

Swinging Through Time

What is jazz music without the Lindy Hop? Born in Harlem, New York, in the 1920s and '30s, the Lindy Hop combined jazz, tap dancing, and the Charleston to become one of the most beloved forms of swing dancing in the world. On May 26, World Lindy Hop Day, aficionados from all around the world will spread the message that the Lindy Hop is not only alive and well but is also one of the world's most joyous and enduring dance styles.



On June 17, 1928, a famed dancer named "Shorty" George Snowden was performing in a dance marathon at the Manhattan Casino ballroom in Harlem. The event was captured on film, and afterward someone asked Shorty to describe his dancing style, which involved breaking away from his partner, flinging her out, and improvising a few steps on his own. Shorty called it the "The Lindy."

Whether Shorty intended it or not, his "Lindy" was forever associated with Charles Lindbergh's flight across the Atlantic Ocean. Lindy, as Lindbergh was called, completed his "hop" in 1927, and the name stuck.

The dance, however, continued to evolve along with jazz music. During the big band era in New York, bandleaders like Count Basie, Chick Webb (at his world-famous Savoy Ballroom), and Benny Goodman led orchestras that encouraged dancers to Lindy Hop. And dancers didn't just dance—the best competed both formally and informally for bragging rights.

The Lindy Hop made the jump from Harlem's fabulous ballrooms to the mainstream thanks largely to Hollywood. Actor Dean Collins danced the Lindy Hop across the silver screen. Then, when World War II broke out, American servicemen took the Lindy Hop across the globe. In 1943, *Life* magazine called the Lindy Hop America's national folk dance.

Leave a Review

At Warde Senior Living, your feedback is important. Please take a moment to scan the QR code below to review your experience on Google. Thank you!



The Irresistible Iris

What is it about the iris that is so alluring? Van Gogh often painted the beautiful flowers. The fleur-de-lis, a stylized iris, is a symbol associated with France, New Orleans, Florence, and even the Cub Scouts, Boy Scouts, and Girl Scouts. Perhaps it should come as no surprise that this popular flower enjoys its own holiday on May 8.



The word *iris* comes from a Greek word meaning "rainbow," which is fitting since irises come in shades of purple, yellow, white, pink, and blue. In Japan, iris flowers are believed to ward off evil spirits, and the leaves are put in bathwater to prevent illness.

With Mother's Day fast approaching on May 12, perhaps May 8 is the perfect occasion to run to the flower shop and buy a beautiful bouquet of irises.

Newsletter

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



May Greetings to all of our Families & Friends:

I hope this newsletter finds you all happy and healthy. April Showers, bring May Flowers!!

We are looking for appreciation notes from our families to our associates for Nurse's Week and National Nursing Home Week, both in the month of May. We appreciate all of our associates here at Warde who care for our residents and we know that you appreciate them just as much! We are asking you to complete a "shout out" on an associate or 2. We will leave the "shout outs" at the front desk at the main entrance. If you would like to fill one out, please do so and leave with our receptionist. As we receive your "shout out" we will post it for our associates to see and read!! We thank you for your help in recognizing our wonderful and committed associates here at Warde Senior Living!

We celebrated many special events in the month of April. I hope that you were able to see all of them on our Facebook page!

Special Days in May: Please refer to the May Life Enrichment Calendar with all of the special events planned.

Mother Day, Sunday, May 12th
National Nursing Home Week, May 12th – 18th
National Nurse's Week – May 6th – May 12th

This year's theme for National Nursing Home Week is "RADIANT MEMORIES" – A Tribute to the Golden Age of Radio. This year's theme embraces a time when the airwaves resonated with captivating stories and melodies. More than nostalgia, "Radiant Memories" is a call to honor the enduring legacy of skilled nursing care centers. In these centers, residents and staff contribute to the creation of radiant memories, akin to the cherished moments shared through music and stories over the radio waves. Our fantastic Life Enrichment department has wonderful events planned for the entire week. Be sure to join in on the fun here at Warde Senior Living!!

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 Blessings,
Shari L. LaRoche, MS LNHA
Administrator

Celebrating May

Arthritis Awareness Month

Older Americans Month

Walking Month

Be Kind to Animals Week

May 5–11

Backyard Games Week

May 20–26

International Midwives' Day

May 5

National Third Shift

Workers Day

May 8

Miniature Golf Day

May 11

Mother's Day

May 12

International Museum Day

May 18

International Tea Day

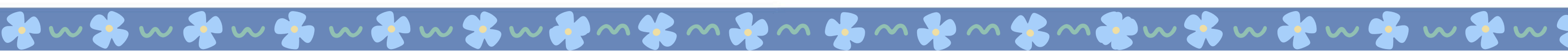
May 21

Amnesty International Day

May 28

Senior Health & Fitness Day

May 29



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
8:30 Daily Chronicle
9:30 Outing: Shopping
11:00 Mass- Chapel
1:30 S'mores- Deck

