In Review Social 11:00 Rosary - Chapel 2:00 BINGO 4:00 Holiday Mass - Chapel</p> <p style="text-align: center;"><small>New Year's Eve</small></p>	<h2 style="color: darkblue;">Warde Rehabilitation and Nursing</h2> 							

Activities subject to change; see daily chronicle.