

## June Greeting Continued

We wish everyone a summer that is filled with warmth and 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 Thoughts of Sunshine & Ice Cream,*

*Shari L. LaRoche, MS LNHA  
Administrator*



## The Lucky Flip

The notion of making a decision based on the flip of a coin began with the invention of the metal coin itself, long before Flip a Coin Day was ever celebrated on June 1. In ancient Rome, coins bore the head of Julius Caesar on one side and a ship on the other. People would play *navia aut caput*, meaning “ship or head,” to decide matters small and large, even in criminal cases deciding guilt. If it landed on Caesar’s head, you won, believing that the emperor sided with you. Throughout history, coin flips have been used to make other important decisions. Wilbur Wright won a coin toss against his brother Orville to attempt the first flight at Kitty Hawk, though he didn’t get far. And two pioneers used a coin toss to decide the name of Portland, Oregon. The famous “Portland Penny” remains on display at the Oregon Historical Society Museum.



## Ribbon Cutting Ceremony

**Come & join us at our Ribbon Cutting Ceremony for our new Short-term Rehabilitation Unit on Thursday, June 25th at 5pm.**

**Tour our beautiful new unit showcasing 16 private rooms with private baths. We look forward to seeing you on this special day.**



## Fabric of Freedom



June 14 is Flag Day in the United States, a day commemorating the adoption of the American flag by the Second Continental Congress in 1777. Known as “Old Glory,” “Stars and Stripes,” and the “Star-Spangled Banner,” the flag has 13 horizontal red and white stripes symbolizing the original 13 colonies. The canton is the rectangle in the upper left corner. It’s blue with 50 white stars representing the 50 states, alternating in numbers of six and five per row. Throughout America’s history, there have been 27 flag designs, with the canton stars changing each time a state was added. Before the 48-star flag, canton designs had no official arrangement of stars. Sometimes they were in a circular pattern and other times in a star pattern. Since 1777, one thing hasn’t changed: the American flag has always stood for freedom.

June 2026

# Newsletter

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



## Celebrating June

**Great Outdoors Month  
Women’s Golf Month  
Audiobook Appreciation Month**

**Say Something Nice Day**  
June 1

**Corn on the Cob Day**  
June 11

**World Blood Donor Day**  
June 14

**Men’s Health Week**  
June 15–21

**Father’s Day**  
June 21

**Day of the Seafarer**  
June 25

**Take Your Dog  
to Work Day**  
June 26

**“Happy Birthday  
to You” Day**  
June 27

## June Greetings to All Our Friends and Families

We celebrated so many special events in the month of May. Licensed Nursing Week & National Nursing Home Week (Moments in Bloom) were celebrated with so many different appreciation and life enrichment programs for our nurses and residents to participate in. Thank you to our Life Enrichment Associates who planned and coordinated all of the events. The events were well attended and so much fun!! I hope that you were able to see all of them on our Facebook page! It was truly a blessed month!

Special Days in June: Please refer to the June Life Enrichment Calendar with all of the special events planned.

1<sup>st</sup> Day of Summer – Summer Solstice – Sunday, June 21<sup>st</sup>  
National Licensed Nursing Assistant Week – June 11<sup>th</sup> – June 17<sup>th</sup> – this year’s theme “We’re Unbelievable!” Please thank our Licensed Nursing Assistants (LNAs) for all that they do!  
National Chocolate Ice Cream Day – Sunday, June 7<sup>th</sup> – Who doesn’t love chocolate ice cream??  
Flag Day – Sunday, June 14<sup>th</sup> – wear the colors of your flag on this special day

We wish all of our residents, families and associates with children graduating either high school or college a huge congratulations from all of us at Warde Senior Living. What a great accomplishment and everyone should be so very proud!! Wishing all of them much success in their future endeavors!

