

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 24th! 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 19thth – 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 24th 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



<p>4</p> <p>9:00 Room Visits 10:15 Exercises 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>5</p> <p>9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 National Bird Day - Making Bird Feeders 3:30 One to One Visits 6:15 Evening Activity</p>	<p>6</p> <p>9:00 Room Visits 10:15 Roll-A-Snowman Game 11:00 Rosary - Chapel 2:00 "Little Christmas" - Music with Bob - Gathering Room 2:00 Pet Visits with Macy 3:15 Movie - "Snowmen"</p>	<p>7</p> <p>9:00 Room Visits 10:15 Ring Toss 11:00 Mass - Chapel 2:00 Moose Mixer 3:30 Happy Hour 6:15 Evening Activity</p>	<p>8</p> <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 5:00 Volunteer Visits 2:00 Happy Birthday Elvis - Video Concert 3:30 One to One Visits 6:15 Elvis BINGO</p> <p>New Year's Day</p>	<p>9</p> <p>9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Elvis Movie - "Paradise, Hawaiian Style"</p>	<p>10</p> <p>9:00 Room Visits 10:15 Sensory Cart 11:00 Rosary - Chapel 2:00 Creative Crafts 4:00 Mass - Chapel</p>
<p>11</p> <p>9:00 Room Visits 10:15 Parachute Games 11:00 Rosary 2:00 BINGO</p>	<p>12</p> <p>9:00 Room Visits 10:15 Manicures and Music 11:00 Rosary - Chapel 2:00 Music with Mark - Gathering Room 4:00 Community Project with Kids in Service-Gathering Room 6:15 Evening Activity</p>	<p>13</p> <p>9:00 Room Visits 10:00 Men's Coffee Hour 10:15 Bird Watching 11:00 Rosary - Chapel 2:00 How Do Animals Survive In The Winter? 2:00 Pet Visits with Macy 3:00 Movie - "Arctic Tale"</p>	<p>14</p> <p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Sensational Snow Exploration 3:30 Happy Hour 6:15 Evening Activity</p>	<p>15</p> <p>9:00 Room Visits 10:00 Pet Visits with Winnie and Ellie 11:00 Rosary - Chapel 1:30 - 5:00 Volunteer Visits 2:00 Resident Council 3:30 One to One Visits 6:15 BINGO</p>	<p>16</p> <p>9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Oatmeal Month - Baking</p>	<p>17</p> <p>9:00 Room Visits 10:15 Coloring and Cocoa 11:00 Rosary - Chapel 2:00 Movie and Snack 4:00 Mass - Chapel</p>
<p>18</p> <p>9:00 Room Visits 10:15 Sing Along 11:00 Rosary - Chapel 2:00 BINGO</p> <p>Activity Professionals Week</p>	<p>19</p> <p>9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Scrapbooking 3:30 One to One Visits</p> <p>Martin Luther King Jr. Day</p>	<p>20</p> <p>9:00 Room Visits 10:15 Polar Bear Plunge 11:00 Rosary - Chapel 2:00 Arm Chair Travel - Alaska</p>	<p>21</p> <p>9:00 Room Visits 10:15 Snowball Toss 11:00 Mass - Chapel 2:00 Trivia 4:00 BINGO with The Girl Scouts 6:15 Evening Activity</p>	<p>22</p> <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 5:00 Volunteer Visits 2:00 Bowling Month 3:30 One to One Visits 6:15 BINGO</p>	<p>23</p> <p>9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 National Pie Day - Baking Mini Hand Pies</p>	<p>24</p> <p>9:00 Room Visits 10:15 Activity Cart 11:00 Rosary - Chapel 2:00 Movie Matinee 4:00 Mass - Chapel</p>
<p>25</p> <p>9:00 Room Visits 10:15 Current Events 11:00 Rosary - Chapel 2:00 BINGO</p>	<p>26</p> <p>9:00 Room Visits 10:15 Hot Tea Month - Tea Party 11:00 Rosary - Chapel 2:00 Manicures and Musicals 3:30 One to One Visits 6:15 Evening Activity</p>	<p>27</p> <p>9:00 Room Visits 10:15 Name That Tune 11:00 Rosary - Chapel 12:00 Men's Luncheon 2:00 Classic Radio Show and Coloring</p>	<p>28</p> <p>9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 12:00 "Lunch Bunch" 2:00 Ice Painting 3:30 Happy Hour 6:15 Evening Activity</p>	<p>29</p> <p>9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 5:00 Volunteer Visits 2:00 National Puzzle Day 3:30 One to One Visits 6:15 BINGO</p>	<p>30</p> <p>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</p>	<p>31</p> <p>9:00 Room Visits 10:15 Coloring and Cocoa 11:00 Rosary - Chapel 2:00 Movie and Snack 4:00 Mass - Chapel</p>

Activities are subject to change, please see Daily Chronicle.