

March Greeting Continued

March brings many events that our Life Enrichment Associates have planned. Please be sure to refer to the Life Enrichment March calendar. This monthly calendar will be emailed to each of our families for assisted living and long-term care. Please feel free to join in on a life enrichment program with your loved one.

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 March Blessings,

Shari L. LaRoche, MS LNHA
Administrator

Chasing Cherry Blossoms



It lasts for only two weeks, but what a beautiful two weeks it is. *Hanami* is the Japanese term for enjoying the spring beauty of blossoming flowers. The most

spectacular show of all is the viewing of the cherry blossoms, known as *sakura* by day and *yozakura* by night. It begins at the end of March. The practice of hanami began in seventh-century Japan, when wealthy elites and members of the Imperial court would gather to view plum blossoms. Soon, though, cherry blossoms became more highly regarded for their beauty. Before long, members of the "samurai class" joined in the viewing, and finally the practice became widespread among all people—rich or poor. The cherry blossom has even become Japan's unofficial national flower. America's most famous version of hanami begins every March in Washington, D.C. In 1911, the city of Toyko gifted 2,000 cherry trees to the U.S. Sadly, those trees were infested with insects and had to be destroyed. But Tokyo mayor Yukio Ozaki was undeterred. He sent a new shipment of 3,020 cherry trees, which arrived in Washington on March 26, 1912. Visitors have flocked to D.C.'s Tidal Basin to enjoy the cherry blossoms ever since.

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 or visit our Facebook at facebook.com/WardeSeniorLiving to leave a review.

If you leave a review in the month of March on either Google or Facebook, you will be entered into a raffle to win a gift basket!



Celebrating the Mario Way

March 10, or rather MAR10, is Mario Day—a holiday for the fictitious Mario Bros. video-game plumbers. It's designated as such because MAR10 looks like MARIO. It also can be a day to celebrate the Marios in your life. Even if you don't know a Mario, you can still celebrate one. Cheer on racing legend Mario Andretti by watching highlights of his iconic career. Read a book by writers Mario Puzo or Mario Vargas Llosa. Grab a slice at Mario's pizzeria.

While the name Mario is most often associated with Italy, it is quite common in Germany, Spain, Bulgaria, Greece, Latin America, and America. It comes from the Roman name Marius, which derives from Mars, the Roman god of war. For those wanting to give the name Mario a more delicate and feminine touch, there is the name Maria, or should we say MAR14?

March 2025

Newsletter

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

Celebrating March

Women's History Month

Save Your Vision Month

Women in Construction Week
March 2–8

Mardi Gras/Fat Tuesday
March 4

Ash Wednesday
March 4

Day Light Saving Time
March 9

World Plumbing Day
March 11

Quilting Day
March 15

St. Patrick's Day
March 17

French Bread Day
March 21

Quirky Country Music Song Titles Day
March 27

March Greetings to all of our Families & Friends:

I hope this newsletter finds you all happy, healthy and full of luck & blessings this St. Patrick's Day 2025.

A few updates that I would like to share with you. On February 5th & 10th, 2025, we had our NH DHHS Annual State Survey & Life Safety Survey for our Assisted Living Community. We were found to be 100% in compliance with all regulations, policies and procedures related to our NH Assisted Living license. Congratulations to our Associates on a job well done!! We are so very proud of our accomplishment.

As everyone is aware, we completed a 5-week major pipe repair throughout Warde, which began on January 20th and ended on February 21st. We appreciate everyone's cooperation and understanding with this in-depth project that affected our Skilled Nursing/Long-term care unit, as well as, our Assisted Living. Our residents were fantastic through the whole process and our associates were just amazing navigating through these challenging trials and tribulations of 60+ year old pipes. Thank you to all involved!!

Did you know that Sunday, March 7th is National Unplug Day?? Take this day to step away from all of your electronics! Unplug yourself from all of the happenings in the world today and all of Social Media!! Plug yourself into your family and your loved ones. Time spent with family and loved ones is so precious and priceless!! It is only for 1 day – YOU CAN DO IT!!!

Special Days in March:

Sunday, March 9th – Day Light Saving Time – SPRING AHEAD
Monday, March 17th – Saint Patrick's Day - Celebrations all around
Thursday, March 20th – 1st DAY OF SPRING

