

## Greeting Continued:

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,

*Shari L. LaRoche, MS LNHA*  
*Administrator*

## The Bright Side of October

Orange is one of the most iconic colors of the fall season. From the changing leaves to ripe pumpkins and Halloween decorations, it's everywhere in October. But beyond its seasonal spotlight, orange has an interesting history and set of associations that make it stand out year-round.

The word orange didn't appear in English until around the 1300s, borrowed from the Old French orange, which came from Arabic nāranj—originally referring to the fruit. Before that, people in English-speaking areas would describe the color as "yellow-red." It wasn't until the fruit became common in Europe that the word was used to describe the hue. In many cultures today, it represents creativity, change, and enthusiasm.

In nature, orange often signals warmth and energy. It's the color of fire, sunsets, and autumn leaves. In October, orange becomes especially visible. Pumpkins, perhaps the most famous fall symbol, take center stage during Halloween. Originally, jack-o'-lanterns were carved from turnips in Ireland, but when the tradition came to America, pumpkins were more plentiful and easier to carve. Their natural orange color made them perfect for the holiday's spooky glow. Orange also pairs well with black, Halloween's other signature color. While black represents darkness and mystery, orange balances it with brightness and warmth, making the two a striking seasonal combo. Aside from Halloween, orange pops up throughout fall in decorations, wreaths, seasonal foods, and clothing. It evokes the cozy, crisp feel of the season and reminds us of harvest time. Even sports teams and schools often use orange in their autumn promotions and uniforms to reflect that seasonal energy.

## Trick or Treat

**On October 26th, we will be having our annual Trick or Treat!**

We kindly ask that you help make this event special by:

🍬 Supplying your loved one with candy to hand out or

🍬 Donating candy to the Life Enrichment Department



## Handle with Flair



Purses, pocketbooks, satchels, totes, clutches—whatever the handbag, it's worth celebrating on October 10, Handbag Day. Technically, a purse is

only supposed to hold coins, whereas a handbag is a complete carryall. These days, anything goes in a handbag: wallet, keys, sunglasses, cell phone, mints, gum, pen, umbrella, baby toys.... Truly, some handbags carry as much as a small suitcase. The first handbags were made of leather, metal, or fabric studded with ornaments. The oldest surviving bag, dating back to c. 2500 BC, features beadlike rows of canine teeth on fabric. At just 700 years old, the bag pictured above (reputed to be a horseman's saddlebag) is intricately inlaid with gold and silver, depicting scenes of an enthroned couple, musicians, and hunters. It's kept for display at London's Courtauld Gallery.

October 2025

# Newsletter

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



## Celebrating October

**Ergonomics Month**  
**Organize Your Medical Information Month**  
**Cookbook Month**

**Balloons Around the World Day**  
*October 1*

**James Bond Day**  
*October 5*

**World Day of Architecture**  
*October 6*

**Train Your Brain Day**  
*October 13*

**Columbus Day**  
**Indigenous Peoples' Day**  
*October 14*

**Chemistry Week**  
*October 19–25*

**Count Your Buttons Day**  
*October 21*

**National Pumpkin Day**  
*October 26*

**Halloween**  
*October 31*

## October Greetings to all our Friends & Families

I hope this newsletter finds you all happy & healthy.

We are now into the Fall swing of things here in New England. The trees are beginning to change, the nights are getting chillier, and apple & pumpkin picking are on the "to do" list for most of us this season. Pumpkin spice everything is now the theme for the month of October!

We had lots of fun events in the month of September. 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 September events. Our largest event that we had was celebrating National Assisted Living Week. Our residents had so much fun participating in these events and soaking up the last bits of sunshine and summertime!! We also celebrated National Environmental Services Week and National Rehabilitation Week. We honored those associates with lunch and gifts!

Warde Senior Living will be offering the Vaccine Clinic to our community on Wednesday, October 15, 2025. We will be using our local OSCO Drug/Shaw's for this Vaccine Clinic. We thank our pharmacists at Osco Drug/Shaw's for their assistance with vaccinating our campus!!

Special Days/Events in October: Please refer to the October Life Enrichment Calendar!

