

November
2025



Wardwell

Assisted Living

Activities Calendar

The Wardwell

43 Middle Street

Saco, Maine 04072

Established 1889



Monday	Tuesday	Wednesday	Thursday	Friday
				
3 9:30a Exercise Blitz: Seated Lower Body 10a Prayer Group & Rosary 10:30a New England Rehab Visit 2p Patrick Freeman Keyboard 3:30 Test Your Memory in Music Trivia	4 9:30a Exercise Blitz: Seated Core 10a Dining Table & Tree Decorating 1:30p Helping Hands – Chop Vegetables 2:30p Decorating Part 2	5 9:30a Communion with Rejeanne 10a Exercise Blitz: Pumping Past 60 10:30a Noodle Ball 1:30p Afternoon Bingo 3p Yoga with Mindy Muse	6 9:30a Exercise Blitz: Better Balance 11:15a LUNCHEON OUTING: KOBE 3p Brain Teaser: Name A Word 3:30p Teach Deb Pokeno	7 9:30a Exercise Blitz: Squeeze & Strengthen 10:30a Wheel of Fortune w/Rachel 2p Chris Skidgel - Guitarist 3:15p Neuro Nudge: Group Crossword
10 9:30a Exercise Blitz: You Tube - Core Strength 10a Prayer Group & Rosary 10:30a Travis Dixon Health Topic 1:30p Magdalana Lecture Series	11 VETERANS DAY 9:15a Exercise: Silver Strong – Full body 10a SHOPPING: WALMART 2p Brain Teaser: Word Search 2:30p Annual Veterans Assembly 3p Netflix Film: Hacksaw Ridge	12 9:30a Communion with Rejeanne 10a Exercise Blitz: Stronger Core 10:30a Skee Ball Tournament 1:30p Afternoon Bingo 3:00p Touring Alaska w/Michael Perry	13 9a Exercise Blitz: Cardio Drumming 10a Decorative Mason Jars Craft 11a Let's Play some Rummy 3p "Pie & Ponder" - Trivia with a Treat	14 9:30a Exercise Blitz: Indoor Walking 10a From the Heart Cookies with Rachel 2p Piano with Rob Robbins 3p Helping Hands: Cookie Delivery to Local Fire Dept & Police Dept
17 9a Annual Holiday Photos - Home Residents 10a Prayer Group & Rosary 10:30a Exercise Blitz: Reiki with Amber 2p Rob Duquette Tunes	18 10a Arts and Crafts with Carolyn 10a Annual Holiday Photos: Gardens Residents #1 1p Annual Holiday Photos: Gardens Residents #2 2p Exercise Blitz: Line Dancing with Deb Brundage 3:30p Brain Teaser: Wordscapes	19 9:30a Communion with Rejeanne 10a Exercise Blitz: Grip Strength 11a Holiday Photo Makeups 1:30p Afternoon Bingo 3p Hot Cocoa & Reminisce w/ Deb of Holidays Past	20 9:30a Brunch Outing-Lucky Loggers 11a Exercise Blitz: Aging Awesome 1:45p Resident Council 3:15pm Afternoon Matinee	21 9a – 11a Monthly Vital Signs Clinic 11:15a Exercise Blitz: Head 2 Toe 2p Lighthouse Jubilees Duet 3:15p Resident Rummy w/Deb
24 9:30a Exercise Blitz: Weights Workout 10a Prayer Group & Rosary 10:30a Affinity Care of Maine Social With Lori 2p Tom Dyhrberg - Guitar Concert 3p Thanksgiving Day Centerpiece Craft	25 9:00a SHOPPING: HANNAFORD 10a Service of Word and Table w/ Joel & Wendy 11a Exercise Blitz: Noodle Ball 2p The Chris & Mike Show 3:30 Cornhole	26 9:30a Communion with Rejeanne 10a Exercise Blitz: Flex & Stretch 1:30p Afternoon Bingo 3:30 Baking Thumb Print Cookies with Deb	27 Happy Thanksgiving Afternoon Holiday Movies on NETFLIX: 2pm Book Club 4pm Friendsgiving	28 9a Deck the Halls - Part 1 11a Exercise Blitz: Core & Balance 2pm Guitar w/Glenn Bryant 2:15 Wardwell Ice Cream Social 3p Deck the Halls - Part 2

Please note that 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 November everyone. "We are GREAT people doing GREAT things!"