

June Greeting Continued:

We wish everyone a summer that is filled with warmth and family blessings!! 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 Thoughts of Sunshine & Ice Cream,

Shari L. LaRoche, MS LNHA
Administrator

A Firm Tradition

Don't underestimate the power of a handshake. Scientists have discovered that "a handshake preceding social interaction enhanced the positive impact of approach." Furthermore, not just any old handshake will do. A firm, confident, and friendly handshake lays the foundation for a positive social experience.



The handshake likely originated as a gesture of peace. Two people would demonstrate that they held no weapons in their hands. Now if only the promoters of World and National Handshake Days could get together, shake hands, and agree on just one day to honor the handshake!

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!



Up and at 'Em!

Open your eyes, leap out of bed, and face another glorious new day! That's the philosophy behind Upsy Daisy Day on June 8.



The first known record of the phrase upsy daisy is from an 1862 book by C. Clough Robinson entitled *The Dialect of Leeds and Its Neighbourhood*: "Upsa daisy! A common

expression when a child, in play, is assisted in a spring leap from the ground." While in this expression daisy is a cute way of saying day, it also gives us the image of a child lying down in a bed of daisies. Funny, then, how the flower name daisy also refers to the word day, as in day's eye. A daisy closes its petals at night and then opens them in sunlight, exposing its yellow center like an eye opening. So, on June 8, leap out of bed, take a trip to the florist, and surround yourself with daisies.

Newsletter

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



Celebrating June

Adopt-a-Cat Month

National Soul Food Month

International Men's Health Month

Automotive Service

Professionals Week

June 3-9 Watermelon

Seed Spitting Week

June 27-30 Go Barefoot

Day

June 1

Tailors Day

June 5

National Doughnut Day

June 7

Nature Photography Day

June 15

International Day of Yoga

June 21

Day of the Seafarer

June 25

National Bingo Day

June 27

June Greetings to all of our Families & Friends:

I hope this newsletter finds you all happy and healthy.
Happy Summer – June 20, 2024

We celebrated so many special events in the month of May. Licensed Nursing Week & National Nursing Home Week were celebrated with so many different appreciation and life enrichment programs for our nurses and residents to participate in. Thank you to our Life Enrichment Associates who planned and coordinated all of the events. The events were well attended and so much fun!! I hope that you were able to see all of them on our Facebook page! It was truly a blessed month!

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

1st Day of Summer – Summer Solstice – Wednesday, June 20th

National Licensed Nursing Assistant Week – June 13th- 19th

Please thank our Licensed Nursing Assistants (LNAs) for all that they do!

National Chocolate Ice Cream Day – Wednesday, June 7th

Who doesn't love chocolate ice cream??

Flag Day – Wednesday, June 14th –

Wear the colors of your flag on this special day

We wish all of our residents, families and associates with children graduating either high school or college a huge congratulations from all of us at Warde Senior Living. What a great accomplishment and everyone should be so very proud!! Wishing all of them much success in their future endeavors!

Summer Solstice June 20th – "On this day, the Sun travels the longest path through the sky, and that day therefore has the most daylight, sometimes referred to as "the longest day". Spiritually, the summer solstice means midsummer, the time of new beginnings, has been celebrated since the pagan holiday of Litha. Now, it is a time for inner power and brightness, a spiritual battle between light and shadow that culminates in the perfect balance of day and night."

