

March Greeting Continued:

Special Days in March:

- Sunday, March 10th – Day Light Saving Time – SPRING AHEAD
- Sunday, March 17th – Saint Patrick’s Day - Celebrations all around
- Tuesday, March 19th – 1st DAY OF SPRING
- Sunday, March 31st – Easter Sunday

March brings the start of many spring events that our Life Enrichment Associates have planned. Please be sure to refer to the Life Enrichment March 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.

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 March Blessings,

Shari L. LaRoche, MS LNHA
Administrator

Paws and Purrs

It doesn't get any cuter than March 23, when it is both Cuddly Kitten Day and National Puppy Day. The debate between cat people and dog people rages on. At the Westminster Dog Show, dog authorities argue that they are outgoing while cat people are more aloof. Cat owners over at the Black Diamond Cat Show say they are more intelligent and independent than their dog-owning counterparts. According to researchers, dog people are more extroverted, agreeable, and conscientious. Cat lovers are a bit less traditional and more artistic. Both parties, however, love to cuddle.



Donations Welcomed

We are currently accepting donations for craft supplies

- **Colored pencils**
- **Craft glue sticks**
- **Scrapbooking paper & supplies**
- **Adult coloring books**
- **Colored cardstock paper**
- **Paint brushes**



Verses and Voices

World Poetry Day, initiated by UNESCO in 1999, arrives on March 21 to honor globally the artistry and diversity of poetry. It pays



homage to poets who craft words into emotion, images, and storytelling, transcending boundaries and enriching human experiences.

You can mark the occasion by sharing favorite poems with friends or family, attending poetry readings or events, or even trying your hand at writing a short poem. Dive into different poetic styles, from traditional sonnets to modern spoken word, exploring the richness of expression they offer. You might also support local poets or poetry organizations, sharing their work on social media or attending their performances. Whether you choose to write, read, or listen to poetry performed, World Poetry Day invites us to immerse ourselves in the beauty and power of words.

Newsletter

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



Celebrating March

- Umbrella Month
- Optimism Month
- Irish American Heritage Month
- Iditarod Race March 2
- Namesake Day March 3
- Napping Day March 11
- Quilting Day March 16
- St. Patrick’s Day March 17
- Tea for Two Tuesday March 19
- Palm Sunday March 24
- Good Friday March 29
- Easter March 31

February Greetings to Our Friends & Family

I hope this newsletter finds you all happy, healthy and full of luck & blessings this St. Patrick’s Day and Easter 2024.

A few updates that I would like to share with you. On Tuesday, February 20, 2024, we had our NH DHHS Annual State Survey for our Assisted Living Community. We were found to be 100% in compliance with all regulations, policies and procedures related to our NH Assisted Living license. Congratulations to our Associates on a job well done!!

You may have noticed that our Skilled Nursing Unit/Long-term Care community at Warde Senior Living is receiving a renovation. We are updating all of our flooring throughout the unit – the hallways, common areas, dining room, nursing station, offices and resident rooms. We thank you for your patience navigating to your loved one’s room as we get this project completed as soon as we can. The project should be completed over the next two (2) weeks. We are excited to give our residents new and updated flooring. We will also be touching up the paint as well in the hallways and rooms, where needed!!

We are also going to remove the wallpaper that is in the balcony chapel area of the 2nd floor. We will be having that painted by a local company on Monday, February 26th! Once the paint is completed, the new floor will be placed.

Did you know that Sunday, March 3rd is National Unplug Day?? Take this day to step away from all of your electronics! Unplug yourself from all of the happenings in the world today and all of Social Media!! Plug yourself into your family and your loved ones. Time spent with family and loved ones is so precious and priceless!! It is only for 1 day – YOU CAN DO IT!!!



