

February
2026



Wardwell Assisted Living Activities



The Wardwell

43 Middle Street
Saco, Maine 04072
Established 1889



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	Superbowl Friday! 6 <i>Show off your Favorite Team Colors!</i> 9:30a Winter Snowflake Salt Painting 10:30a Dining Room Flower Arrangements 2p Chris Skidgel Guitar Concert 3p Game Hour: Seated Balloon Volleyball 9:30a Communion with Rejeanne 10a Exercise Blitz: Hallway Bar Balance 1:30p Afternoon Bingo 3p Yoga with Mindy Muse 10:00a Disc Golf! 11:00a Mindful Meditation 2p Winter Poetry & Pie ~Poe Style 3p Group Yahtzee
9 10a Prayer Group 10:30a Travis Dixon – Heart Health! 1:30p Helping Hands: Slice & Dice! 2:30p Love Songs Music Program with Laurie Tupper from Extended Family	10 10a Exercise Blitz: Seat & Repeat 11a Family Feud! 2p New England Rehab: Fall Prevention 3p Game Hour: Skee Ball Tourney 9:30a Communion with Rejeanne 9:45a Shopping at Walmart 12noon: TA Valentine Delivery & Dining Room Distribution 1:30p Afternoon Bingo 3p Sweet Treats! Chocolate & Strawberries!	11 10a Exercise Blitz: Aging Awesome 11a Aromatherapy with Essential Oils 2p Helping Hands: Homemade Therapy Packs 3p 60's Trivia & Cocoa Social	12 Valentine's Theme Day 13 Wear Red & Pink 10a Flower Boutonniere & Corsage Making 11a Wheel of Fortune with Rachel 2p Old Country w/Glenn Bryant & Crownning of Wardwell King & Queen	
16 10a Prayer Group 10:30a Exercise Blitz: Reiki with Amber 2p Jay Staples Concert 3:15p Netflix: Live to 100-Secrets of the Blue Zones	17 9:30a Mardi Gras Presentation by Wardwell's Laurie! 10:30a Mardi Gras Mask Decorating 12p Traditional Mardi Gras Noon Dinner 2p Line Dancing with Debra 3p Mardi Gras Scavenger Hunt 9:30a Communion with Rejeanne 10a Exercise Blitz: Better Balance 10:45a Morning Bingo 2p Chris & Mike Band Concert	18 10a Shopping at Biddeford Hannaford 1:30 Resident Council 2:30p Documentary: Yellowstone in Winter	19 9a Monthly Vital Signs Clinic 11a Exercise Blitz: Flex & Stretch 2p Charades with Deb & Rachel 3p Barber Shop Quartet	20
23 10a Prayer Group 10:30a Affinity Care of Maine- Social with Lori! 2p Celebrating Black History Month	24 10a Service of Word & Table with Joel 11a Exercise Blitz: Seat & Repeat 2p Skee Ball: Tourney Finale! 3:30p Helping Hands: Postcard Garland & Passport Sticker Organizing Ciao! A Day in Italy Red White & Green Theme Day! 9:30a Communion with Rejeanne 10:45a Morning Bingo 12p Special Italian Noon Dinner 2p Armchair Travel: Italy!	25 10a Exercise Blitz: Flex & Stretch 11a March Decorating & Theme Tree 2p Wordle! 3p Pokeno Card Bingo!	26 10:00a "Cosmo Flowers on Canvas" Q-Tip Painting 11:00 Helping Hands: Community Cookies 2p Vickie Lee Singing Country & Oldies 3:30p Cookie Delivery to Saco Fire & PD	27

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

TARGETS

(Courtesy of Atria Merrimack)

■ **HEALTH AND PHYSICAL FITNESS**

■ **LIFELONG LEARNING AND INTELLECTUAL STIMULATION**

■ **CREATIVE EXPRESSION AND THE ARTS**

■ **SOCIAL CONNECTION AND ENTERTAINMENT**

■ **CIVIC AND PROFESSIONAL INVOLVEMENT**

■ **RELIGIOUS AND SPIRITUAL FELLOWSHIP**

PURPOSEFUL LIVINGS

SPONTANEITY & SIMPLE PLEASURES

FEBRUARY RESOURCE LINKS:

2/3/26 Snowflake <https://youtu.be/flr6nLmgJJ0>

2/11/26 When shopping at Walmart, purchase:

- fresh flower bouquets (3-4) for boutonniere and corsage making
- King and Queen flowers for each
- semisweet chocolate for melting, cookie supplies
- 2 medium-large chocolate hearts for the King and Queen
- Chocolate Gold Coins
- alcohol-free red wine (or ask Brian)
- sparkling water

2/12 Homemade Therapy Packs <https://youtu.be/hChixxFZJRI>

2/25 Refreshing Non Alcoholic Limoncello Spritz Mocktail