

August Greeting Continued:

For those of you sending little/big kids/grandkids off to school/college for a new academic year, we wish you and the student the best year yet, that is full of success & happiness!!

We wish everyone a fall season that is filled with warm & crisp 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 Many Blessings for the changing seasons,
Shari L. LaRoche, MS LNHA

Enthusiasm Unleashed



Sometimes keeping a positive attitude is easier said than done. How do we stay positive? Children may be some of our best models of enthusiasm. Everything is new to them, and they often greet the world with boundless enthusiasm.

During International Enthusiasm Week, September 1–7, welcome a little bit of naïveté into your life and enjoy being mystified and dazzled. Enthusiasm, in some respects, requires a bit of magic and dreams, freedom, and possibility. For the first week in September, walk around starry-eyed, and see if your enthusiasm becomes contagious.

Donations Welcome

We are currently looking for donations for manicure supplies.

- Quick Dry or Instant Dry Polishes (pinks, clear, reds, and purples)
- Double sided nail files



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!



Sweet Cravings



Why is it that after a big meal we still crave something more? Not another helping of meat and potatoes. Not salad. Something sweet. Dessert!

Some scientists say that it's simply conditioning—that we've been trained to eat dessert after dinner since childhood. Others believe that it's a matter of brain chemistry. Eating sugar enables the absorption of amino acids, and these amino acids increase serotonin, which is a powerful chemical in our brains that makes us feel happy. Depriving ourselves of dessert only makes us want it more. Luckily, you won't need to deprive yourself on September 4, Eat an Extra Dessert Day. Remember, desserts eaten in moderation can be part of a healthy diet. Or, instead of unhealthy sweets like cookies and cake, opt for fruits, which contain natural sugars.

Newsletter

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



September Greetings to all of our Families & Friends:

I hope this newsletter finds you all happy & healthy.

Can you believe how fast the Summer of 2024 went by? I cannot believe that the Fall season is right around the corner. The trees will be changing, the weather will be getting colder, apple picking will be done and the pumpkin spice everything will be out before we know it!!

We had lots of fun events in the month of August. Our residents enjoyed many Life Enrichment programs and activities! Be sure to check out our Facebook page (Warde Senior Living) to see all of the great pictures from our August events. Our residents had so much fun participating in these events and soaking up the last bits of sunshine and summertime!!

Unfortunately, as everyone is aware, COVID is back in the state of New Hampshire. Warde Senior Living will continue to follow NH Department of Health & Human Service & CDC guidelines as it pertains to testing & prevention. Please be sure you are staying as healthy as you can with the upcoming Fall season ahead. Warde Senior Living will be offering the FLU and new COVID vaccine to our residents, associates and contracted associates on Thursday, September 26, 2024 courtesy of Shaw's/Osco Drug. This clinic will be held in the Gathering Room at WSL.

Special Days/Events in September: Please refer to the September Life Enrichment Calendar!

We will be celebrating National Assisted Living Week from September 8th – 14th. Our Life Enrichment associates are hard at work planning for this fantastic week for our residents. It will certainly be a fun week with many smiles & laughs. We encourage you to participate in the activities with your loved one! We will also be celebrating National Housekeeping & Environmental Services Week with recognition of our associates on Wednesday, September 11th and National Rehab Week with recognition of our Rehab associates on Wednesday, September 18th.

