

Work Hard by Hardly Working

It may be easier said than done, but January 12 is Work Harder Day. Many businesses these days certainly seem obsessed with getting more from their workers. And hard work isn't just for nine-to-fivers anymore.



We are constantly hearing that we must work harder in our personal lives, too: to improve relationships, become healthier, and think smarter. Just how are we supposed to accomplish this never-ending stream of hard work?

Advice abounds for improving productivity. Experts tell us to find help and delegate tasks to talented team members. We must make to-do lists and better manage our time; set realistic goals and reward ourselves for reaching them; watch less TV and get more sleep. But has your boss ever told you to work less?

There are some who believe that in order to work harder, we must work less. Giving workers time off, from a few minutes to a few weeks, from one fewer meeting to 100 fewer emails, allows the mind to focus on its main job: thinking. Some creative types may be at their most productive when they appear to their bosses to be doing nothing. Bill Gates, when he was in charge of Microsoft, would live by himself in a remote cottage for two "think weeks" every year just so he had the mental space to invent the technology of the future. It is hard to imagine what our workforce would look like if employees were pressured to take a couple of "think weeks" off every year on the company dime.

Perhaps it is no coincidence that January 13 is Make Your Dreams Come True Day. Truly, the best way to make your dreams come true is to put in some hard work first. A little luck also couldn't hurt. But, to borrow a line from Thomas Jefferson, "I'm a great believer in luck, but I find the harder I work the more I have of it."

Donations Welcome

We are currently accepting donations for BINGO!

- Winter décor
- Candy bars
- Travel sized tissue packs
- Small stuffed animals
- Stationary
- Pens and pencils



Queen of the Sea

On January 8, 2004, Queen Elizabeth II christened the Cunard Line's newest ocean liner, *Queen Mary 2*. At the time, the ship was the longest, widest, and tallest ship ever built. While some cruise ships are larger now, *Queen Mary 2* remains the largest ocean liner on the sea and regularly makes trips between Southampton, England, and New York City.



Queen Mary 2 has transported its fair share of prestigious passengers, including heads of state, actors, musicians, and athletes. In 2005, it even carried the first U.S. copy of J. K. Rowling's book *Harry Potter and the Half-Blood Prince* across the Atlantic. Also carried on board the *QM2* is the Boston Cup, a tall, silver cup that was presented to Sir Samuel Cunard by a Boston silversmith when he chose Boston as the port city for his new cruise line in 1842.

Newsletter

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



Celebrating January

- Hot Tea Month
- Blood Donor Month
- Brain Teaser Month

New Year's Day
January 1

Trivia Day
January 4

Step in a Puddle and Splash
Your Friends Day
January 11

Martin Luther King Jr. Day
January 15

Kid Inventors Day
January 17

Take a Walk Outdoors Day
January 20

National Seed Swap Day
January 27

Puzzle Day
January 29

January Greetings to all of our Families & Friends:

Happy 2024!! Hoping that you had a blessed holiday season with your families & friends. As we begin a new year, we continue to be cautious with COVID-19, Influenza and RSV. We had a tremendous amount of Holiday activities in December at Warde Senior Living. Our Family Gathering with the Opera singer on December 21st was one event that I will always remember!! Thank you to all of our families and friends that came. Please check out all of the fun pictures on our Facebook page, if you haven't already!!

January brings many winter events that our Life Enrichment Associates have planned. Please be sure to refer to the Life Enrichment January calendar. This monthly calendar will be emailed to each of our families for assisted living and long-term care. Please feel free to join in on a life enrichment program with your loved one.

January 15th – we celebrate Martin Luther King, Jr. Day! Some famous quotes from Dr. Martin Luther King, Jr, "Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that.", "Out of the mountain of despair, a stone of hope.", and of course, "I Have A Dream."



Did you know that January 24th is National Belly Laugh Day? I am sure after the holidays and just in general, we all could use a good belly laugh. On Belly Laugh day, have a good, deep laugh. Did you know that laughter has been known to cause the tissue lining in our blood vessels to expand and increase blood flow? This makes you feel more positive, boosts your immune systems, and you will feel happier! Be sure to have a good belly laugh on Wednesday, January 24th! We all could use one!!

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. Wishing you all a Happy New Year full of good health, happiness and peace.

