

**Greeting Continued:**

This makes you feel more positive, boosts your immune systems, and you will feel happier! Be sure to have a good belly laugh on Saturday, January 24<sup>th</sup>! We all could use 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. Wishing you all a Happy New Year full of good health, happiness and peace.

With January Blessings,

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

**North to the Future**

Every January, as we turn the calendar to a new year, Alaskans mark another milestone: the anniversary of statehood. On January 3, 1959, Alaska officially became the 49th state of the United States, opening a new chapter in its history and symbolizing resilience, opportunity, and the promise of the future.

For many, the statehood anniversary pairs naturally with the season of resolutions and fresh beginnings. Just as individuals set goals for the year ahead, Alaska once set its sights on growth, self-determination, and a stronger voice within the nation. That step forward, more than six decades ago, remains a reminder of what it means to embrace change and move with confidence into the unknown.

Alaska's motto, "North to the Future," captures this spirit. Chosen shortly after statehood, it reflects both the geographic identity of America's northernmost state and the sense of direction it offers. The words suggest not only exploration but also progress—ideas that fit well with the energy of January, when many people look ahead with renewed purpose.



**The Power of Z**

In the first day of the year, the last shall be first. This is the philosophy behind Z Day, a day when all those whose names begin with the letter Z will flaunt alphabetical order and put Z first. It's an order that affects us all—from seats in school to places in line.



So where did alphabetical order come from?

It's a 3,500-year-old mystery that social scientist William Watt believes he has solved. The English alphabet, or at least letters A through T, were ordered by a Semitic scribe living in modern-day Lebanon or Syria around the year 1500 BC. Watt believes the letters were arranged according to where the sounds are made in the mouth. Similar sounding letters were separated so that children would not become confused in their learning. Adding the letters U and W in the 16th century meant more bad news for Zach and Zoe. As usual, they had to wait for their final place in history.

**Newsletter**

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



**Celebrating January**

**Book Blitz Month**

**International Brain Teaser Month**

**New Year's Day**  
*January 1*

**Someday We'll Laugh About This Week**  
*January 2–8*

**Bobblehead Day**  
*January 7*

**Make Your Dream Come True Day**  
*January 13*

**Fresh Squeezed Juice Week**  
*January 18–24*

**Disc Jockey Day**  
*January 20*

**Belly Laugh Day**  
*January 24*

**Curmudgeons Day**  
*January 29*

**January Greetings to all our Friends & Families**

Happy 2026!! Hoping that you had a blessed holiday season with your families & friends. We hope everyone a grand time at our Jingle Bell Bash! I know our residents enjoyed every minute of it and being with their family members!

We continue to be extra cautious with COVID-19, Influenza and RSV this winter season. Please be sure to not visit if you are feeling ill or under the weather. Our resident safety is our #1 priority. We thank you for helping us keep our residents healthy and safe.

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 19th – 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 19th<sup>th</sup> – 23rd, we will celebrate and honor our Life Enrichment Associates in honor of National Activity Professionals Week. This year's theme is "Beyond the Ordinary: Everyday Superheroes". 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 Saturday, January 24<sup>th</sup> 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?



