

August Greeting Continued

Today, the phrase doesn't conjure up such bad imagery. Instead, the Dog Days are associated purely with the time of summer's peak temperatures and humidity. This period of sweltering weather coincides with the year's heliacal (meaning "at sunrise") rising of Sirius, the Dog Star. Sirius is part of the constellation Canis Majoris—the "Greater Dog"—which is where Sirius gets its canine nickname, as well as its official name, Alpha Canis Majoris. Not including our own Sun, Sirius is the brightest star in the sky.

We wish everyone a summer that is filled with sunshine, 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,
Shari L. LaRoche, MS LNHA
Administrator

Hidden in Plain Sight

If you believe that one person's trash is another person's treasure, then you'll be happy to hear that the second Saturday in August is Garage Sale Day. Some lucky folks do find rare treasures at garage sales. In 1989, a man bought an ugly painting for four dollars at a flea market because he liked the frame. Imagine his surprise when under the painting he found an original printed copy of the Declaration of Independence that sold for \$2.4 million in 1991. Then there's the story of the scrap metal dealer who found a Russian Fabergé egg, which was one of only 50 created as an Easter gift for Alexander III's wife, Empress Maria Feodorovna. Valued at more than \$30 million, that is one valuable "nest egg."



Leave a Review

At Warde Senior Living,
your feedback is important.

Please take a moment to
scan the QR code below to
review your experience on
Google. Thank you!

A square QR code with a black and white pixelated pattern, used for linking to a Google review page.

Sunflower Spotlight

Did you know that sunflowers are native to North America? Indigenous peoples were growing and using sunflowers more than 4,000 years ago for food, oil, medicine, and even dye.

Sunflowers are famous for their bright yellow petals, but they also come in shades of red, orange, bronze, and even creamy white. Young sunflowers display a remarkable behavior called heliotropism, meaning they turn their faces to follow the sun from east to west throughout the day. As the flowers mature, they usually settle facing east, allowing them to warm up more quickly in the morning and attract pollinators like bees.

With their towering stems and sunny blooms, sunflowers have long symbolized happiness, loyalty, and optimism. It's no wonder they've become one of the most beloved flowers of late summer!

August 2026

Newsletter

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



Celebrating August

Read a Romance Month
Golf Month
Family Fun Month

Root Beer Float Day
August 6

Purple Heart Day
August 7

Bargain Hunting Week
August 10–16

Vinyl Record Day
August 12

Senior Citizens Day
August 21

Kiss and Make Up Day
August 25

**Rainbow Bridge
Remembrance Day**
August 28

Eat Outside Day
August 31

August Greetings to All Our Friends and Families

We celebrated unique events in July. The events that we celebrated were Red, White & BBQ to celebrate America's 250th Anniversary, a Bake Sale and Christmas in July!! Thank you to our wonderful Life Enrichment & Food Service Associates for planning and executing these magnificent events for our residents and associates.

Be sure to check out our Facebook page (Warde Senior Living) to see all the great pictures from these fantastic events.

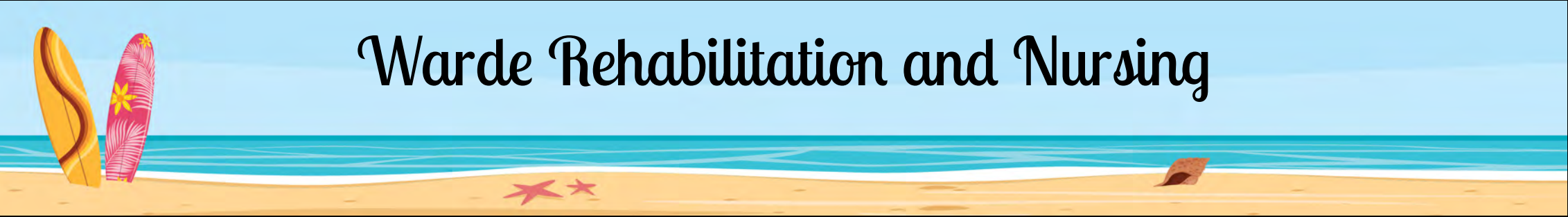
Also, please be sure to look at our beautiful and blossoming hydrangeas and summer flowers in our main entrance area!! These flowers love this summer's hot and humid temperatures!

We passed our inspection with the NH State Fire Marshal and NH DHHS for our new Short-term Rehabilitation Unit. We will receive our new licenses soon and will be able to begin to admit short-term rehab patients to our new unit, called Field Place. Field Place is in recognition of Mother Mary Ellen Field, whose vision and leadership laid the foundation for Warde Senior Living.

We are looking forward to beginning the Water Project here at Warde. In the late summer/early fall we will begin preparing for the tie into the municipal water system. The project will be divided into 3 phases: insulation of the large water tank on the property, on-site property work and internal plumbing connections. We are hopeful the project will be completed within a 6-week period. Be sure to watch for more communication surrounding this project.

