

# July 2024

# Wardwell

## Assisted Living Activities

The Wardwell

43 Middle Street

Saco, Maine 04072

Established 1889



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10a Prayer Group 10:30a Band Stretch <b>2p Rock with Jay Staples</b> 3p Dining Arrangements and Tree	<b>10a Piano with Zac Stearns</b> 1:30p Helping Hands: Soup Prep and UNO to follow 3p Art Session: Pointillism Technique	9:30a Communion with Rejeanne 10a Morning Bingo 1:30 Afternoon Bingo 2:30p Better Balance Bar Exercise		10a From the Heart: Wardwell Woofers <b>2p The Lighthouse Jubilees</b> 3p Helping Hands: Biscuit Packaging
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10a Prayer Group <b>10:30a Travis Dixon: Kindness Matters</b> <b>2p Piano with David Ernst</b>	<b>9:30a Shopping Walmart</b> 1:30p Cornhole <b>6:30p Alumni Band Summer Concert</b>	9:30a Communion with Rejeanne 10a Morning Bingo 1:30 Afternoon Bingo 2:30p Art Session: Coil Pot Making	<b>9:30a Outing: Down East Sheep</b> 11a Neighborhood Walk <b>1:30p Visit with Saco Cycles</b> 3:30p Armchair Travel: Top Patriotic Sights in America	<b>10a Mindy Muse Yoga</b> <b>10:45a St. Demetrio's Greek Festival</b> <b>2p Ships in a Bottle Presentation by Dana Perkins</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10a Prayer Group 10:30a Weights Workout <b>2p 'Just Us' Music with Paul &amp; Ellen</b>	10a Art Session With Carolyn <b>11:15a Wardwell Diners Club: Dunstan Tap &amp; Table</b> 2p Golf Tourney	<b>Christmas in July Theme Day</b> 9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo 2:30p Better Balance Bar Exercise	<b>9:30a Monthly Vital Signs Clinic</b> 2p Resident Council <b>3p Anointing Mass</b>	<b>9:15a Shopping JC Penney</b> <b>2p Piano with Rob Robbins</b> 3p Left Center Right
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10a Prayer Group <b>10:30a Affinity Care of Maine Dementia Presentation</b> 2p Jeopardy Trivia Game <b>6p Vocalist Adam Gary Normand</b>	<b>10a Service of Word and Table with Joel and Wendy</b> 11a Neighborhood Walk <b>2p Bowling with UNE and social to follow</b>	9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo 3p Wardwell Facebook Tour	10a Wordle 11a Neighborhood Walk <b>1:30p Saco Cycles Visit</b> <b>3:30p Veterans Table &amp; Speaker Director of Veterans Forward</b>	<b>9:15a Dyer Library Visit</b> 10a Tapping Yoga Exercise 11a What's in a Word <b>2p Red Bird Gallagher Songs</b>
<b>29</b>	<b>30</b>	<b>31</b>		
10a Prayer Group 10:30a Head to Toe Workout <b>2p Ann Sparling Singer Guitarist</b>	<b>10a Outing: Ives Berry Farm High Bush Blueberry Picking</b>  10a Resident Rummy 2p Art Session: Charcoal Still Life	9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo <b>3p Magdalana Grace Siegel Presents Live, Learn &amp; Pass it on Series</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.