

# October



The Wardwell  
43 Middle Street  
Saco, Maine 04072  
Established 1889

## Wardwell Assisted Living Activities



# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2	3	4	5	6	7	8
10a Independent Walk 11a Time to Hydrate 2p Matinee: Ever After 6p Library Hour	10a Prayer Group 12p Reiki & Meditation <b>2p Gospel Piano / former navy band- Richard M.</b> 3:30p Faith Sharing	10a Clay Bird Painting: Session #2 2p Golf Tourney 3:30p Word Game: Boggle	10a Outside Morning Bingo 11a Neighborhood Stroll 1:30p Outside Afternoon Bingo 3:30 This Day in History: President Truman	10a Disco Weights 2p Wardwell Facebook Reminiscence Tour! 3p <b>Fr. Anthony Mass</b>	10a From the Heart: Wardwell Woofers! 11a Foliage Walk <b>2p Guitar with Jeff L.</b>	10a Card Table 11a Cribbage Club 2p Matinee: Eight Days a Week Beatles Movie.
9	10	11	12	13	14	15
10a Coloring Table 11a Sunday News 2p Matinee 4p Piano available to play	10a Prayer Group 11a Amedisys Health Topic <b>2p Glen B. Country Hits!</b> 3:30p Faith Sharing	10a Balance Class 11a Antique Brick Stenciling! 1:30p Bowling 3:00p Spooky Spider Shakes	10a Morning Bingo 11a Resistance Bands 2p Afternoon Bingo 3:30p Pumpkin Painting / Carving	9:30a Saco Cycles! 1:30p Helping Hands: Carrots & Potatoes! 3:30p Armchair Travel: Cathedrals of the World	10a Drum Exercise 11a Leaf Peepers Ride #1 <b>2p Keyboard /David E.!</b> 3:30 Leaf Peepers Ride #2	10a Card Table 11a Cribbage Club 2p Time to Hydrate 6p Documentary
16	17	18	19	20	21	22
10a Knitter's Club 11a Independent Walk 2p Library Hour 6p Evening Film	10a Prayer Group 11a Tapping Yoga <b>2p Gloria Jean &amp; Danny!</b> 3:30p Faith Sharing	10a Arthritis Exercise 11a Wordle! 1:30p <b>Absentee Ballots!</b> 3:30p Autumn Kissing Balls Craft	10a Morning Bingo 11a Themed Pictionary! 1:30p Afternoon Bingo 3:30 Veterans' Table	9:30-11:30a Vital Clinic 1:30p Resident Council 3p Pokeno!	10a Balance Class 11a Country Ride #1 <b>2p Rock with Jay S.!</b> 3:30p Country Ride #2	10a Card Table 11a Midmorning Walk 2p Matinee
23	24	25	25	27	28	29
10a Coupon Club 11a Sunday News 2p Matinee 4p Piano available to play	10a Prayer Group 11a Chair Chi <b>2p Linne Perry Show</b> 3:30p Faith Sharing	9a Flash Card Fitness 2p Disc Golf with Greg 3:30p Visual Arts Hour: Thornton Academy Inspired!	10a Quarter Basket Bingo 1:30p Quarter Basket Bingo 3:00p The Legend of the Blue Dog & Fireside Stories	10a Word Scramble! 1:30p Helping Hands: Carrots & Potatoes! 3:30 Armchair Travel: Transylvania!	10a Basketball! 11a Men's Outing <b>2p Songs with Guy G.</b> 2:30p Doug's Ice Cream!	10a Card Table 11a Phone a friend 2p Write a letter 6p Janine Jansen Violin Concerto, op 15. Matinee
30	31					
10a Independent Walk 11a Time to Hydrate 2p Library Hour 6p Halloween with the Addam's Family Episode	10a Prayer Group <b>2p Halloween Party and music with Zac Stearns!</b> 3:30p Faith Sharing					

Please note that all activities at the Wardwell are subject to change due to inclement weather and covid-19 CDC regulations. We will do our best to fulfill our duty and responsibility of keeping you safe while encouraging you to lead a healthy and happy lifestyle and will communicate openly with any updates.