With January Blessings,

Shari L. LaRoche, MS LNHA
Administrator



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Key: 1- 1st Floor Dining Room 2- 2nd Floor Dining Room G- Gathering Room</p> 	8:30 Daily Chronicle 1 10:00 Mimosas & Bloody Marys- Foyer 11:00 Rosary - Chapel 12:00 Countdown to Noon & Holiday Lunch- G 2:00 "What's News w/ Sr. Rosemary"- G New Year's Day	8:30 Daily Chronicle 2 10:00 Wii Bowling- Cafe 11:00 Rosary - Chapel 1:30 Scrabble- Cafe	8:30 Daily Chronicle 3 10:00 Coffee & Chats 11:00 Mass - Chapel 2:00 Music with Lori & Scott- Chapel	8:30 Daily Chronicle 4 10:00-2:00 Crafts- Cafe 11:00 Rosary - Chapel 2:00 Snowman Bowling- G	8:30 Daily Chronicle 5 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 National Bird Day: Bird BINGO- 2	8:30 Daily Chronicle 6 10:15 Coloring & Chats- 2 11:00 Rosary- Chapel 2:00 Social Hour- 2 4:00 Mass- Chapel	
	8:30 Daily Chronicle 7 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	8:30 Daily Chronicle 8 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 1:30 Happy Birthday Elvis! Movie: Viva Las Vegas- Foyer	8:30 Daily Chronicle 9 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 1:30 Painting- G	8:30 Daily Chronicle 10 10:00 Outing: Shopping 11:00 Mass - Chapel 1:30 Manicures- Cafe	8:30 Daily Chronicle 11 10:00 Coffee & Chats- Cafe 11:00 Rosary - Chapel 12:00 Take Out Lunch & Movie on the Big Screen: Big Fat Greek Wedding- G	8:30 Daily Chronicle 12 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 1:30 Happy Hour & Hangman- Foyer	8:30 Daily Chronicle 13 10:15 Table Ball- 2 11:00 Rosary - Chapel 2:00 Creative Crafts- 2 4:00 Mass- Chapel
	8:30 Daily Chronicle 14 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	8:30 Daily Chronicle 15 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- G Martin Luther King Jr. Day	8:30 Daily Chronicle 16 10:00 Crafts- Cafe 11:00 Rosary - Chapel 1:30 Scrabble- Foyer	8:30 Daily Chronicle 17 10:00 Wii Bowling- Cafe 11:00 Mass - Chapel 1:30 Happy Hearts Club- Cafe	8:30 Daily Chronicle 18 10:00 Outing: TBA 11:00 Rosary - Chapel 2:00 Music with Brian Crooner- G	8:30 Daily Chronicle 19 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 Movie: The Truman Show- Foyer	8:30 Daily Chronicle 20 10:15 Coloring & Chats- 2 11:00 Rosary - Chapel 2:00 Piano Concert- G 4:00 Mass- Chapel
	8:30 Daily Chronicle 21 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 BINGO- 2 Activity Professionals Week	8:30 Daily Chronicle 22 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary" & Slideshow from Elizabeth's Wedding-G	8:30 Daily Chronicle 23 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 1:30 Painting- G	8:30 Daily Chronicle 24 10:00 Outing: Shopping 11:00 Mass - Chapel 1:30 Cards- Cafe Tu B'Shevat Begins	8:30 Daily Chronicle 25 10:00 Coffee & Chats- Cafe 11:00 Rosary - Chapel 2:00 Birthday Party with Bill- G	8:30 Daily Chronicle 26 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 1:30 Movie on the Big Screen: Signs- G	8:30 Daily Chronicle 27 10:15 Table Ball- 2 11:00 Rosary - Chapel 2:00 Creative Crafts- 2 4:00 Mass- Chapel
	8:30 Daily Chronicle 28 10:15 Chair Exercises- 2 11:00 Rosary - Chapel 2:00 BINGO- 2	8:30 Daily Chronicle 29 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- G	8:30 Daily Chronicle 30 10:00 Coffee & Chats- Cafe 11:00 Rosary - Chapel 1:30 Happy Hour & Trivia- Foyer	8:30 Daily Chronicle 31 10:00 Outing: TBA 11:00 Mass - Chapel 1:30 Manicures- Cafe			

Activities subject to change, please see daily chronicle.