

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
1 9:00 Room Visits 10:15 Exercise 11:00 Rosary - Chapel 2:00 BINGO	2 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Root Beer Floats 3:30 One to One Visits 6:15 Evening Activity Labor Day	3 9:00 Room Visits 10:15 Ball Toss 11:00 Rosary - Chapel 2:00 Music with Dove and Suzie - Gathering Room	4 9:00 Room Visits 10:15 LRC Dice Game 11:00 Mass - Chapel 2:00 Back to School Social 3:30 Outdoor Visits 6:15 BINGO	5 9:00 Room Visits 10:00 Pet Visits with Winnie and Ellie 11:00 Rosary - Chapel 1:30 - 6:00 Volunteer Visits 2:00 Soccer 3:30 Table Games 6:15 Evening Activity	6 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary- Chapel 2:00 Bowling	7 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Manicures and Movie - "Hidden Places" 4:00 Mass - Chapel
8 9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 BINGO Grandparents Day	9 9:00 Room Visits 10:15 Coffee Social 11:00 Rosary - Chapel 1:30 Petting Farm - Patio 3:30 One to One Visits 6:15 Evening Activity	10 9:00 Room Visits 10:15 Table Ball 11:00 Rosary - Chapel 2:00 Cocktail Hour w/ Bill - 1st Floor Dining Room	11 9:00 Room Visits 10:15 Horse Racing 11:00 Mass - Chapel 2:00 Farmer's Market - Gathering Room 3:30 Outside Visits 6:15 BINGO	12 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 6:00 Volunteer Visits 2:00 Happy Birthday Lassie "Lassie Come Home" 3:30 Table Games 6:15 Evening Activity	13 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Fried Dough Friday	14 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Traveling Cart 4:00 Mass - Chapel
15 9:00 Room Visits 10:15 Exercise 11:00 Rosary - Chapel 2:00 BINGO	16 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Scrapbooking 3:30 One to One Visits 6:15 Evening Activity	17 9:00 Room Visits 10:15 Ring Toss 11:00 Rosary - Chapel 2:00 Sip and Paint	18 9:00 Room Visits 10:15 LRC Dice Game 11:00 Mass - Chapel 2:00 M & M Table Game 3:30 Outdoor Visits 6:15 BINGO	19 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 6:00 Volunteer Visits 2:00 Music with Bob 3:30 Table Games 6:15 Evening Activity	20 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary 2:00 Resident Council	21 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Eat An Apple Day - Baking - Apple Crisp 4:00 Mass - Chapel Oktoberfest Begins
22 9:00 Room Visits 10:15 Chair Exercise 11:00 Rosary - Chapel 2:00 BINGO Autumn Begins	23 9:00 Room Visits 10:15 Apple Cider Social 11:00 Rosary - Chapel 2:00 Manicures and Movie "Harvest" 3:30 One to One Visits 6:15 Evening Activity	24 9:00 Room Visits 10:15 Apple Toss 11:00 Rosary - Chapel 2:00 Outing - Fall Foliage Ride	25 9:00 Room Visits 10:15 Apple Racing 11:00 Mass - Chapel 2:00 Celebrate the Fall Season 3:30 Outdoor Visits 6:15 BINGO	26 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 6:00 Volunteer Visits 2:00 Apple Art 3:30 Table Games 6:15 Evening Activity	27 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Autumn Tea Party	28 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Traveling Cart 4:00 Mass- Chapel
29 9:00 Room Visits 10:15 Exercise 11:00 Rosary - Chapel 2:00 BINGO	30 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Celebrate Oktoberfest 3:30 One to One Visits 6:15 Evening Activity	 <p style="text-align: center;">SEPTEMBER 2024 Warde Rehabilitation and Nursing</p>				

Activities subject to change, please see daily chronicle.