

March 2025

Wardwell

Assisted Living Activities

The Wardwell

43 Middle Street

Saco, Maine 04072

Established 1889



Monday	Tuesday	Wednesday	Thursday	Friday
3	Mardi Gras 4	5	6	7
10a Prayer Group 10:30a Exercise Blitz: Head to Toe 11a Theme Tree & Dining Centerpieces 1:30p Iris Network Vision Health Services 3:15p Netflix: My Octopus Teacher	10a Exercise Blitz: Chair Chi 10:30a Twenty Questions 12p Mardi Gras Noon Dinner 2p Mardi Gras with Red Gallagher 3p Baseball Series Inning 5. 1930-1940	9:30a Ashes and Communion with Rejeanne and Patti 10a Morning Bingo 1:30p Afternoon Bingo 3p Yoga with Mindy Muse	9:30a Walmart Shopping 10:30a Resident Rummy 1:30p Golf Tourney 3p New Resident Welcome Social	9:30a Cribbage Club 10a Wardwell Woofers Making 2p Billy Joe Lake Country Songs 3p Helping Hands: Biscuit Packaging
10	11	12	13	14
10a Prayer Group 10:30a Travis Dixon Health Topic 1:30p Uplifting Lecture Series Magdalana 3p Netflix: Won't You Be My Neighbor	10a Exercise Blitz: Weights 10:30a Stamping Collection 1:30p File & Style with Amber 3p Baseball Series Inning 6. 1940-1950	9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo 2:30p Exercise Blitz: Better Balance 3p Ancient Wonders with Mike	10a Exercise Blitz: Band Stretch 10:30a Jeopardy Game 1:30p Virtual Museum Tour Musée d'Orsay Paris France 3p Virtual Crossword	9:30a Cribbage Club 10a Exercise Blitz: Arthritis Class 10:30a St. Patrick's Craft with Rachel 2p Piano & Stories with David Ernst
17	18	19	Welcome Spring 20	21
10a Prayer Group 10:30a Exercise Blitz: Reiki Mantras 12p Traditional Irish Noon Dinner 2p Leprechaun Patrick Freeman Music 3:15p Netflix: David Attenborough	10a Art Class with Carolyn 11a Exercise Blitz: Arthritis Class 2p Line Dancing with Debra 3p Baseball Series Inning 7. 1950-1960	10a Morning Bingo 1:30p Afternoon Bingo 2:30p Exercise Blitz: Better Balance 3p Ancient Wonders with Mike	9:30a Communion with Rejeanne 10a Exercise Blitz: Stretching 1:45 Resident Council 3p Veterans Table: Hire-A-Vet Maine	9:30a Cribbage Club 10a Exercise Blitz: Disco-cise 10:30a Music Bingo with Rachel 2p Dan Possumato Irish Musician
24	25	26	27	28
10a Prayer Group 10:30a Affinity Care of Maine Social 2p Guitarist Rob Duquette 3:15p Netflix: Elephant Whisperers	10a Service of Word & Table with Joel 11a Exercise Blitz: Dice Roll 2p Pelvic Floor Therapy with CenterWell 3p Baseball Series Inning 8. 1960-1970	9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo 2:30p Exercise Blitz: Better Balance 3p Ancient Wonders with Mike	10a Exercise Blitz: Weights 10a Dollar Tree Outing 1:30p UNE Corn Hole Tournament and Social to Follow	9:30a Monthly Vital Signs Clinic 2p Piano with Sharon Wright 2:30p Wardwell Ice Cream Social
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10a Prayer Group 10:40a Ocean Park Ukesters 2p Darren Whitney Saxophonist 3:15p Netflix: Behind the Scenes: Our Planet				

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 March everyone.