

January 2025

Newsletter

Warde Senior Living | 21 Searles Road Windham, NH 03087 | 603-890-1290



January Greeting Continued

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. Wishing you all a Happy New Year full of good health, happiness and peace.

With January Blessings,

Shari L. LaRoche, MS LNHA
Adminisrator



Rails of Adventure



On January 17, Cable Car Day, cable cars all over the world will garner attention. Cable cars use cables to pull them up or lower them down. San Francisco's iconic cable cars are moved by a system of cables underneath the street. The high-flying cable gondolas of Rio de Janeiro carry people to the Christ the Redeemer statue atop Mount Corcovado. The valley of Gulmarg—the Himalayan “meadow of flowers” in India's Jammu and Kashmir regions—boasts the second-highest cable car ride at 13,500 feet. One of the longest cable car rides is in Switzerland's Alps. The 19- minute journey from the village of Grindelwald to Männlichen allows visitors to enjoy the rugged Alps without a pair of hiking boots!

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!



Gold Rush Gab



Dagnabbit, it's time for Talk Like a Grizzled Prospector Day on January 24. You've never heard of it, you say? Perhaps you

have heard of James Marshall, who, on January 24, 1848, discovered gold that started the California Gold Rush. Almost 100 years later, a farmer named Walter Knott built a western-themed ghost town on his berry farm. Knott's Berry Farm drew a wide audience, thanks to its guarantee that anyone who found gold on the property as part of the “panning for gold” attraction could take it home. Every January 24, Knott's Berry Farm holds its annual Prospector's Day parade. So dadgummit, hitch up yer overalls, grab yer dumfungled pan, and get ready to pan the whole consarn territory for the sockdolager of payouts!

Celebrating December

Adopt a Rescued Bird Month

Mentoring Month

International Creativity Month

Universal Letter-Writing Week

January 12–18

Buffet Day

January 2

Twelfth Night

January 5

National Word Nerd Day

January 9

Cut Your Energy Costs Day

January 10

National Hat Day

January 15

Belly Laugh Day

January 24

Chinese New Year

January 29

January Greetings to all of our Families & Friends:

Happy 2025!! Hoping that you had a blessed holiday season with your families & friends. As we begin a new year, we continue to be cautious with COVID-19, Influenza and RSV. Unfortunately, COVID-19 put a damper on our Holiday activities in the month of December, but we are gearing up for a winter fest filled January at Warde Senior Living. Our Resident and Family Gathering will be held towards the end of January, please be on the lookout for details.

January brings many winter events that our Life Enrichment associates have planned. Please be sure to refer to the Life Enrichment January calendar. Feel free to join in on a Life Enrichment program with your loved one while you are visiting.

Monday, January 20th – we celebrate Martin Luther King, Jr. Day! Some famous quotes from Dr. Martin Luther King, Jr, "Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that.", "Out of the mountain of despair, a stone of hope.", and of course, "I Have A Dream."

The week of January 19thth – 25th, we will celebrate and honor our Life Enrichment Associates in honor of National Activity Professionals Week. This year's theme is “Shaping Our Future”. We will be recognizing our Life Enrichment team here at Warde with an appreciation luncheon and gifts that week. Please be sure to say thank you to them for all of the wonderful things they do to enrich the lives of your loved ones here at Warde Senior Living!

Did you know that Friday, January 24th is National Belly Laugh Day? I am sure after the holidays and just in general, we all could use a good belly laugh. On Belly Laugh day, have a good, deep laugh. Did you know that laughter has been known to cause the tissue lining in our blood vessels to expand and increase blood flow? This makes you feel more positive, boosts your immune systems, and you will feel happier! Be sure to have a good belly laugh on Friday, January 24th! We all could use one!!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2025

