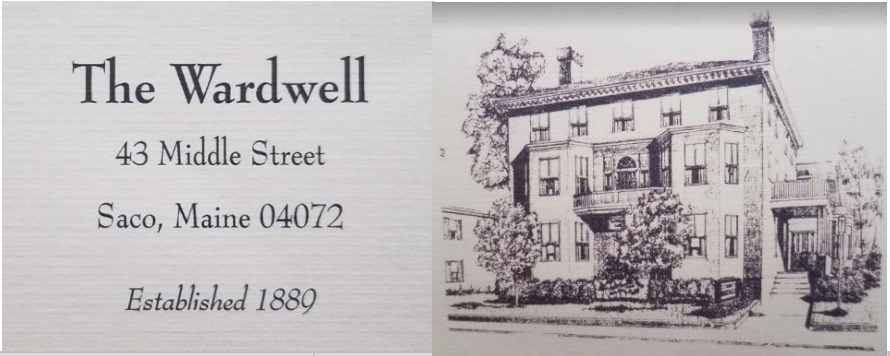



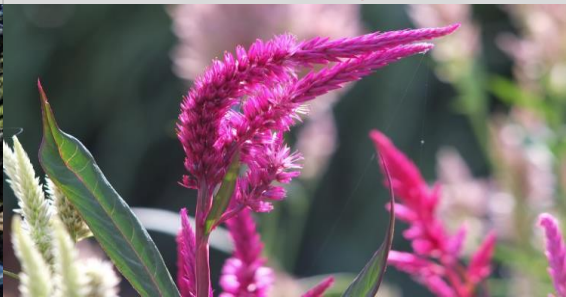



August 2025

Wardwell
Assisted Living Activities



Monday	Tuesday	Wednesday	Thursday	Friday
				
<div>4</div> <div>10a Prayer Group 10:30a Exercise Blitz: Tapping Yoga with 'For Kids Only' Saco Pre-K 11a Senior Technology Class with Lauren 2p Rock with Jay Staples 3p Netflix: Shark Whisperer</div>	<div>5</div> <div>9:30a Walmart Shopping 1:30p Exercise Blitz: Band Stretch 2p Walk to Michael's for Ice Cream</div>	<div>6</div> <div>9:30a Communion with Rejeanne 10a Morning Bingo 1:45p Afternoon Bingo 3p Exercise Blitz: Yoga with Mindy Muse</div>	<div>7</div> <div>10a Morning Poker 1:30p Helping Hands with Brian 3p Homemade Scrapbook Quotes</div>	<div>1</div> <div>10a Exercise Blitz: Neighborhood Walk 10:15a Tree and Dining Decorating 2p Melodies with Patrick Freeman</div>
<div>11</div> <div>10a Prayer Group 10:30a Travis Health Topic Eye Health 2p Songs with Chris Skidgel 3:30p Netflix: Einstein and the Bomb</div>	<div>12</div> <div>10a Exercise Blitz: Reiki Mantras 10:30a Wardwell Facebook Tour 1:30p Saco Cycles Chat Rides 2p Outdoor Golf Tourney</div>	<div>13</div> <div>9a Joline's Foot Care Clinic 9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Exercise Blitz: Better Balance 1:45p Afternoon Bingo</div>	<div>14</div> <div>10a Outing: Grants for Green Beans 1:30 Helping Hands: Corn & Beans 3p Golden Carers Armchair Travel: Caribbean Island Jamaica</div>	<div>15</div> <div>9:30a Cribbage Club 10a Exercise Blitz: Dice Roll 10:30a Morning Matinee 2p Adam Gary Normand Vocalist</div>
<div>18</div> <div>10a Prayer Group 10:30a Story Time with F.K.O Saco Pre-K 2p Saxophone with Darren Whitney 3:30p Netflix: Surviving Paradise Family Tale 5:30 Family Night Luau with Mule Fuel</div>	<div>19</div> <div>10a Arts & Crafts with Carolyn 2p Exercise Blitz: Line Dancing with Debra 3p Larry Days: Quick Ride Program</div>	<div>20</div> <div>9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Exercise Blitz: Better Balance 1:45p Afternoon Bingo 2:30p Ladder Golf</div>	<div>21</div> <div>10a Exercise Blitz: Somatics Workout 10:30a Wordle Word Game 1:30 Helping Hands: Leary's Corn 1:45p Resident Council</div>	<div>22</div> <div>9:30a Monthly Vital Signs Clinic 2p Sharon Wright Western Show 2:30p Wardwell Ice Cream Social</div>
<div>25</div> <div>10a Prayer Group 10:30a Affinity Care of Maine Social 1:30p Guitar with Ann Sparling 3:30p Netflix: Secrets of Saqqara Tomb</div>	<div>26</div> <div>10a Service of Word and Table 1:30p Saco Cycles Chat Rides 2p Painting Clay Projects 3p Outdoor Cornhole</div>	<div>27</div> <div>9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Exercise Blitz: Better Balance 1:45p Afternoon Bingo 2:30p Poetry and Pie</div>	<div>28</div> <div>10a Exercise Blitz: Arthritis Class 10:30a Resident Rummy 11a Diner's Club: Gonneville's 1:30 Helping Hands: Leary's Corn 2p Veteran's Table: Unum Guest</div>	<div>29</div> <div>9:30a Cribbage Club 9:30a Exercise Blitz: Flashcard Fitness 10:15a Pier Fries Old Orchard Beach 2p Singer Paul Conner</div>

Please note that all activities at the Wardwell are subject to change. We will notify you of these changes as they may occur. Reminder to sign up for any of our Wardwell outing opportunities such as shopping and restaurant trips. Have a wonderful August everyone. "We are GREAT people doing GREAT things!"