As everyone knows, Halloween is the main holiday for the month of October. Do you know the spiritual meaning of Halloween? Halloween is considered a powerful turning point in the wheel of the year, signifying the cycle of life, death and rebirth. Halloween is the time when people release and let go of negative and lower energies that hold them back and celebrate the new energy that will eventually take its place. Wishing you a renewed energy this Halloween season!!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <h1 style="text-align: center;">October 2025</h1> <h2 style="text-align: center;">Warde Assisted Living</h2>						
			<p>1</p> <p>8:00 Daily Chronicle 9:00 Shopping Trip 11:00 Mass- Chapel <b>2:00-3:30 Oktoberfest Party w/ Eastern Sound- 1</b></p>	<p>2</p> <p>8:00 Daily Chronicle 10:00 Independent Activity 11:00 Rosary- Chapel <b>2:00 Music with Bob- G</b> 6:15 BINGO- 2</p>	<p>3</p> <p>8:00 Daily Chronicle 10:15 Balloon Volley- 2 11:00 Rosary- Chapel 2:00 Musical: "The King and I"- F</p>	<p>4</p> <p>8:30 Daily Chronicle 10:00 Outdoor Walk 11:00 Rosary 2:00 PBS Documentary- F "Autumnwatch New England" ep. 1 4:00 Mass- Chapel</p>
<p>5</p> <p>8:00 Daily Chronicle 10:00 Independent Strolls 11:00 Rosary - Chapel 2:00 BINGO- 2</p>	<p>6</p> <p>8:00 Daily Chronicle 10:00 Outing: Apple Farm with Lunch 11:00 Rosary- Chapel 2:00 What's News w/ Sr. Rosemary"- G</p> <p style="text-align: center;">Sukkot Begins</p>	<p>7</p> <p>8:00 Daily Chronicle 10:00 Coffee Social- F 11:00 Rosary- Chapel 2:00 Happy Hour- F <b>4:00 Fall Party w/ Kids in Service- G</b></p>	<p>8</p> <p>8:00 Daily Chronicle 10:00 Chorus- F 11:00 Mass - Chapel <b>2:00 Mini Horse Visit- G</b></p>	<p>9</p> <p>8:00 Daily Chronicle 10:00 Coffee &amp; Manicures- Deck 11:00 Rosary- Chapel 2:00 Game &amp; Ice Cream- Deck 6:15 BINGO- 2</p>	<p>10</p> <p>8:00 Daily Chronicle 10:15 Balloon Volley- 2 11:00 Rosary-Chapel 2:00 Halloween Movie: "Hocus Pocus"- F</p>	<p>11</p> <p>8:00 Daily Chronicle 10:15 Sing a Long- 2 11:00 Rosary- Chapel 2:00 Outdoor Visits 4:00 Mass- Chapel</p>
<p>12</p> <p>8:00 Daily Chronicle 10:15 Color &amp; Chats- 2 11:00 Rosary- Chapel 2:00 BINGO- 2</p>	<p>13</p> <p>8:00 Daily Chronicle 10:00 TV Yoga- F 11:00 Rosary- Chapel 2:00 What's News w/ Sr. Rosemary"- G</p> <p style="text-align: center;">Indigenous Peoples' Day Columbus Day (U.S.)</p>	<p>14</p> <p>8:00 Daily Chronicle 11:00 Rosary- Chapel 11:00 Shopping List 2:00 Cards on Deck 6:00 Drive in Movie- Halloween Movie</p>	<p>15</p> <p>8:00 Daily Chronicle 10:00 Coffee &amp; Pastries- F 11:00 Mass- Chapel 2:00 Stuffing Scare Crow's- Deck</p> <p style="text-align: center;">** Vaccine Clinic **</p>	<p>16</p> <p>8:00 Daily Chronicle 10:00 Chorus- F 11:00 Rosary- Chapel 2:00 Apple Cider Slushies- Deck/Foyer 6:15 BINGO- 2</p>	<p>17</p> <p>8:00 Daily Chronicle 10:00 Outdoor Walk 11:00 Rosary- Chapel 2:00 Apple Cinnamon Fried Dough- Deck/Foyer</p>	<p>18</p> <p>8:30 Daily Chronicle 10:00 Outdoor Walk 11:00 Rosary- Chapel 2:00 PBS Documentary- F "Autumnwatch New England" ep. 3 4:00 Mass- Chapel</p>
<p>19</p> <p>8:00 Daily Chronicle 10:00 Coffee Social- F 11:00 Rosary - Chapel 2:00 BINGO- 2</p>	<p>20</p> <p>8:00 Daily Chronicle 10:15 Move &amp; Groove- 2 11:00 Rosary- Chapel 2:00 What's News w/ Sr. Rosemary"- G</p>	<p>21</p> <p>8:00 Daily Chronicle 10:00 Manicures- Deck 11:00 Rosary- Chapel 2:00 Crafts- Cafe</p>	<p>22</p> <p>8:00 Daily Chronicle 10:00 Outing: Scarecrow Ride in Chester 11:00 Mass- Chapel 2:00 Celebrate October Birthdays- C</p>	<p>23</p> <p>8:00 Daily Chronicle 10:00 Outing: BBQ Lunch at Lake Massabesic 11:00 Rosary- Chapel 6:15 BINGO- 2</p>	<p>24</p> <p>8:00 Daily Chronicle 10:15 Balloon Volley- 2 11:00 Rosary- Chapel 2:00 Halloween Movie: "Ghost Busters"- F</p>	<p>25</p> <p>8:00 Daily Chronicle 10:15 Sing a Long- 2 11:00 Rosary- Chapel 2:00 BINGO- 2 4:00 Mass- Chapel</p>
<p>26</p> <p>8:30 Daily Chronicle 10:15 Color &amp; Chats- 2 11:00 Rosary - Chapel <b>2:00 Trick or Treat</b></p>	<p>27</p> <p>8:00 Daily Chronicle 10:00 TV Yoga- F 11:00 Rosary- Chapel 2:00 What's News w/ Sr. Rosemary"- G</p>	<p>28</p> <p>8:00 Daily Chronicle 10:00 Coffee &amp; Chats on Deck 11:00 Rosary- Chapel <b>2:00 Halloween Party w/ Ralphie- G</b></p>	<p>29</p> <p>8:00 Daily Chronicle 9:00 Shopping Trip 11:00 Mass- Chapel 12:00 Movie &amp; Lunch: "Beetlejuice"- G</p>	<p>30</p> <p>8:00 Daily Chronicle 11:00 Lunch Outing: LongHorn Steakhouse 2:30 Mingle on the Deck 6:15 BINGO- 2</p>	<p>31</p> <p>8:00 Daily Chronicle <b>10:00 Halloween Parade</b> 11:00 Rosary- Chapel 2:00 "BOO BASH"- Deck/Foyer 4:00 All Saints Day Mass- Chapel</p> <p style="text-align: center;">Halloween</p>	<p>Key: G- Gathering Room C- Catherine's Cafe F- Foyer 2- 2nd Floor Dining Room 1- 1st Floor Dining Room</p> 

Activities are subject to change, please see Daily Chronicle.