Sunday

Monday

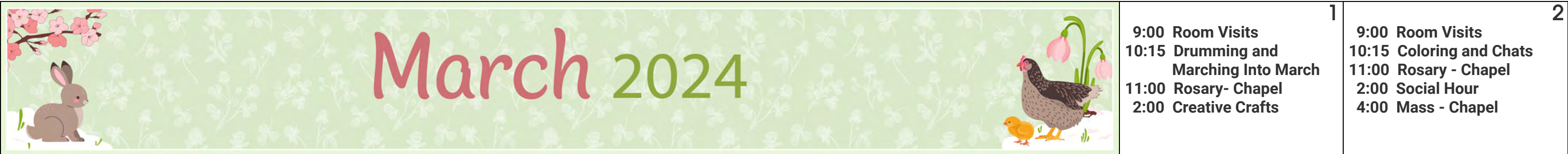
Tuesday

Wednesday

Thursday

Friday

Saturday



<p>3</p> <p>9:00 Room Visits 10:15 Chair Exercises 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>4</p> <p>9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Scrapbooking</p>	<p>5</p> <p>9:00 Room Visits 10:15 Table Ball 11:00 Rosary - Chapel 2:00 Finish The Sayings and Proverbs</p>	<p>6</p> <p>9:00 Room Visits 10:15 Ring Toss 11:00 Mass - Chapel 2:00 St. Patrick's Day Dance with Al and Tom 6:00 BINGO</p>	<p>7</p> <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Leprechaun Bowling 3:00 Arm Chair Travel - Ireland - Video</p>	<p>8</p> <p>9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Cake-In-A-Box Month-Baking Cake Cookies</p>	<p>9</p> <p>9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Creative Crafts 4:00 Mass - Chapel</p>
<p>10</p> <p>9:00 Room Visits 10:15 Leprechaun Races 11:00 Rosary - Chapel 2:00 BINGO</p> <p>Daylight Saving Time Begins</p>	<p>11</p> <p>9:00 Room Visits 10:15 Coffee Social 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals</p>	<p>12</p> <p>9:00 Room Visits 10:00 Irish Music with Kevin 11:00 Rosary - Chapel 2:00 Table Games</p>	<p>13</p> <p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 How's It Made? 6:00 BINGO</p>	<p>14</p> <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 2:00 Leprechaun Dice Game 3:00 Lawrence Welk Irish Show - Video</p>	<p>15</p> <p>9:00 Room Visits 10:30 Lent Reections - Gathering Room 11:00 Rosary - Chapel 2:00 St. Patrick's Day Happy Hour and The Best Of Riverdance - Video</p>	<p>16</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>17</p> <p>9:00 Room Visits 10:15 Chair Exercises 11:00 Rosary - Chapel 2:00 St. Paddy's BINGO</p> <p>St. Patrick's Day</p>	<p>18</p> <p>9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 For The Birds - Making Bird Feeders</p>	<p>19</p> <p>9:00 Room Visits 10:15 Ball Toss 11:00 Rosary - Chapel 2:00 Spring Ride - Outing 2:00 Spring - The Return Of Life - Video</p> <p>Spring Begins</p>	<p>20</p> <p>9:00 Room Visits 10:15 Ring Toss 11:00 Mass - Chapel 2:00 National Quilt Day - Creative Crafts 6:00 BINGO</p>	<p>21</p> <p>9:00 Room Visits 10:30 Lent Reections - Gathering Room 11:00 Rosary - Chapel 2:00 Birthday Party with Bob - Gathering Room</p>	<p>22</p> <p>9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Resident Council 3:00 Lawrence Welk Easter Show - Video</p>	<p>23</p> <p>9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Creative Crafts and Cocktails 4:00 Mass- Chapel</p> <p>Purim Begins</p>
<p>24</p> <p>9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 BINGO</p> <p>Palm Sunday</p>	<p>25</p> <p>9:00 Room Visits 10:15 Coffee Social 11:00 Rosary - Chapel 2:00 Manicures, Massages, and Musicals</p>	<p>26</p> <p>9:00 Room Visits 10:15 Bean Bag Toss 11:00 Rosary - Chapel 2:00 Spring Fling</p>	<p>27</p> <p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Sock Hop Social 6:00 BINGO</p>	<p>28</p> <p>9:00 Room Visits 10:00 - 2:00 Celebrate Baseball Opening Day- Gathering Room 11:00 Rosary - Chapel</p>	<p>29</p> <p>9:00 Room Visits 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Celebrate Easter 4:00 Paschal Performance</p> <p>Good Friday</p>	<p>30</p> <p>9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 BINGO 4:00 Mass - Chapel</p>

<p>31</p> <p>9:00 Room Visits 10:15 Easter Tea Party 11:00 Rosary - Chapel 12:00 Holiday Feast 2:00 Movie Matinee - "Easter Parade"</p> <p>Easter Sunday</p>
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Activities subject to change; see daily chronicle.