Summer Solstice June 21<sup>st</sup> – “On this day, the Sun travels the longest path through the sky, and that day therefore has the most daylight, sometimes referred to as “the longest day”. Spiritually, the summer solstice means midsummer, the time of new beginnings, has been celebrated since the pagan holiday of Litha. Now, it is a time for inner power and brightness, a spiritual battle between light and shadow that culminates in the perfect balance of day and night.”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Manicures and Music 3:00 Happy Birthday Andy Griffith - "The Andy Griffith Show"	2 9:00 Room Visits 10:15 Basketball 11:00 Rosary - Chapel 2:00 Sip and Color 3:00 Happy Birthday Jerry Mathers - "Leave it to Beaver"	3 9:00 Room Visits 10:15 Current Events 11:00 Mass - Chapel 2:00 Birdwatching on the Deck 3:30 Happy Hour 6:15 Evening Activity	4 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 3:30 Volunteer Visits 2:00 Cut and Collage - Summer Days 3:30 One to One Visits 6:15 BINGO	5 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 National Donut Day - Donut Social and Iced Coffee	6 9:00 Room Visits 10:15 Outdoor Visits 11:00 Rosary - Chapel 2:00 Ice Cream Social 4:00 Mass - Chapel
7 9:00 Room Visits 10:15 Sing Along and Coffee 11:00 Rosary - Chapel 2:00 BINGO	8 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Manicures and Music 3:30 One to One Visits 6:15 Evening Activity	9 9:00 Room Visits 10:15 LRC Dice Game 11:00 Rosary - Chapel 2:00 Music with Bob 2:00 Pet Visits with Macy	10 9:00 Room Visits 10:15 Balloon Tennis 11:00 Mass - Chapel 2:00 Word Games 3:30 Happy Hour 6:15 Evening Activity	11 9:00 Room Visits 10:00 Pet Visits with Winnie and Ellie 11:00 Rosary - Chapel 1:30 - 3:30 Volunteer Visits 2:00 Soccer 3:30 One to One Visits 6:15 BINGO	12 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Making Dog Biscuits for Bake Sale	13 9:00 Room Visits 10:15 Reminiscing - Wedding Days 11:00 Rosary - Chapel 2:00 Movie Matinee 4:00 Mass - Chapel
14 9:00 Room Visits 10:15 Celebrate Flag Day 11:00 Rosary - Chapel 2:00 BINGO  Flag Day (U.S.)	15 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Manicures and Music 4:00 Kids In Service Communtiy Project - Gathering Room 6:15 Evening Activity	16 9:00 Room Visits 10:00 Soothin' Seniors Barbershop Quartet - Gathering Room 11:00 Rosary - Chapel 2:00 Beach Boardwalk Games 3:00 Arm Chair Travel - NH Seacoast	17 9:00 Room Visits 10:15 Bunker Hill Remembrance Day 11:00 Mass - Chapel 2:00 Ice Cream Party 3:30 One to One Visits 6:15 Evening Activity	18 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 3:30 Volunteer Visits 2:00 Resident Council 3:30 One to One Visits 6:15 BINGO	19 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Summer Bash with Al and Tom's Hit Parade - Gathering Room	20 9:00 Room Visits 10:15 Outdoor Visits 11:00 Rosary - Chapel 2:00 Ice Cream Social 4:00 Mass - Chapel
21 9:00 Room Visits 10:15 Father's Day Coffee Social 11:00 Rosary - Chapel 2:00 BINGO  Summer Begins Father's Day	22 9:00 Room Visits 10:15 Arm Chair Travel - "South Pacific" 11:00 Rosary - Chapel 12:00 Men's Luncheon 2:00 Manicures and Music 3:30 One to One Visits 6:15 Evening Activity	23 9:00 Room Visits 10:15 Shuffle Board 11:00 Rosary - Chapel 2:00 Music with Liam - Gathering Room 2:00 Pet Visits with Macy	24 9:00 Room Visits 10:15 Shark Game 11:00 Mass - Chapel 11:30 - 4:00 - Bake Sale - Gathering Room 2:00 Fish Creative Crafts 6:15 Evening Activity	25 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:30 - 3:30 Volunteer Visits 2:00 Butterfly Month - Group Art Project 3:30 One to One Visits 6:15 BINGO	26 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	27 9:00 Room Visits 10:15 Baseball 11:00 Rosary - Chapel 2:00 Red Sox vs. Yankees - Watch Party 4:00 Mass - Chapel
28 9:00 Room Visits 10:15 Puzzle Hour 11:00 Rosary - Chapel 2:00 BINGO	29 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Manicures and Music 3:30 One to One Vsits 6:15 Evening Activity	30 9:00 Room Visits 10:15 Basketball 11:00 Rosary - Chapel 2:00 Creative Crafts - Painting 3:00 Arm Chair Travel - Coastal Maine	 <h1>June 2026</h1> Warde Rehabilitation and Nursing 			

Activities are subject to change, please see Daily Chronicle.