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2026

## Warde Assisted Living



				<p>9:00 Daily Chronicle 1 8:00 New Years Breakfast- F 11:00 Rosary- Chapel 2:00 New Year's Party w/ Dove, Suzie &amp; Jim- 1 6:15 BINGO- 2</p> <p>New Year's Day</p>	<p>8:00 Daily Chronicle 2 10:15 Balloon Volley- 2 11:00 Rosary- Chapel 2:00 PBS Documentary- F Ken Burns National Parks- Episode 3</p>	<p>8:00 Daily Chronicle 3 10:15 Coloring &amp; Cocoa- 2 11:00 Rosary 2:00 Movie &amp; Snack- 2 4:00 Mass- Chapel</p>
<p>8:00 Daily Chronicle 4 10:15 Exercise- 2 11:00 Rosary- Chapel 2:00 BINGO- 2</p>	<p>8:00 Daily Chronicle 5 10:15 Move &amp; Groove- 2 11:00 Rosary- Chapel 2:00 National Bird Day: Making Bird Feeders- 2</p>	<p>8:00 Daily Chronicle 6 10:00 Little Christmas: Gift Game- F 11:00 Rosary- Chapel 2:00 Little Christmas: Holiday Music with Bob- G</p>	<p>8:00 Daily Chronicle 7 10:00 Creative Crafts 11:00 Mass- Chapel 12:00 Lunch &amp; Movie: Soup &amp; Grilled Cheese w/ "White Christmas"- G</p>	<p>8:00 Daily Chronicle 8 11:00 Lunch Outing: Saddle Up Saloon 11:00 Rosary- Chapel 2:00 Elvis's Birthday: Elvis Documentary- F 6:15 BINGO- 2</p>	<p>8:00 Daily Chronicle 9 10:15 Balloon Volley- 2 11:00 Rosary- Chapel 2:00 PBS Show- F "Weekend with Yankee" Travel around NE</p>	<p>8:00 Daily Chronicle 10 10:15 Exercise- F 11:00 Rosary- Chapel 2:00 Movie: Sleepless in Seattle- F 4:00 Mass- Chapel</p>
<p>8:00 Daily Chronicle 11 10:15 Parachute Game- 2 11:00 Rosary- Chapel 2:00 BINGO- 2</p>	<p>8:00 Daily Chronicle 12 10:00 Untrim The Trees 11:00 Rosary- Chapel 2:00 Music with Mark- G 4:00 Community Project with Kids in Service- G</p>	<p>8:00 Daily Chronicle 13 10:00 Chorus &amp; Treat- F 10:00 Men's Group: Coffee &amp; Donuts 11:00 Rosary- Chapel 2:00 Dice Game &amp; Wine- C</p>	<p>8:00 Daily Chronicle 14 10:00 Sr. Monique's Cooking Corner: Scones &amp; Cocoa- C 11:00 Mass- Chapel 2:00 Winter Crafts- C</p>	<p>8:00 Daily Chronicle 15 10:00 Manicures 11:00 Rosary- Chapel 2:00 Jeopardy -F 6:15 BINGO- 2</p>	<p>8:00 Daily Chronicle 16 10:15 Balloon Volley- 2 11:00 Rosary- Chapel 2:00 PBS Documentary- F Ken Burns National Parks- Episode 4</p>	<p>8:00 Daily Chronicle 17 10:15 Coloring &amp; Cocoa- 2 11:00 Rosary- Chapel 2:00 Movie &amp; Snack- 2</p>
<p>8:00 Daily Chronicle 18 10:15 Sing-a-long- 2 11:00 Rosary- Chapel 2:00 BINGO- 2</p>	<p>8:00 Daily Chronicle 19 10:15 Move &amp; Groove- 2 11:00 Rosary- Chapel 2:00 What's News w/ Sr. Rosemary"- G</p> <p>Martin Luther King Jr. Day</p>	<p>9:00 Daily Chronicle 20 8:00 Pancakes &amp; Looney Tunes- G 11:00 Rosary- Chapel 2:00 Winning Hand &amp; Wine- C</p>	<p>8:00 Daily Chronicle 21 10:00 Shopping 11:00 Mass- Chapel 2:00 Birthday Party- C</p>	<p>8:00 Daily Chronicle 22 11:00 Lunch Outing: Friendly Reds 11:00 Rosary- Chapel 6:15 BINGO- 2</p>	<p>8:00 Daily Chronicle 23 10:15 Balloon Volley- 2 11:00 Rosary- Chapel 2:00 PBS Show- F "Weekend with Yankee" Travel around NE</p>	<p>8:00 Daily Chronicle 24 10:15 Exercise- F 11:00 Rosary- Chapel 2:00 Movie: Swing Time- F 4:00 Mass- Chapel</p>
<p>8:00 Daily Chronicle 25 10:15 Current Events- 2 11:00 Rosary- Chapel 2:00 BINGO- 2</p>	<p>8:00 Daily Chronicle 26 10:00 Exercise - F 11:00 Rosary- Chapel 2:00 What's News w/ Sr. Rosemary"- G</p>	<p>8:00 Daily Chronicle 27 10:00 Coffee &amp; Pastry Social- C 11:00 Rosary- Chapel 12:00 Men's Group: Luncheon 2:00 Manicures- C</p>	<p>8:00 Daily Chronicle 28 11:00 Mass- Chapel 12:00 Winter Outside, Summer Inside BBQ- G</p>	<p>8:00 Daily Chronicle 29 10:00 AM - 3:00 PM SNOW DAY- C Social- Crafts- Games Goodies- Cocktails 11:00 Rosary- Chapel 6:15 BINGO- 2</p>	<p>8:00 Daily Chronicle 30 10:00 Balloon Volley- 2 11:00 Rosary- Chapel 2:00 PBS Documentary- F Ken Burns National Parks- Episode 5</p>	<p>8:00 Daily Chronicle 31 10:15 Coloring &amp; Cocoa- 2 11:00 Rosary 2:00 Movie &amp; Snack- 2 4:00 Mass- Chapel</p>

Activities are subject to change, please see Daily Chronicle.