

# November 2024

# Wardwell

## Assisted Living Activities

The Wardwell  
43 Middle Street  
Saco, Maine 04072  
Established 1889



Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>Wardwell "Pound" Party 4</b> 9:30a <b>Exercise Blitz:</b> Flashcard Fitness 10a Prayer Group 10:30a Pokeno <b>4-5:30p Happy 135<sup>th</sup> Birthday, Wardwell!</b> <b>"Bring a Pound" Party</b>	<b>Election Day 5</b> 9:30a <b>Exercise Blitz:</b> Bicycling 10a USA Jeopardy / History Highlights 11a Techy Tuesday with Lauren <b>1:30p Barb Foley and Dave Bishop Biddeford Mills Museum Video Show</b>	<b>6</b> 9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo <b>3p Yoga with Mindy Muse</b>	<b>7</b> 10:00a Fall Leaf Printed Stones 11a <b>Exercise Blitz:</b> Balance Bar 2p Baking Class with Lauren M. Homemade Pizza Dip & Breadsticks 3:30p Janice' Spud Video	<b>8</b> 9:30a Cribbage Club <b>10:30a Soul Gal Entertains</b> <b>1:30p Walmart Outing</b> 3:30p Dining Arrangements and Tree Decorating
<b>Veterans Day 11</b> 9:30a <b>Exercise Blitz:</b> March & Steps 10a Prayer Group <b>11a Annual Veterans Assembly</b> <b>2p Wild &amp; Mild Patriotic Songs</b>	<b>12</b> 9:30a <b>Exercise Blitz:</b> Weights Workout 10a Word Game: Wordle 11a Techy Tuesday with Lauren <b>11a Wardwell Diner's Club: Olive Garden</b> 3p New Resident Welcome	<b>13</b> 9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo 2:30p Better Balance Bar Exercise <b>3p Ancient Wonders with Mike</b>	<b>14</b> 9:30a <b>Exercise Blitz:</b> Disco-cise <b>10:15a Piano Sing-a-long with Len</b> <b>1:30p Pet Therapy with Nellie</b> 3p Book Fair & Share with Laurie	<b>15</b> 9:30a Cribbage Club <b>10a Tree Decorating at Dyer Library</b> 1:30p Tongue Twisters <b>2p Ann Sparling Stories &amp; Songs</b>
<b>18</b> 9:30a <b>Exercise Blitz:</b> Head to Toe 10a Prayer Group 10a Annual Holiday Photos: Home <b>2p Donna &amp; Scott Duet</b>	<b>19</b> 10a Art Class with Carolyn 10a Annual Holiday Photos: Garden #1 1p Annual Holiday Photos: Garden #2 <b>2p Line Dancing with Debra</b> 3:30p Word Game: Boggle	<b>20</b> 9:30a Communion with Rejeanne 10a Morning Bingo 11a Holiday Photo Makeups 1:30p Afternoon Bingo <b>3p New England Rehab Fall Prevention</b>	<b>21</b> <b>9:30a Monthly Vital Signs Clinic</b> 1:45 Resident Council <b>3:30p Speaker, Candice Simeoni Kennebunk PD Veterans Table</b>	<b>22</b> <b>9:30a Shopping Marshalls</b> 11:15a <b>Exercise Blitz:</b> Indoor Walking <b>2p Michael Perry Slideshow</b> 2:30p Wardwell Ice Cream Social
<b>25</b> 9:30a <b>Exercise Blitz:</b> Band Stretch 10a Prayer Group <b>10:30a Affinity Care of Maine Coffee and Treats Social</b> <b>2p Piano with David Ernst</b>	<b>26</b> 9:30a <b>Exercise Blitz:</b> Dice Fitness <b>10a Service of Word and Table with Joel and Wendy</b> 11a Techy Tuesday with Lauren 2p Wheel of Fortune	<b>27</b> 9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo 2:30p Better Balance Bar Exercise <b>3p Ancient Wonders with Mike</b>	<b>Thanksgiving 28</b> 	<b>29</b> 9:30a Cribbage Club 10a Deck the Halls Part 1 <b>2p Rock with Jay Staples</b>

Please note that all activities at the Wardwell are subject to change due to inclement weather and Covid-19 CDC regulations. We will do our best to fulfill our duty and responsibility of keeping you safe while encouraging you to lead a healthy and happy lifestyle and will communicate openly with any updates.