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

July 3rd – August 11th, 2026 (40 days) are known as the "Dog Days of Summer". The meaning behind this saying is known to be because in ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Travel Cart 4:00 Mass - Chapel
2 9:00 Room Visits 10:15 Ball Toss 11:00 Rosary - Chapel 2:00 BINGO	3 9:00 Room Visits 10:15 Balloon Tennis 11:00 Rosary - Chapel 2:00 Celebrate National Watermelon Day 3:00 Puzzle Hour 6:15 Evening Activity	4 9:00 Room Visits 10:15 LRC Dice Game 11:00 Rosary - Chapel 2:00 NH Audubon - Birds of Prey - Gathering Room 2:00 Pet Visits with Macy	5 9:00 Room Visits 10:15 Move and Groove 11:00 Mass - Chapel 2:00 Campfire Social - Gathering Room 3:00 Magazine Hour	6 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:00 - 3:30 Volunteer Visits 2:00 Celebrate National Root Beer Float Day 3:00 Happy Birthday Lucille Ball - "I Love Lucy"	7 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 National Lighthouse Day - "The Most Beautiful Lighthouse In America"	8 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:30 Student Music Recital - Gathering Room 4:00 Mass - Chapel
9 9:00 Room Visits 10:15 Bean Bag Toss 11:00 Rosary - Chapel 2:00 Hymn Music - Chapel	10 9:00 Room Visits 10:15 Move and Groove 11:00 Rosary - Chapel 2:00 Manicures and Music 3:00 Table Games 6:15 Evening Activity	11 9:00 Room Visits 10:15 Lemon Month - Baking - Lemon Bars 11:00 Rosary - Chapel 2:00 Lemonade Social and Citrus Crafts 3:00 Arm Chair Travel - The Citrus State - Florida	12 9:00 Room Visits 10:15 Student Music Show 11:00 Mass - Chapel 2:00 Wiffle Ball and Creamsicles - Gathering Room 3:00 Sing Along 6:15 BINGO	13 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:00 - 3:30 Volunteer Visits 2:00 Sunflower and Sunshine Social 3:00 Classic TV Game Shows	14 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Peach Month - Baking Mini Peach Pies 3:00 Arm Chair Travel - The Peach State - Georgia	15 9:00 Room Visits 10:15 International Cat Day Social 11:00 Rosary - Chapel 2:00 Travel Cart 4:00 Mass - Chapel
16 9:00 Room Visits 10:15 Sing Along 11:00 Rosary - Chapel 2:00 BINGO	17 9:00 Room Visits 10:00 Outing - The Butterfly Place 11:00 Rosary - Chapel 2:00 Scrapbooking 3:00 Puzzle Hour 6:15 Evening Activity	18 9:00 Room Visits 10:00 Irish Music with Kevin - Gathering Room 11:00 Rosary - Chapel 2:00 Creative Crafts - Rock Painting	19 9:00 Room Visits 9:30 Tots and Tunes - Gathering Room 11:00 Mass - Chapel 2:00 Soda Floats and Water Balloons - Foyer 3:00 National Aviation Day 6:15 BINGO	20 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:00 - 3:30 Volunteer Visits 2:00 Resident Council 2:30 Fair Days Month - Movie - "State Fair"	21 9:00 Room Visits 10:00 Pet Visits with Sadie 10:15 Balloon Volleyball 11:00 Rosary - Chapel 2:00 Happy Birthday to the State of Hawaii 3:00 Arm Chair Travel - Hawaiian Luau - Video	22 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Movie Matinee 4:00 Mass - Chapel
23 9:00 Room Visits 10:15 Table Games 11:00 Rosary - Chapel 2:00 BINGO	24 9:00 Room Visits 10:15 Move and Grove 11:00 Rosary - Chapel 2:00 Manicures and Music 3:00 Table Games 6:15 Evening Activity	25 9:00 Room Visits 10:15 Coffee and Good News 11:00 Rosary - Chapel 2:00 Ice Cream Social with Kids in Service - Gathering Room 2:00 Pet Visits with Macy	26 9:00 Room Visits 10:15 National Dog Day Social 11:00 Mass - Chapel 2:00 Creative Crafts - Sunshines 3:00 Sunshine Sing Along 6:15 BINGO	27 9:00 Room Visits 10:15 Soccer 11:00 Rosary - Chapel 1:00 - 3:30 Volunteer Visits 2:00 Pokeno and Popsicles 3:00 Classic TV Game Shows	28 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	29 9:00 Room Visits 10:15 Coloring and Chats 11:00 Rosary - Chapel 2:00 Travel Cart 4:00 Mass - Chapel
30 9:00 Room Visits 10:15 Ball Toss 11:00 Rosary - Chapel 2:00 BINGO	31 9:00 Room Visits 10:15 Balloon Tennis 11:00 Rosary - Chapel 2:00 Scrapbooking 3:00 Puzzle Hour 6:15 Evening Activity	 Warde Rehabilitation and Nursing				

Activities are subject to change, please see Daily Chronicle.