

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



1	<p>9:00 Room Visits 10:15 New Year's Day Tea Party 12:00 Holiday Feast 2:00 Celebrate 2025!</p> <p style="text-align: center;">New Year's Day</p>
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2	<p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 6:00 Volunteer Visits 2:00 Happy Bowling Month 3:30 One to One Visits 6:15 BINGO</p>
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3	<p>9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Oatmeal Month - Baking Cookies 3:00 Alaska Day - Arm Chair Travel - Video</p>
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4	<p>9:00 Room Visits 10:15 Color &amp; Chat 11:00 Rosary - Chapel 2:00 BINGO 4:00 Mass - Chapel</p>
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5	<p>9:00 Room Visits 10:15 Coffee Social 11:00 Rosary - Chapel 2:00 Joyful Rhythm - Chapel</p>
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6	<p>9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 "Little Christmas" 3:30 One to One Visits 6:15 Evening Activity</p>
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7	<p>9:00 Room Visits 10:15 Ring Toss 11:00 Rosary - Chapel 2:00 Music with Ralphie - Gathering Room</p>
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8	<p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Card Games 3:00 Happy Birthday Elvis - Video Concert 6:15 Evening Activity</p>
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9	<p>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 One to One Visits 6:15 BINGO</p>
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10	<p>9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Penguin Appreciation Month - Social</p>
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11	<p>9:00 Room Visits 10:15 Current Events 11:00 Rosary - Chapel 2:00 Movie Matinee 4:00 Mass - Chapel</p>
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12	<p>9:00 Room Visits 10:15 Activity Cart 11:00 Rosary - Chapel 2:00 BINGO</p>
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13	<p>9:00 Room Visits 10:15 Manicures and Music 11:00 Rosary - Chapel 2:00 Music with Mark - Gathering Room 3:30 One to One Visits 6:15 Evening Activity</p>
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14	<p>9:00 Room Visits 10:15 Snowball Toss 11:00 Rosary - Chapel 2:00 Celebrate Soup Month - Soup For The Soul Social</p>
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15	<p>9:00 Room Visits 10:15 Table Games 11:00 Mass - Chapel 2:00 Creative Crafts 3:30 Activity Cart 6:15 Evening Activity</p>
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16	<p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 6:00 Volunteer Visits 2:00 Resident Council 3:30 One to One Visits 6:15 BINGO</p>
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17	<p>9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary 2:00 National Bird Month - Bird BINGO</p>
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18	<p>9:00 Room Visits 10:15 Color &amp; Chat 11:00 Rosary - Chapel 2:00 Social Cart 4:00 Mass - Chapel</p>
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19	<p>9:00 Room Visits 10:15 Coffee Social 11:00 Rosary - Chapel 2:00 BINGO</p> <p style="text-align: center;">Activity Professionals Week</p>
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20	<p>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</p> <p style="text-align: center;">Martin Luther King Jr. Day</p>
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21	<p>9:00 Room Visits 10:15 Bean Bag Toss 11:00 Rosary - Chapel 2:00 Creative Crafts - Snowbird Painting</p>
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22	<p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 For The Birds - Making Bird Feeders 3:30 Activity Cart 6:15 Evening Activity</p>
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23	<p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 6:00 Volunteer Visits 2:00 Music with Jim - Gathering Room 3:30 One to One Visits 6:15 BINGO</p>
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24	<p>9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Winter Wonderland Family Party with Al and Tom</p>
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25	<p>9:00 Room Visits 10:15 Magazine Hour - Cut and Collage 11:00 Rosary - Chapel 2:00 Creative Crafts 4:00 Mass - Chapel</p>
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26	<p>9:00 Room Visits 10:15 Sensory Cart 11:00 Rosary - Chapel 2:00 BINGO</p>
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27	<p>9:00 Room Visits 10:15 Coffee Social 11:00 Rosary - Chapel 2:00 Manicures and Movie 3:30 One to One Visits 6:15 Evening Activity</p>
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28	<p>9:00 Room Visits 10:15 Ball Toss 11:00 Rosary - Chapel 2:00 Celebrate Hot Tea Month - Winter Tea Party</p>
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29	<p>9:00 Room Visits 10:15 Snowman Races 11:00 Mass - Chapel 2:00 Roll A Snowman Game 3:30 Activity Cart 6:15 Evening Activity</p> <p style="text-align: center;">Chinese New Year</p>
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30	<p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 6:00 Volunteer Visits 2:00 Happy Trivia Month 3:30 One to One Visits 6:15 BINGO</p>
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31	<p>9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Birthday Party of the Month</p>
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Activities subject to change, please see daily chronicle.