

January 2025

Wardwell

Assisted Living Activities

The Wardwell

43 Middle Street

Saco, Maine 04072

Established 1889



Monday	Tuesday	Wednesday	Thursday	Friday
		NEW YEAR'S DAY 1 9:30a Communion with Rejeanne 11a-1p Pasadena Rose Parade ROSE PARADE	2 9:30a Walmart Shopping 1:30p Exercise Blitz: Basketball 2p This Day in History 2:30p Golf Tourney	3 9:30a Cribbage Club 10a Wardwell Woofers Making 2p 'Just Us' Music Paul & Ellen 3p Helping Hands: Biscuit Packaging
6 9:30a Exercise Blitz: Head to Toe 10a Prayer Group 10:30a Winter Birch Watercolor Painting 3p Kevin Farley Music	7 10a Exercise Blitz: Weights 11a Techy Tuesday with Lauren 1:30p Helping Hands: Soup Prep 3p New Wardwell Resident Welcome	8 9:30a Communion with Rejeanne 10a Morning Bingo 2p Afternoon Bingo 3p Yoga with Mindy Muse	9 10a Exercise Blitz: Basketball 10:30a You Be the Judge 1:30p Pet Therapy with Nellie 3p Bananagrams with Beverly	10 9:30a Cribbage Club 10a Exercise Blitz: Arthritis Class 10:30a Scrabble with Rachel 2p Patrick Freeman Keyboard
13 9:30a Exercise Blitz: Tapping Yoga 10a Prayer Group 10:30a Travis Dixon Health Topic 1:30p Magdalana Grace Siegel Uplifting Lecture Series for Seniors	14 10a Reny's... A Maine Adventure 1:30p In the Kitchen with Lauren 3:30p Virtual Museum Tour Portsmouth's Strawberry Banke	15 10a Morning Bingo 1:30p Afternoon Bingo 2:30p Exercise Blitz: Better Balance 3p Ancient Wonders with Mike	16 9:30a Communion with Rejeanne 9:30a Monthly Vital Signs Clinic 1:45 Resident Council 3:30p Vet2Vet Veterans Table Guest Speaker Jennifer LaPalme	17 9:30a Cribbage Club 10a Exercise Blitz: Weights 10:30a Wordle with Rachel 2p Peter Mezoain Banjoist
20 9:30a Exercise Blitz: Relaxing Reiki 10a Prayer Group 10:30a Creature Feature: Penguins 2p Guitarist Rob Duquette	21 9:30a Exercise Blitz: Flashcard Fitness 10a Art Class with Carolyn 11a Wardwell Diner's Club: Golden Apple Buffet 2p Line Dancing with Debra	22 9:30a Communion with Rejeanne 10a Morning Bingo 2p Afternoon Bingo 2:30p Exercise Blitz: Better Balance 3p Ancient Wonders with Mike	23 10a Exercise Blitz: Weights 10:30a Reminisce: Flashback to Fun 3p Mass with Fr. Joseph Sacrament of the Sick	24 10a Exercise Blitz: Dice Exercise 10:30a Wheel of Fortune with Rachel 2p Good Time Band 2:30p Wardwell Ice Cream Social
27 9:30a Exercise Blitz: Arthritis Class 10a Prayer Group 10:30a Affinity Care of Maine Social 2p Red Bird Gallagher Tunes	28 10a Exercise Blitz: Head to Toe 10a Service of Word and Table with Joel and Wendy 1:30p Jennifer Nelson of CenterWell Diabetes Glucose Testing & Coping	29 9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo 2:30p Exercise Blitz: Better Balance 3p Ancient Wonders with Mike	30 10a Exercise Blitz: Noodle Hockey 10:30a Best of Boston Bruins 3p January Wardwell Fashion Show	31 10a Exercise Blitz: Band Stretch 10:30a Jeopardy with Rachel 2p Billy Joe Cowboy Lake 2:30p Wardwell Ice Cream Social

Please note that all activities at the Wardwell are subject to change. We will notify you of these changes as they may occur. Reminder to sign up for any of our Wardwell outing opportunities such as shopping and restaurant trips. Have a wonderful January everyone.