Warde Assisted Living

			<p>8:30 Daily Chronicle ¹ 9:30 Shopping 12:00 Holiday Feast 1:30 Show & Tell- Foyer</p> <p>New Year's Day</p>	<p>8:30 Daily Chronicle ² 10:00 Yoga with Sandy- Gathering Room 11:00 Rosary - Chapel 11:00 Outing: Mall & Lunch Trip</p>	<p>8:30 Daily Chronicle ³ 11:00 Rosary- Chapel 2:00 The Chosen Series- Foyer</p>	<p>8:30 Daily Chronicle ⁴ 10:15 Exercise- Foyer 11:00 Rosary- Chapel 2:00 Social Cart 4:00 Mass- Chapel</p>
<p>8:30 Daily Chronicle ⁵ 10:15 Coffee Social- Foyer 11:00 Rosary - Chapel 2:00 Joyful Rhythm- Chapel</p>	<p>8:30 Daily Chronicle ⁶ 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "Little Christmas" with Bob- Gathering Room</p>	<p>8:30 Daily Chronicle ⁷ 10:00 Manicures 11:00 Rosary - Chapel 2:00 Music with Ralphie- Gathering Room</p>	<p>8:30 Daily Chronicle ⁸ 11:00 Mass- Chapel 10:00-3:00 "Undeck the Halls"- Foyer</p>	<p>8:30 Daily Chronicle ⁹ 11:00 Rosary - Chapel 12:00 Lunch & Movie: "Change of Habit"- Gathering Room</p>	<p>8:30 Daily Chronicle ¹⁰ 10:00 Winter Craft- Cafe 11:00 Rosary- Chapel 2:00 Uno & Wine- Foyer</p>	<p>8:30 Daily Chronicle ¹¹ 10:15 Exercise- Foyer 11:00 Rosary- Chapel 2:00 Movie: "Eight Below"- Foyer 4:00 Mass- Chapel</p>
<p>8:30 Daily Chronicle ¹² 10:15 Coffee Social- Foyer 11:00 Rosary - Chapel 2:00 BINGO- 2nd Floor</p>	<p>8:30 Daily Chronicle ¹³ 10:00 Exercise- Foyer 11:00 Rosary - Chapel 2:00 Music with Mark- Gathering Room</p>	<p>8:30 Daily Chronicle ¹⁴ 10:00 Painting- Cafe 11:00 Rosary - Chapel 1:30 Birthday Party- Foyer</p>	<p>8:30 Daily Chronicle ¹⁵ 9:30 Shopping 11:00 Mass- Chapel 1:30 Blindfold Guess Game- Foyer</p>	<p>8:30 Daily Chronicle ¹⁶ 9:00 Cocoa Cart- Foyer 10:00 Yoga with Sandy- Gathering Room 11:00 Rosary - Chapel 1:30 Deer Target Season 6:15 BINGO- 2nd Floor</p>	<p>8:30 Daily Chronicle ¹⁷ 10:00 Coffee & Chats- Foyer 11:00 Rosary- Chapel 2:00 The Chosen Series- Foyer</p>	<p>8:30 Daily Chronicle ¹⁸ 10:15 Color & Chat- 2 11:00 Rosary- Chapel 2:00 Social Cart 4:00 Mass- Chapel</p>
<p>8:30 Daily Chronicle ¹⁹ 10:15 Coffee Social- 2 11:00 Rosary - Chapel 2:00 BINGO- 2nd Floor</p> <p>Activity Professionals Week</p>	<p>8:30 Daily Chronicle ²⁰ 10:00 TV Yoga- Foyer 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- Gathering Room</p> <p>Martin Luther King Jr. Day</p>	<p>8:30 Daily Chronicle ²¹ 11:00 Rosary - Chapel 12:00 Lunch & Movie: "The Blind Side"- Gathering Room</p>	<p>8:30 Daily Chronicle ²² 9:30 Shopping 11:00 Mass- Chapel 12:30 Outing: Bowling</p>	<p>8:30 Daily Chronicle ²³ 10:00 Manicures- Cafe 11:00 Rosary - Chapel 2:00 Music with Jim- Gathering Room 6:15 BINGO- 2nd Floor</p>	<p>8:30 Daily Chronicle ²⁴ 11:00 Rosary- Chapel 2:00 Winter Wonderland Family Party w/ Al & Tom- Gathering Room</p>	<p>8:30 Daily Chronicle ²⁵ 10:15 Exercise- Foyer 11:00 Rosary- Chapel 2:00 Movie: "Grumpy Old Men"- Foyer 4:00 Mass- Chapel</p>
<p>8:30 Daily Chronicle ²⁶ 10:15 Coffee Social- Foyer 11:00 Rosary - Chapel 2:00 BINGO- 2nd Floor</p>	<p>8:30 Daily Chronicle ²⁷ 10:00 Exercise- Foyer 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- Gathering Room</p>	<p>8:30 Daily Chronicle ²⁸ 10:00- 3:00 Painting Party & Iced Tea Day- Cafe 11:00 Rosary - Chapel</p>	<p>8:30 Daily Chronicle ²⁹ 9:30 Shopping 11:00 Mass- Chapel 12:00 Chinese New Year Luncheon</p> <p>Chinese New Year (Year of the Snake)</p>	<p>8:30 Daily Chronicle ³⁰ 10:00 Yoga with Sandy- Gathering Room 10:00- 3:00 Winter Crafts- Cafe 11:00 Rosary - Chapel 6:15 BINGO- 2nd Floor</p>	<p>8:30 Daily Chronicle ³¹ 10:00 Coffee & Chats- Foyer 11:00 Rosary- Chapel 2:00 The Chosen Series- Foyer</p>	

Activities are subject to change, please see Daily Chronicle.