

April 2025

Wardwell

Assisted Living Activities

The Wardwell
43 Middle Street
Saco, Maine 04072
Established 1889



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>10a Exercise Blitz: Hula Hooping 10:30a Dining Arrangements & Tree Décor 1:30p Knitting Traditions Saco Exhibit 3p Baseball Series Inning 9. 1970-1994</p>	<p>9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Exercise Blitz: Better Balance 1:45p Afternoon Bingo 3p Yoga with Mindy Muse</p>	<p>9:30a Walmart Shopping 10:30a Resident Rummy 1:30p Golf Tourney with TA 2:30p Seedlings Craft</p>	<p>9:30a Cribbage Club 10a Wardwell Woofers Making 2p Good Time Band 3p Helping Hands: Biscuit Packaging</p>
7	8	9	10	11
<p>10a Prayer Group 10:30a Exercise Blitz: Flashcard Fitness 2p Chris Humphrey Piano 3p Netflix: The Last Dance</p>	<p>10a POKENO with Altrusa 1:30p Exercise Blitz: Head to Toe 2p Armchair Travel: Israel's Blooms 3p A Thank You to Dyer</p>	<p>9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Exercise Blitz: Better Balance 1:45p Afternoon Bingo 3p The More You Know Golden Carers</p>	<p>10a Exercise Blitz: Band Stretch 10:30a Jeopardy Game 1:30p Cornhole with UNE 3p UNE Social</p>	<p>9:30a Cribbage Club 10a Exercise Blitz: Gua Sha with Lisa 2p Banjoist, Peter Mezoain</p>
14	15	16	17	18
<p>10a Prayer Group 10:30a Travis Dixon Health Topic 2p Christina Ackroyd & Gary Richardson Music 3:15p Netflix: Race to Summit</p>	<p>10a Arts & Crafts with Carolyn 2p Exercise Blitz: Line Dancing with Debra 3p Helping Hands: Filling Easter Eggs</p>	<p>9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Exercise Blitz: Better Balance 1:45p Afternoon Bingo 3p Ancient Wonders with Mike</p>	<p>10a Cards with Connie 11a Exercise Blitz: Neighborhood Walk 2:30p Resident Council 3:30p Riddle Me This with Reception</p>	<p>Good Friday 9:30-3p Joline's Footcare Clinic 9:30a Cribbage Club 10a Wheel of Fortune with Rachel 12p Good Friday Noon Dinner 2p 'Just Us' Paul and Ellen</p>
21	22	23	24	25
<p>10a Prayer Group 10:30a Affinity Care of Maine Social 2p Songs with Tom Dyhrberg</p>	<p>10a Service of Word & Table with Joel 11a Exercise Blitz: Dice Roll 2p Record Store Day Display with Chuck 3:15p Earth Day Trivia on the Veranda</p>	<p>9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Exercise Blitz: Better Balance 1:45p Afternoon Bingo 3p This Day in History Golden Carers</p>	<p>10a Exercise Blitz: Weights 10:30a Golden Carers: Who Am I? 11a Wardwell Diner's Club - Ken's 3p Mass with Fr. Joseph</p>	<p>9:30a Monthly Vital Signs Clinic 2p Michael Perry: Maine Memories 2:30p Wardwell Ice Cream Social</p>
28	29	30		
<p>10a Prayer Group 2p Rock with Singer Jay Staples 3:15p Netflix: What Happened, Miss Simone</p>	<p>10a Exercise Blitz: Neighborhood Walk 10:30a 20 Questions on the Veranda 1:30p What's the Verdict? 2p Kentucky Derby Hat Making</p>	<p>9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Exercise Blitz: Better Balance 1:45p Afternoon Bingo 3p Ancient Wonders with Mike</p>		

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 April everyone. "We are GREAT people doing GREAT things!"