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2025

Warde Assisted Living

						8:30 Daily Chronicle ¹ 10:15 Coloring- 2nd Floor 11:00 Rosary- Chapel 2:00 Travel Goody Cart 4:00 Mass- Chapel
8:30 Daily Chronicle ² 10:15 Exercise & Mingle- 2nd Floor 11:00 Rosary - Chapel 2:00 BINGO- 2nd Floor	8:30 Daily Chronicle ³ 10:00 Exercise- Foyer 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"- G	7:30 Daily Chronicle ⁴ 8:00 Fat Tuesday: Jelly Donuts & Coffee -F 11-12 Binge Watchers- F 11:00 Rosary - Chapel 1:30 Fried Dough- G Mardi Gras	8:30 Daily Chronicle ⁵ 10:00 Manicures- Cafe 11:00 Mass- Chapel 1:30 Mardi Gras Mingle-F Ash Wednesday	8:30 Daily Chronicle ⁶ 10:00 Exercise- F 11-12 Binge Watchers- F 11:00 Rosary - Chapel 1:30 Painting- Cafe 6:15 BINGO- 2nd Floor	8:30 Daily Chronicle ⁷ 9:30 Outing: Dunkin's 11:00 Rosary- Chapel 1:30 Chorus Group -F	8:30 Daily Chronicle ⁸ 10:15 Exercise- F 11:00 Rosary- Chapel 2:00 Movie: Secrets of Roan Irish- F 4:00 Mass- Chapel
8:30 Daily Chronicle ⁹ 10:15 Coffee & Chats- F 11:00 Rosary - Chapel 2:00 BINGO- 2nd Floor Daylight Saving Time Begins	8:30 Daily Chronicle ¹⁰ 10:00 Crafts- Cafe 11:00 Rosary - Chapel 11-12 Binge Watchers 2:00 "What's News w/ Sr. Rosemary"-G	8:30 Daily Chronicle ¹¹ 9:30 Shopping: Walmart 11:00 Rosary - Chapel 1:30 Card Game -Cafe	8:30 Daily Chronicle ¹² 10:00 Exercise- F 11:00 Mass- Chapel 12:00 Lunch & Movie: "On Moonlight Bay"- G	7:30 Daily Chronicle ¹³ 8:00 Egg McMuffin Day 11:00 Lent Reflections- G 2:00 Chorus Group-F 6:15 BINGO- 2nd Floor	8:30 Daily Chronicle ¹⁴ 10:15 Balloon Volley- 2nd Floor 11:00 Rosary- Chapel 2:00 Chosen Series- F	8:30 Daily Chronicle ¹⁵ 10:15 Coffee & Chat- F 11:00 Rosary- Chapel 2:00 Travel Goody Cart 4:00 Mass- Chapel
8:30 Daily Chronicle ¹⁶ 10:15 Exercise & Mingle- 2nd Floor 11:00 Rosary - Chapel 2:00 BINGO- 2nd Floor	8:30 Daily Chronicle ¹⁷ 10:00 Irish Coffee Social- 2nd Floor 11:00 Rosary - Chapel 2:00 St. Paddy's Party-G St. Patrick's Day	8:30 Daily Chronicle ¹⁸ 10:00 Coffee & Chats-Cafe 11-12 Binge Watchers- F 11:00 Rosary - Chapel 1:30 Arm Chair Travel- Explore Alaska - F	8:30 Daily Chronicle ¹⁹ 11:00 Mass- Chapel 12:00 Spring Fever Barbeque Lunch- G	8:30 Daily Chronicle ²⁰ 10:00 Exercise- F 11:00 Lent Reflections- G 11-12 Binge Watchers 1:30 Spring Crafts - Cafe 6:15 BINGO- 2nd Floor Spring Begins	8:30 Daily Chronicle ²¹ 10:15 Manicures- Foyer 11-12 Binge Watchers- F 11:00 Rosary- Chapel 1:30 Chorus Group- F	8:30 Daily Chronicle ²² 10:15 Exercise- F 11:00 Rosary- Chapel 2:00 Movie: Luck of the Irish- F 4:00 Mass- Chapel
8:30 Daily Chronicle ²³ 10:15 Coffee & Chats- F 11:00 Rosary - Chapel 2:00 BINGO- 2nd Floor	8:30 Daily Chronicle ²⁴ 10:30 Outing: Casino 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"-G	8:30 Daily Chronicle ²⁵ 10:00 Exercise- F 11:00 Rosary - Chapel 11-12 Binge Watchers- F 2:00 Chorus Group- F	8:30 Daily Chronicle ²⁶ 9:30 Shopping: Market Basket 11:00 Mass- Chapel 1:30 Birthday Party- F	8:30 Daily Chronicle ²⁷ 10:00 Chorus Group Make a Video - G 11:00 Rosary - Chapel 11-12 Binge Watchers- F 2:00 Music with Bob- G 6:15 BINGO- 2nd Floor	8:30 Daily Chronicle ²⁸ 10:15 Balloon Volley- 2nd Floor 11:00 Lent Re. ections- G 2:00 Chosen Series-F	8:30 Daily Chronicle ²⁹ 10:15 Coloring- 2nd Floor 11:00 Rosary- Chapel 2:00 BINGO - 2nd Floor 4:00 Mass- Chapel
8:30 Daily Chronicle ³⁰ 10:15 Exercise & Mingle- 2nd Floor 11:00 Rosary - Chapel 2:00 Music by Student Performer Jai - 2	8:30 Daily Chronicle ³¹ 10:00 Exercise- Foyer 11:00 Rosary - Chapel 2:00 "What's News w/ Sr. Rosemary"-G	 <div data-bbox="1289 1602 1765 1888"> <p>Location Key: F- Foyer G- Gathering Room</p> </div> 				

Activities are subject to change, please see Daily Chronicle.