

No such thing as Inactivity at Wardwell Gardens

Ask any person on the street what comes to mind when you say “assisted living” and chances are they will describe a life where one sits all day in front of the TV or spends most of their time staring out a window. Fortunately this belief can't be further from the truth. It is especially not the case at Wardwell Gardens in Saco.

“A week doesn't go by that we don't get a call from someone who says 'my mother just sits there all day. I want her in a place that has a lot going on.'” says Marjorie Jamback, director of social services at Wardwell Gardens. In many cases this person's parent is living in an assisted living facility that has little or no activities. “At Wardwell Gardens we have activities every day of the week,” says Jamback.

Musical programs, art classes, crafts, exercise programs, social events and even computer classes are just some of the many activities that one can expect when living at the Wardwell.

To add to the wonderful lifestyle there are walking paths that lead from open porches and wind through beautifully landscaped gardens and lawns. The concept behind Wardwell Gardens is assisted living with a special emphasis on the word living. For more information on how great life can be at Wardwell Gardens call 284-7061. Wardwell Gardens is conveniently located within close walking distance to stores, banks, post office, churches and other community resources in the historic center of Saco.