May Day

2
8:30 Daily Chronicle
10:00 Yoga w/ Sandy- G
11:00 Rosary - Chapel
1:30 Cinco de Mayo
Cooking by Martin- Foyer

3
8:30 Daily Chronicle
10:00 Outing:
Coffee Shop
11:00 Rosary - Chapel
2:00 Baby Shower- 1

4
8:30 Daily Chronicle
11:00 Rosary- Chapel
2:00 Creative Crafts- 2
4:00 Mass- Chapel

5
8:30 Daily Chronicle
10:15 Chair Yoga- 2
11:00 Rosary - Chapel
2:00 BINGO- 2

Cinco de Mayo

6
8:30 Daily Chronicle
10:00 TV Yoga- Foyer
11:00 Rosary - Chapel
2:00 Wildlife
Encounters- G

7
8:30 Daily Chronicle
10:00 Cook's Corner- Cafe
11:00 Rosary - Chapel
1:00 Happy Hearts Club- Foyer

8
8:30 Daily Chronicle
10:00 Manicures- Cafe
11:00 Mass - Chapel
1:30 Outdoor Stroll- Meet in Foyer

9
8:30 Daily Chronicle
10:00 Morning Stroll- Meet in Foyer
11:00 Rosary - Chapel
1:30 Outing: Lakeside Lanes Bowling

10
8:30 Daily Chronicle
10:00 TV Yoga- Foyer
11:00 Rosary - Chapel
2:00 Mother's Day Tea- 1
3:30 May Procession- G

11
8:30 Daily Chronicle
10:15 Coloring & Chats- 2
11:00 Rosary - Chapel
2:00 Puzzles & Popsicles- 2
4:00 Mass- Chapel

12
8:30 Daily Chronicle
10:15 Sunday Stretch-2
11:00 Rosary - Chapel
2:00 BINGO- 2

Mother's Day
National Skilled Nursing Care Week

13
8:30 Daily Chronicle
10:00 TV Yoga- G
11:00 Rosary - Chapel
2:00 "What's News w/ Sr. Rosemary"- G

14
8:30 Daily Chronicle
10:00 Coffee with Music Through the Years- Foyer
11:00 Rosary - Chapel
2:00 Movie at the Warde Theater- G

15
8:30 Daily Chronicle
10:00 Tie Dye Tees- Deck
11:00 Mass - Chapel
1:30 Outing: Deja Vu Antique Store

16
8:30 Daily Chronicle
10:00 Yoga w/ Sandy- G
11:00 Rosary - Chapel
2:00 Hollywood Gala w/ Tom & Al- G

17
8:30 Daily Chronicle
10:00 Outdoor Stroll- Meet in Foyer
11:00 Rosary - Chapel
1:30 Ice Cream Truck

18
8:30 Daily Chronicle
10:15 Coloring & Chats- 2
11:00 Rosary- Chapel
4:00 Mass- Chapel

Armed Forces Day

19
8:30 Daily Chronicle
10:15 Chair Exercises- 2
11:00 Rosary - Chapel
2:00 BINGO- 2

20
8:30 Daily Chronicle
10:00 TV Yoga- Foyer
11:00 Rosary - Chapel
2:00 Music w/ Mark- G

Victoria Day (Canada)

21
8:30 Daily Chronicle
10:00 Cook's Corner- Cafe
11:00 Rosary - Chapel
1:00 Happy Hearts Club- Foyer

22
8:30 Daily Chronicle
9:30 Outing: Shopping
11:00 Mass - Chapel
1:30 Manicures- Cafe

23
8:30 Daily Chronicle
10:00 Outing: Picnic at Odione State Park
11:00 Rosary- Chapel

24
8:30 Daily Chronicle
10:00 TV Yoga- Foyer
11:00 Rosary - Chapel
12:00 Memorial Day Cook Out- G

25
8:30 Daily Chronicle
10:15 Coloring & Chats- 2
11:00 Rosary - Chapel
2:00 Puzzles & Popsicles- 2
4:00 Mass- Chapel

26
8:30 Daily Chronicle
10:15 Sunday Stretch-2
11:00 Rosary - Chapel
2:00 BINGO- 2

27
8:30 Daily Chronicle
10:00 TV Yoga- Foyer
11:00 Rosary - Chapel
2:00 "What's News w/ Sr. Rosemary"- G

Memorial Day

28
8:30 Daily Chronicle
10:00 Outing
11:00 Rosary - Chapel
2:00 BINGO- IL

29
8:30 Daily Chronicle
9:30 Outing: Shopping
11:00 Mass- Chapel
1:30 Wine Down Wednesday- Deck

30
8:30 Daily Chronicle
10:00 Yoga w/ Sandy- G
11:00 Rosary - Chapel
2:00 Outdoor Stroll- Meet in Foyer

31
8:30 Daily Chronicle
10:00 Coffee Kluck- Foyer
11:00 Rosary - Chapel
1:30 Scrabble- Deck

Key-
1 - 1st Floor Dining Room
2- 2nd Floor Dining Room
G- Gathering Room
IL- Independent Living

Activities subject to change, please see daily chronicle.