

# March 2026



# Wardwell

## Assisted Living Activities



The Wardwell  
43 Middle Street  
Saco, Maine 04072  
Established 1880



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
10a Prayer Group 10:30a Word Unscramble <b>2p Sharon Wright on Piano</b> 3:15p Documentary – 100 Years of Change in America	10a Exercise Blitz: Flash Card Fitness 1:30p Helping Hands – Soup Prep 2p Skee Ball 3p Ante Up Poker with Bev	9:30a Communion with Rejeanne <b>10a Exercise Blitz: Better Balance</b> 1:30p Afternoon Bingo <b>3p Yoga with Mindy Muse</b>	<b>9:30a Shopping at Walmart</b> 2p Shuffle Board 3p Wordle: Words with Friends	10a Exercise Blitz: Noodle Ball 11a Jeopardy with Rachel 2p Just US –Paul & Ellen Concert 3:15 POKENO (Card Bingo!)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
10a Prayer Group <b>10:30a Travis Dixon Health Topic</b> 2p Chris Skidgel Guitar & Oldies 3:15p National Women’s Day – 10 Women Who Made History	10a Craft: Clover Sun Catchers 11a Match Me Card Game 2p Skee Ball 3p Charades!	9:30a Communion with Rejeanne <b>10a Exercise Blitz: Upper Body Strength</b> 1:30p Afternoon Bingo 3p Craft Hour: Resin Flower Table Coasters	<b>10:30a Luncheon: Olive Garden</b> 2p Shuffle Board 3p Good Shephard Prayer Service with Sr. Suzanne	10a Exercise Blitz: Seated Band Stretch 10:30a Family Feud with Deb & Rachel <b>2p Darren Whitney on Saxophone</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
10a Prayer Group <b>10:30a Exercise Blitz: Amber Reiki</b> <b>2p Dan Possumato – Irish Music Concert</b> 3:15p Resident Rummy	<b>Wear Your GREEN!</b> <b>Happy St. Patrick’s Day!!</b> 10a Craft: Clover Sun Catchers 12p Luck of the Irish Dinner 2p Armchair Travel: IRELAND  3p Skee Ball	9:30a Communion with Rejeanne 10:45 Morning Bingo 1:30p March Madness Brackets w/Brian! 2p Dave Ernst - Keyboard Classics <b>3:15p Exercise Blitz: Beach Ball Toss</b>	<b>10a Shopping: TJ Maxx, Home Goods</b> 12:00p <i>March Madness Luncheon</i> 1:30 Resident Council 2:30p Movie Matinee – 4 Irish Mothers	<b>First Day of Spring!</b> 9a Monthly Vital Signs Clinic <b>11a Exercise Blitz: Flash Card Fitness</b> <b>2p Mike Perry – Out &amp; About in Maine</b> 3:15p Netflix: History of Maple Syrup – While Enjoying Maple Popcorn
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10a Prayer Group 10:30a Social with Lori from Affinity 2p Don Mills – Guitar Concert 3:15 Resident Rummy	<b>10a Service of Word &amp; Table with Joel</b> <b>1:30p Exercise Blitz: Walk the Hallways</b> 2p Skee Ball 3p Who Am I?	9:30a Communion with Rejeanne 10a Corn Hole with Deb 1:30p Afternoon Bingo 2:30p Sing Along with Laurie Tupper from Extended Family	10a From the Heart: Wardwell Woofers 11a Shuffle Board 2:30p Woofer Delivery to Kennebunk’s Animal Welfare Society Animal Shelter	10a Exercise Blitz: Grip Strength 10:30a Wheel of Fortune with Rachel <b>2p Rob Robbins on Piano</b> 2:30p Wardwell Ice Cream Social
<b>30</b>	<b>31</b>			
10a Prayer Group 11a Mini Golf <b>2p Jim Ciampi on Piano</b> 3:15p David Attenborough Documentary - Life in Color	<b>10a Shopping: Hannaford</b> <b>11:15a Exercise Blitz: Weights Workout</b> 2p New Resident Social & Wardwell Facebook Tour with Hot Fudge Sundaes  3:30 Resident Rummy			

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

<b>Concert!</b> Open to Wardwell Neighborhood	<b>Exercise &amp; Presentation Series</b> Open to Wardwell Neighborhood	<b>Assisted Living Resident Outing</b>	<b>Assisted Living Resident Diner’s Club</b>	<b>Theme Days</b>
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