

October 2025

# Newsletter

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



## 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 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!!

## 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*



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1  
 9:00 Room Visits  
 10:15 Pretzel Toss  
 11:00 Mass - Chapel  
 2:00 Oktoberfest Party with Eastern Sound - 1st Floor Dining Room  
 6:15 Evening Activity  
 Yom Kippur Begins

2  
 9:00 Room Visits  
 10:15 Soccer  
 11:00 Rosary - Chapel  
 1:30 - 5:00 Volunteer Visits  
 2:00 Music with Bob - Gathering Room  
 3:30 One to One Visits  
 6:15 BINGO

3  
 9:00 Room Visits  
 10:00 Pet Visits with Sadie  
 10:15 Balloon Volleyball  
 11:00 Rosary - Chapel  
 2:00 Decorating for October and Movie - "The History of Halloween"

4  
 9:00 Room Visits  
 10:15 Resident's Choice  
 11:00 Rosary - Chapel  
 2:00 Dog Race Game  
 4:00 Mass - Chapel

5  
 9:00 Room Visits  
 10:15 Parachute Games  
 11:00 Rosary - Chapel  
 2:00 BINGO

6  
 9:00 Room Visits  
 10:15 Move and Groove  
 11:00 Rosary - Chapel  
 2:00 Manicures and Musicals  
 3:30 One to One Visits  
 6:15 Evening Activity  
 Sukkot Begins

7  
 9:00 Room Visits  
 10:15 Baking - Apple Crisp  
 11:00 Rosary - Chapel  
 2:00 Fall Celebration  
 4:00 Fall Party with Kids In Service - Gathering Room

8  
 9:00 Room Visits  
 10:15 Balloon Tennis  
 11:00 Mass - Chapel  
 2:00 Mini Horse Visits - Gathering Room  
 3:30 Happy Hour  
 6:15 Evening Activity

9  
 9:00 Room Visits  
 10:15 Pet Visits with Winnie and Ellie  
 11:00 Rosary - Chapel  
 1:30 - 5:00 Volunteer Visits  
 2:00 Soccer  
 3:30 One to One Visits  
 6:15 BINGO

10  
 9:00 Room Visits  
 10:00 Pet Visits with Sadie  
 10:15 Balloon Volleyball  
 11:00 Rosary - Chapel  
 2:00 Pumpkin Month - Pumpkin Art

11  
 9:00 Room Visits  
 10:15 Sing Along  
 11:00 Rosary - Chapel  
 2:00 Outdoor Visits  
 4:00 Mass - Chapel

12  
 9:00 Room Visits  
 10:15 Color & Chats  
 11:00 Rosary  
 2:00 BINGO

13  
 9:00 Room Visits  
 10:15 Coffee Social  
 11:00 Rosary - Chapel  
 2:00 Scrapbooking  
 3:30 One to One Visits  
 6:15 Evening Activity  
 Columbus Day (U.S.)

14  
 9:00 Room Visits  
 10:15 Drumming Circle  
 11:00 Rosary - Chapel  
 2:00 Magazine Hour - Cut and Collage  
 3:00 Comedy Hour - "The Addams Family"

15  
 9:00 Room Visits  
 10:15 Roll-A-Pumpkin Game  
 11:00 Mass - Chapel  
 2:00 Creative Crafts  
 3:30 Happy Hour  
 6:15 Evening Activity

16  
 9:00 Room Visits  
 10:15 Soccer  
 11:00 Rosary - Chapel  
 1:30 - 5:00 Volunteer Visits  
 2:00 Resident Council  
 2:00 Pet Visits with Macy  
 3:30 One to One Visits  
 6:15 BINGO

17  
 9:00 Room Visits  
 10:00 Pet Visits with Sadie  
 10:15 Balloon Volleyball  
 11:00 Rosary - Chapel  
 2:00 Fried Dough Friday - Apple Cinnamon Fried Dough

18  
 9:00 Room Visits  
 10:15 Sensory Group  
 11:00 Rosary - Chapel  
 2:00 Movie Matinee  
 4:00 Mass - Chapel

19  
 9:00 Room Visits  
 10:15 Current Events  
 11:00 Rosary - Chapel  
 2:00 BINGO

20  
 9:00 Room Visits  
 10:15 Move and Groove  
 11:00 Rosary - Chapel  
 2:00 Manicures and Musicals  
 3:30 One to One Visits  
 6:15 Evening Activity

21  
 9:00 Room Visits  
 10:15 Reminiscing - Toys  
 11:00 Rosary - Chapel  
 2:00 Science Experiments  
 3:00 Comedy Hour - "Bewitched"

22  
 9:00 Room Visits  
 10:15 Balloon Tennis  
 11:00 Mass - Chapel  
 2:00 Creative Crafts  
 3:30 Happy Hour  
 6:15 Evening Activity

23  
 9:00 Room Visits  
 10:15 Soccer  
 11:00 Rosary - Chapel  
 1:30 - 5:00 Volunteer Visits  
 2:00 Basketball  
 3:30 One to One Visits  
 6:15 BINGO

24  
 9:00 Room Visits  
 10:00 Pet Visits with Sadie  
 10:15 Balloon Volleyball  
 11:00 Rosary - Chapel  
 2:00 Pumpkin Month - Pumpkin Baking

25  
 9:00 Room Visits  
 10:15 Sing Along  
 11:00 Rosary - Chapel  
 2:00 BINGO  
 4:00 Mass - Chapel

26  
 9:00 Room Visits  
 10:15 Color & Chats  
 11:00 Rosary - Chapel  
 2:00 Trick or Treat

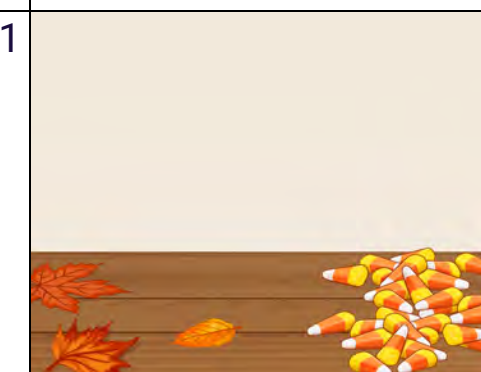
27  
 9:00 Room Visits  
 10:15 Coffee Social  
 11:00 Rosary - Chapel  
 2:00 Card Making - Halloween Cards  
 3:30 One to One Visits  
 6:15 Evening Activity

28  
 9:00 Room Visits  
 10:15 Poetry Reading  
 11:00 Rosary - Chapel  
 2:00 Halloween Party with Ralphie  
 2:00 Pet Visits with Macy  
 3:30 Comedy Hour - "The Addams Family"

29  
 9:00 Room Visits  
 10:15 Witch Hat Ring Toss  
 11:00 Mass - Chapel  
 12:00 "Lunch Bunch"  
 2:00 Creative Crafts  
 3:30 Happy Hour  
 6:15 Evening Activity

30  
 9:00 Room Visits  
 10:15 Soccer  
 11:00 Rosary - Chapel  
 1:30 - 5:00 Volunteer Visits  
 2:00 Halloween Bowling  
 3:30 One to One Visits  
 6:15 BINGO

31  
 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  
 4:00 Mass - Chapel  
 Halloween



Activities are subject to change, please see Daily Chronicle.