

January
2026



Wardwell

Assisted Living Activities



The Wardwell

43 Middle Street

Saco, Maine 04072

Established 1889



Monday	Tuesday	Wednesday	Thursday	Friday
			Happy New Year 1 <i>Rose Bowl Parade</i> Begins at 8am in the Home Living Room 	2 9:30a Exercise Blitz: Flex & Stretch 10a Wheel of Fortune with Rachel 11a Decorating Lobby January Tree 2p Chris Humphrey Pianist 3:15p Resident Rummy
5 9:30a Exercise Blitz: Head 2 Toe 10a Prayer Group 10:30a Dining Room Table Centerpieces 2p Paul Conner Music 3:15 Resident UNO	6 9:30a Shopping at Walmart 1:30p Helping Hands: Soup Prep! 2p Exercise Blitz: Seat & Repeat 2:30p Neuro Nudge: 40's & 50's Trivia	7 9:30a Communion with Rejeanne 10a Exercise Blitz: Better Balance 11:00a Wordle 1:30p Afternoon Bingo 3p Charades & Chuckles	8 Elvis Presley's Birthday 9:30 Exercise Blitz: Aging Awesome 10:00a Neuro Nudge: Elvis Trivia 11:00a Noodle Ball 2p Elvis Music & Munchies	9 9:30a Exercise Blitz: Flex & Stretch 10a Winter Craft: Make a Snow Globe 2p Skee-Ball with Deb & Rachel 3p Resident Rummy
12 9:30a Exercise Blitz: Head 2 Toe 10a Prayer Group 10:30a Travis Dixon Health Topic 2p Chris Skidgel "Oldies-but-Goodies" Music 3:15p Rummikub - A new spin on Rummy	13 9:30a Exercise Blitz: Seat & Repeat 10:30a Skee-Ball Tourney 2p Armchair Travel – Jamaica! 3:00p Neuro Nudge: Word Circle	14 9:30a Communion with Rejeanne 10a Exercise Blitz: Better Balance 11:00 Cornhole! 1:30p Afternoon Bingo 3p Paint by Numbers with Deb	15 9:30a Exercise Blitz: Aging Awesome 10:30a Luncheon: Olive Garden 2:30p Root Beer Floats & Jokes 3:30p Neuro Nudge: Word Yahtzee	16 10a Exercise Blitz: Flex & Stretch 10:30a Baking with Rachel - Chocolate Chip Cookies! 2p Peter Mezoain Banjoist 3:15p In-House Cookie Deliveries
MLK, Jr. Day 19 10a Prayer Group 10:30a Exercise Blitz: Reiki with Amber 2p Myra Robinson-Sound Bath 3:15 Netflix: Martin Luther King documentary	20 9a From the Heart: Wardwell Woofers 10a Wardwell Woofers Delivery to Kennebunk's Animal Welfare Society 2p Exercise Blitz: Line Dancing with Debra 3p Pokeno (Card Bingo!)	21 9:30a Communion with Rejeanne 10a Exercise Blitz: Better Balance 1:30p Afternoon Bingo 3p Yoga with Mindy Muse	22 10a Exercise Blitz: Aging Awesome 10:30a Skee-Ball with Deb 1:30 Resident Council 3p Netflix: David Attenborough: OCEAN	23 9a Monthly Vital Signs Clinic 11a Exercise Blitz Flex & Stretch 2p Sharon Wright on Piano 3:15p Resident Rummy
26 10a Prayer Group 10a Exercise Blitz: Head 2 Toe 10:30a Social with Lori from Affinity 2p Rob Robbins on Piano 3:15 Netflix: Aging in America	27 9:30a Shopping: Biddeford Hannaford 10a Service of Word and Table with Joel and Wendy 2p New Resident Social 3p Exercise Blitz: Cardio Drumming!	28 9:30a Communion with Rejeanne 10a Exercise Blitz: Better Balance 10:45 Morning Bingo 2p David Ernst Piano & Singing 3p Neuro Nudge: Group Scrabble	29 10a Exercise Blitz: Aging Awesome 10:30a Neuro Nudge: Trivia So you think you know Maine?" 2p Skee-Ball Tourney 3p Mass in the Home living room	30 9:30a Exercise Blitz: Flex & Stretch 10a Wheel of Fortune with Rachel 2p Wardwell Fashion Show 3:30 Resident UNO

Please note that all activities at the Wardwell are subject to change.