

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 *yozaakura* 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



<p>2 9:00 Room Visits 10:15 Exercise and Mingle 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>3 9:00 Room Visits 10:15 Arm Chair Travel - Ireland 11:00 Rosary - Chapel 2:00 Card Making and Decorating - St. Patrick's Day</p>	<p>4 8:00 Pancake Breakfast 9:00 Room Visits 10:15 Table Ball 11:00 Rosary - Chapel 2:00 Mardi Gras Celebration 3:00 Visit New Orleans - Video Mardi Gras</p>	<p>5 9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Painting 3:30 Activity Cart 6:15 Evening Activity Ash Wednesday</p>	<p>6 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 6:00 Volunteer Visits 2:00 Leprechaun Bowling 3:30 One to One Visits 6:15 BINGO</p>	<p>7 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Leaping Leprechaun Game 3:00 Lawrence Welk Irish Show - Video</p>	<p>8 9:00 Room Visits 10:15 Penguin Races 11:00 Rosary - Chapel 2:00 Movie - Resident's Choice 4:00 Mass - Chapel</p>
<p>9 9:00 Room Visits 10:15 Sensory Cart 11:00 Rosary - Chapel 2:00 BINGO Daylight Saving Time Begins</p>	<p>10 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Manicures and Movie 3:30 One to One Visits 6:15 Evening Activity</p>	<p>11 9:00 Room Visits 10:15 Ball Toss 11:00 Rosary - Chapel 2:00 Sip and Color 3:30 Puzzle Hour 6:15 Evening Activity</p>	<p>12 9:00 Room Visits 10:15 Table Games 11:00 Mass - Chapel 2:00 Celebrate Girl Scout Day 3:30 Activity Cart 6:15 Evening Activity</p>	<p>13 9:00 Room Visits 10:15 Soccer 11:00 Lenten Reactions - Gathering Room 1:30 - 6:00 Volunteer Visits 2:00 Chorus 2:00 Neil Sedaka Video 6:15 BINGO</p>	<p>14 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 National Potato Chip Day 3:30 Puzzle Hour 6:15 Evening Activity</p>	<p>15 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Travel Goody Cart 4:00 Mass - Chapel</p>
<p>16 9:00 Room Visits 10:15 Exercise and Mingle 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>17 9:00 Room Visits 10:15 Irish Coffee Social 11:00 Rosary - Chapel 2:00 St. Patrick's Day Party - Gathering Room 3:30 One to One Visits 6:15 Evening Activity St. Patrick's Day</p>	<p>18 9:00 Room Visits 10:15 Ring Toss 11:00 Rosary - Chapel 2:00 Magazine Hour - Cut and College - Spring 3:00 Spring Garden Tour - Video</p>	<p>19 9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 12:00 Spring Fever BBQ - Gathering Room 2:00 Creative Crafts 3:30 Activity Cart 6:15 Evening Activity</p>	<p>20 9:00 Room Visits 10:15 Soccer 11:00 Lenten Reactions - Gathering Room 1:30 - 6:00 Volunteer Visits 2:00 Resident Council 6:15 BINGO Spring Begins</p>	<p>21 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Cake-In-A-Box Month Baking -Cake Mix Cookies</p>	<p>22 9:00 Room Visits 10:15 Activity Cart 11:00 Rosary - Chapel 2:00 Guess the Object Game 4:00 Mass- Chapel</p>
<p>23 9:00 Room Visits 10:15 Current Events 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>24 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Manicures and Movie 3:30 One to One Visits 6:15 Evening Activity</p>	<p>25 9:00 Room Visits 10:15 Chair Exercises 11:00 Rosary - Chapel 2:00 Chorus 2:00 Sing Along Video with Susie Q</p>	<p>26 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>	<p>27 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 6:00 Volunteer Visits 2:00 Music with Bob - Gathering Room 3:30 One to One Visits 6:15 BINGO</p>	<p>28 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Lenten Reactions - Gathering Room 2:00 Birthday Party of the Month</p>	<p>29 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 BINGO 4:00 Mass- Chapel</p>
<p>30 9:00 Room Visits 10:15 Exercise and Mingle 11:00 Rosary - Chapel 2:00 Musical Performance by Student, Jai</p>	<p>31 9:00 Room Visits 10:15 Arm Chair Travel - Holland's Tulips 11:00 Rosary - Chapel 2:00 Scrapbooking 3:30 One to One Visits 6:15 Evening Activity</p>					

Activities are subject to change, please see Daily Chronicle.