

# April 2026



# Wardwell

## Assisted Living Activities



The Wardwell

43 Middle Street  
Saco, Maine 04072

Established 1889



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ALL NEW</b> On Tuesdays!</p>   <p><b>Cribbage Club</b> <b>Poker with Bev</b></p>	 <p><b>Wardwell Handy Helper Hours</b> (See Details in Calendar)</p> <p>MONDAYS <b>9a-12p</b> Medical Rides TUESDAYS <b>9a-12p</b> Medical Rides/<b>2p-4p</b> Errands WEDNESDAYS <b>9a-11a</b> Errands/<b>2p-4p</b> Medical Rides THURSDAYS <b>9a-12p</b> Medical Rides/<b>2p-4p</b> Errands FRIDAYS <b>9a-12p</b> Medical Rides</p>	<p><i>April Fool's Day</i> <b>1</b></p> <p><b>9a-11a</b> Dyer Library &amp; Laurel Hill w/Rob <b>9:30a</b> Communion with Rejeanne <b>10a</b> Decorating Theme Tree/Centerpieces <b>1:30p</b> Afternoon Bingo <b>3p: Yoga with Mindy Muse</b></p>	<p><b>2</b></p> <p><b>10a</b> Doug Ellis Prayer Service <b>10:30a Exercise Blitz: Weights Workout</b> <b>11:00a</b> Helping Hands: Filling Easter Eggs <b>2p-4 Marketbasket w/Rob</b> <b>2p</b> Dave Ernst Keyboard &amp; Singing <b>3p</b> Painting Easter Eggs </p>	<p><i>Good Friday</i> <b>3</b></p> <p><b>10a</b> Doug Ellis Prayer Service <b>11a</b> Easter Egg Hunt <b>12p</b> Easter Bunny Visit  <b>2p Lighthouse Jubilees</b></p>
<p><b>6</b></p> <p><b>10a</b> Prayer Group <b>10:30a</b> POKENO <b>2p</b> Kevin Farley (Irish Music) <b>3:15p WALMART</b></p>	<p><b>7</b></p> <p><b>10:30a</b> Cribbage Club  <b>1:30</b> Helping Hands-Soup Prep <b>2p-4 Biddeford Goodwill w/Rob</b> <b>2p</b> Skee Ball <b>3p</b> Ante Up Poker with Bev </p>	<p><b>8</b></p> <p><b>9a-11a</b> Maine Community Bank/Lighthouse Bank w/Rob <b>9:30a</b> Communion with Rejeanne <b>10a Exercise Blitz: Upper Body Strength</b> <b>1:30p</b> Afternoon Bingo <b>3p</b> Unscramble Word Game</p>	<p><b>9</b></p> <p><b>10a Exercise Blitz: Seated Band Stretch</b> <b>2p-4 CVS Biddeford w/Rob</b> <b>2p</b> Indoor Mini Golf <b>3p</b> Pokeno</p>	<p><b>10</b></p> <p><b>10a Exercise Blitz with Rachel &amp; Deb</b> <b>10:30a</b> Wheel of Fortune with Rachel <b>2p Peter Mezoian on Banjo</b> <b>3p</b> Craft Hour: Galaxy Crystals Sea Shells</p>
<p><b>13</b></p> <p><b>10a</b> Prayer Group <b>10:30a Travis Dixon- Health Topic</b> <b>2p</b> Paul Connor – Guitar Concert <b>3:15</b> Cornhole</p>	<p><b>14</b></p> <p><b>10a Exercise Blitz: Better Balance</b> <b>10:30a</b> Cribbage Club  <b>2p</b> Skee Ball <b>3p</b> Ante Up Poker with Bev </p>	<p><b>15</b></p> <p><b>9a-11a</b> Saco City Hall &amp; Post Office/Laurel Hill w/Rob <b>9:30a</b> Communion with Rejeanne <b>1:30p</b> Afternoon Bingo <b>2:30p</b> Sing-A-Long with Laurie Tupper <b>3:30p</b> Wordle with Friends</p>	<p><b>16</b></p> <p><b>10:30a</b> Shuffleboard <b>1:30</b> Resident Council <b>2p-4 Reny's &amp; Shaw's w/Rob</b> <b>2:30p Armchair Travel: PARIS!</b></p>	<p><b>17</b></p> <p><b>9a</b> Monthly Vital Signs Clinic <b>10:30 Exercise- Noodle Ball</b> <b>2p Chris Humphrey on Piano</b> <b>3:15p</b> Pokeno</p>
<p><b>20</b></p> <p><b>10a</b> Prayer Group <b>10:30a Exercise Blitz: Amber Reiki</b> <b>2p</b> Rock with Singer, Jay Staples <b>3:15p</b> Group Scrabble</p>	<p><b>21</b></p> <p><b>10a</b> Skee Ball <b>10:30a</b> Cribbage Club  <b>2p-4 Staples &amp; Michael's Craft Store w/Rob</b> <b>2p: Line Dancing-Deb</b> <b>3p</b> Ante Up Poker with Bev </p>	<p><b>22</b></p> <p><b>9a-11a</b> McArthur Library/St. Joseph's Cemetery w/Rob <b>9:30a</b> Communion with Rejeanne <b>10:30a Managing Arthritis Presentation, w/ Northern Light</b> <b>1:30p</b> Afternoon Bingo</p>	<p><b>23</b></p> <p><b>10a Exercise Blitz: Outdoor Walk</b> <b>2p-4 Ocean State Job Lot w/Rob</b> <b>2p</b> Vickie Lee – Singing Tunes <b>3:15p</b> Craft Hour: Button Art</p>	<p><b>24</b></p> <p><b>10a Exercise Blitz: Grip Strength</b> <b>10:30a</b> Baking Flower Sugar Cookies <b>2p</b> Laurel Hill Daffodil Drive <b>3p</b> Community Cookie Delivery</p>
<p><b>27</b></p> <p><b>10a</b> Prayer Group <b>10:30a</b> Social with Lori from Affinity <b>2p</b> Myra Robinson – Sound Bath <b>3:15p HANNAFORD</b></p>	<p><b>28</b></p> <p><b>9:30 Exercise Blitz: Cardio Drumming</b> <b>10a Service of Word &amp; Table with Joel</b> <b>10:30a</b> Cribbage Club  <b>2p-4 Community Pharmacy &amp; Walgreen's w/Rob</b> <b>2p</b> Skee Ball <b>3p</b> Ante Up Poker with Bev </p>	<p><b>29</b></p> <p><b>9a-11a</b> Saco Banking &amp; Laurel Hill w/Rob <b>9:30a</b> Communion with Rejeanne <b>10:30a</b> Morning Bingo <b>2p Chris &amp; Mike – Our Favorite Band!</b> <b>2:30p</b> Wardwell Ice Cream Social</p>	<p><b>30</b></p> <p><b>10a Exercise Blitz: Flashcard Fitness</b> <b>11a Luncheon: Ken's Seafood</b> <b>2p-4 Marden's w/Rob</b> <b>3p</b> Mass with Father Joseph <b>3:30p</b> Cornhole</p>	

**Concert!**

Open to Wardwell Neighborhood

**Exercise & Presentation Series**

Open to Wardwell Neighborhood

**Assisted Living Resident Outing**

**Assisted Living Resident Diner's Club**

**ALF Errand Outings**

**Theme Days**