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday




June 2024

Warde Assisted Living

<p>2</p> <p>8:30 Daily Chronicle 10:15 Table Games- 2 11:00 Rosary - Chapel 2:00 Joyful Rhythm Choir- G</p>	<p>3</p> <p>8:30 Daily Chronicle 10:00 Independent Strolls 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- G</p>	<p>4</p> <p>8:30 Daily Chronicle 10:00 Outdoor Walk 11:00 Rosary - Chapel 1:30 Painting- G 5:30 Make Your Own Sundaes - G</p>	<p>5</p> <p>8:30 Daily Chronicle 10:00 Gardening- Deck 11:00 Mass- Chapel 1:30 Scrabble- Foyer</p>	<p>6</p> <p>8:30 Daily Chronicle 10:00 Outing: Beach & Pizza 11:00 Rosary - Chapel</p>	<p>7</p> <p>8:30 Daily Chronicle 10:00 Outdoor Walk 11:00 Rosary - Chapel 2:00 Celebrate National Donut Day- 2</p>	<p>8</p> <p>8:30 Daily Chronicle 10:15 Move & Groove- 2 11:00 Rosary- Chapel 2:00 BINGO - 2 4:00 Mass- Chapel</p>
<p>9</p> <p>8:30 Daily Chronicle 10:15 Chair Excercises-2 11:00 Rosary - Chapel 2:00 BINGO- 2</p>	<p>10</p> <p>8:30 Daily Chronicle 10:00 Coffee Social- Foyer 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- G</p>	<p>11</p> <p>8:30 Daily Chronicle 10:00 Walk- Meet in Foyer 11:00 Rosary - Chapel 2:00 Music with Sing like a Bird - G</p> <p style="text-align: center;">Shavuot Begins</p>	<p>12</p> <p>8:30 Daily Chronicle 9:30 Shopping- Meet in Foyer 11:00 Mass - Chapel 1:30 Outing: Van Otis Candy Shop</p>	<p>13</p> <p>8:30 Daily Chronicle 10:00 Yoga w/ Sandy- G 11:00 Rosary - Chapel 11:45 Lunch & Movie- G Julie & Juliet</p>	<p>14</p> <p>8:30 Daily Chronicle 11:00 Rosary - Chapel 12:00 Men's Lunch- Foyer 2:00 Documentary- Foyer</p> <p style="text-align: center;">Flag Day (US)</p>	<p>15</p> <p>8:30 Daily Chronicle 10:15 Horse Racing- 2 11:00 Rosary- Chapel 4:00 Mass- Chapel</p>
<p>16</p> <p>8:30 Daily Chronicle 10:15 Sip & Color- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p> <p style="text-align: center;">Father's Day</p>	<p>17</p> <p>8:30 Daily Chronicle 10:00 Exercise- Foyer 11:00 Rosary - Chapel 1:30 Baking Demo with Pastry Chef Jessie- Foyer</p>	<p>18</p> <p>8:30 Daily Chronicle 10:00 Walk- Meet in Foyer 11:00 Rosary - Chapel 2:00- 7:00 Baking for Bake Sale - Cafe</p>	<p>19</p> <p>8:30 Daily Chronicle 11:00 Mass - Chapel 1:00- 6:00 Bake Sale- Foyer</p> <p style="text-align: center;">Juneteenth</p>	<p>20</p> <p>8:30 Daily Chronicle 9:30 Outing: Petting Farm 11:00 Rosary - Chapel 2:00 Music with Bob- G</p> <p style="text-align: center;">Summer Begins</p>	<p>21</p> <p>8:30 Daily Chronicle 10:00 Outdoor Walk 11:00 Rosary - Chapel 2:00 Documentary- Foyer</p>	<p>22</p> <p>8:30 Daily Chronicle 10:15 Coloring & Chats- 2 11:00 Rosary - Chapel 2:00 Social Hour- 2 4:00 Mass- Chapel</p>
<p>23</p> <p>8:30 Daily Chronicle 10:15 Chair Excercises-2 11:00 Rosary - Chapel 2:00 BINGO- 2</p>	<p>24</p> <p>8:30 Daily Chronicle 10:00 Exercise- Foyer 11:00 Rosary - Chapel 2:00 Scrapbooking- 2</p>	<p>25</p> <p>8:30 Daily Chronicle 10:00 Gardening- Deck 11:00 Rosary - Chapel 1:30 Cooking Demo w/ Chef Selena- Foyer</p>	<p>26</p> <p>8:30 Daily Chronicle 8:30 Outing: Portsmouth Harbor Boat Tour 11:00 Mass - Chapel</p>	<p>27</p> <p>8:30 Daily Chronicle 10:00 Yoga- Foyer 11:00 Rosary- Chapel 2:00 National Bingo Day- 2</p>	<p>28</p> <p>8:30 Daily Chronicle 10:00 Outdoor Walk 11:00 Rosary - Chapel 2:00 Bomb Pop Day- Popsicle Social</p>	<p>29</p> <p>8:30 Daily Chronicle 10:15 Coloring & Chats- 2 11:00 Rosary - Chapel 2:00 Social 4:00 Mass- Chapel</p>

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



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.