Celebrating September

International Self-Awareness Month

World Alzheimer's Month

National Guide Dog Month

Pollution Prevention Week

September 16–22

World Letter Writing Day

September 1

Day of Charity

September 5

Wonderful Weirdos Day

September 9

Bald Is Beautiful Day

September 13

International Country

Music Day

September 17

White Chocolate Day

September 22

Love Note Day

September 26

Good Neighbor Day

September 28



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>8:30 Daily Chronicle 10:15 Exercise- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p>	<p>2</p> <p>8:30 Daily Chronicle 10:00 Move & Groove- 2 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- G</p> <p>Labor Day</p>	<p>3</p> <p>8:30 Daily Chronicle 10:00 State Primary Voting- Foyer 11:00 Rosary - Chapel 2:00 Music with Dove & Suzie- G</p>	<p>4</p> <p>8:30 Daily Chronicle 9:30 Shopping 11:00 Rosary - Chapel 1:30 Cards- Cafe 6:15 BINGO- 2</p>	<p>5</p> <p>8:30 Daily Chronicle 10:30 Outing: Lake Cruise 11:00 Rosary - Chapel</p>	<p>6</p> <p>8:30 Daily Chronicle 10:00 Wii Bowling- Cafe 11:00 Rosary - Chapel 1:30 Manicures- Cafe</p>	<p>7</p> <p>8:30 Daily Chronicle 10:15 Color & Chat- 2 11:00 Rosary- Chapel 2:00 Movie- Foyer 4:00 Mass- Chapel</p>
<p>8</p> <p>8:30 Daily Chronicle 10:15 Exercise- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p> <p>Grandparents Day</p>	<p>9</p> <p>8:30 Daily Chronicle 11:00 Rosary - Chapel 12:00 Assisted Living Week BBQ 1:30-3:30 Petting Farm</p> <p>National Assisted Living Week</p>	<p>10</p> <p>8:30 Daily Chronicle 10:00 Independent Walk 11:00 Rosary - Chapel 2:00 Cocktail Hour w/ Bill-Dining Room</p> <p>National Assisted Living Week</p>	<p>11</p> <p>8:30 Daily Chronicle 10:00-3:00 Farmers Market- G 11:00 Rosary - Chapel 6:15 BINGO- 2</p> <p>National Assisted Living Week</p>	<p>12</p> <p>8:30 Daily Chronicle 9:00 Outing: Picnic at Prescott Park 11:00 Rosary - Chapel</p> <p>National Assisted Living Week</p>	<p>13</p> <p>8:30 Daily Chronicle 10:00 Morning Stroll 11:00 Rosary - Chapel 2:00 Movie Under the Stars- G Send Me No Flowers Doris Day - Rock Hudson</p> <p>National Assisted Living Week</p>	<p>14</p> <p>8:30 Daily Chronicle 10:15 Color & Chat- 2 11:00 Rosary - Chapel 2:00 Travel Cart 4:00 Mass- Chapel</p>
<p>15</p> <p>8:30 Daily Chronicle 10:15 Exercise- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p>	<p>16</p> <p>8:30 Daily Chronicle 10:00 Yoga -Foyer 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- G</p>	<p>17</p> <p>8:30 Daily Chronicle 10:00 Harvest Moon: Baking & Coffee- Cafe 11:00 Rosary - Chapel 1:30 Harvest Moon: Painting & Music- Cafe</p>	<p>18</p> <p>8:30 Daily Chronicle 9:30 Shopping 11:00 Rosary - Chapel 1:30 Manicures- Cafe 6:15 BINGO- 2</p>	<p>19</p> <p>8:30 Daily Chronicle 12:00 Lunch & a Movie- G Divine Secrets of the Yaya Sisterhood 11:00 Rosary - Chapel 2:00 Music with Bob- 2</p>	<p>20</p> <p>8:30 Daily Chronicle 10:00 Balloon Volleyball- 2 11:00 Rosary - Chapel 1:30 Show: The Chosen Series</p>	<p>21</p> <p>8:30 Daily Chronicle 10:15 Color & Chat- 2 11:00 Rosary- Chapel 2:00 Eat An Apple Day - Baking - Apple Crisp 4:00 Mass- Chapel</p> <p>Oktoberfest Begins</p>
<p>22</p> <p>8:30 Daily Chronicle 10:15 Exercise- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p> <p>Autumn Begins</p>	<p>23</p> <p>8:30 Daily Chronicle 10:00 Apple Cider Social- 2 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- G</p>	<p>24</p> <p>8:30 Daily Chronicle 10:00 Chair Yoga- Foyer 11:00 Rosary - Chapel 1:30 Ice Cream Cone Social- Foyer</p>	<p>25</p> <p>8:30 Daily Chronicle 11:00 Rosary - Chapel 11:00-3:00- Soup Cook Off (Residents Vote!) 6:15 BINGO- 2</p>	<p>26</p> <p>8:30 Daily Chronicle 10:00 Outing: Cider Hill Farm 11:00 Rosary - Chapel</p>	<p>27</p> <p>8:30 Daily Chronicle 10:00 Balloon Volley- 2 11:00 Rosary - Chapel 1:30 Show: The Chosen Series</p>	<p>28</p> <p>8:30 Daily Chronicle 10:15 Color & Chat- 2 11:00 Rosary - Chapel 2:00 Travel Cart 4:00 Mass- Chapel</p>
<p>29</p> <p>8:30 Daily Chronicle 10:15 Exercise- 2 11:00 Rosary - Chapel 2:00 BINGO- 2</p>	<p>30</p> <p>8:30 Daily Chronicle 10:00 Move & Groove- 2 11:00 Rosary - Chapel 2:00 Celebrate Oktoberfest- 2</p>	<h1>September 2024</h1> <h2>Warde Assisted Living</h2> 				

Activities are subject to change, please see Daily Chronicle.