

# February 2025

# Wardwell

## Assisted Living Activities

The Wardwell  
43 Middle Street  
Saco, Maine 04072  
Established 1889



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10a Prayer Group 10:30a <b>Exercise Blitz:</b> Head to Toe 11a Theme Tree & Centerpieces <b>2p Rock with Jay Staples</b> 3:30p Netflix: A Man on the Inside	10a <b>Exercise Blitz:</b> Chair Chi 10:30a Twenty Questions 1:30p Helping Hands with Brian 3p Baseball Series Inning 1. 1840-1900	9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo <b>3p Yoga with Mindy Muse</b>	<b>9:30a Walmart Shopping</b> 10:30a Resident Rummy <b>1:40p Golf Tourney with TA</b> 3p Virtual Crossword	<b>9-4p Joline's Foot Care Clinic</b> 9:30a Cribbage Club 10a Wardwell Woofers Making 12p Football Theme Noon Dinner <b>2p Todd Glacy Music</b> 3p Helping Hands: Biscuit Packaging
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10a Prayer Group <b>10:30a Travis Dixon Health Topic</b> <b>2p Chris Heard Performs</b> 3:30p Netflix: A Man on the Inside	10a <b>Exercise Blitz:</b> Classic Music 10:30a Valentine History & Folklore 11a Paper Lace Doilies Card Making 1:30p File & Style with Amber 3p Baseball Series Inning 2. 1900-1910	9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo 2:30p <b>Exercise Blitz:</b> Better Balance <b>3p Ancient Wonders with Mike</b>	10a <b>Exercise Blitz:</b> Band Stretch 10:30a What's in a Word <b>1:30p Pet Therapy with Nellie</b> <b>3p Annual Wedding Display</b>	<b>Happy Valentine's Day</b> 9:30a Cribbage Club 10a <b>Exercise Blitz:</b> Arthritis Class 10:30a Wheel of Fortune with Rachel 12p Valentines Noon Desserts <b>2p Glenn Bryant</b> 3p Crowning of our King and Queen
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10a Prayer Group <b>10:40a Ocean Park Ukesters</b> 11a Helping Hands: Puzzles & Books <b>2p Tom Dyhrberg Music Stylings</b> 3:30p Netflix: A Man on the Inside	10a Art Class with Carolyn 11a Black History Highlights <b>2p Line Dancing with Debra</b> 3p Baseball Series Inning 3. 1910-1920	10a Morning Bingo 1:30p Afternoon Bingo 2:30p <b>Exercise Blitz:</b> Better Balance <b>3p Ancient Wonders with Mike</b>	9:30a Communion with Rejeanne 10a <b>Exercise Blitz:</b> Stretching 1:45 Resident Council <b>3p Cake Decorating with Candice</b>	9:30a Cribbage Club <b>9:30a Monthly Vital Signs Clinic</b> <b>2p Wild &amp; Mild Music Duet</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10a Prayer Group <b>10:30a Affinity Care of Maine Social</b> <b>2p Rob Robbins Piano</b> 3:30p Netflix: A Man on the Inside	<b>10a Service of Word &amp; Table with Joel</b> <b>11a Wardwell Diner's Club: 99's!</b> 2p Jeopardy Game 3p Baseball Series Inning 4. 1920-1930	9:30a Communion with Rejeanne 10a Morning Bingo 1:30p Afternoon Bingo 2:30p <b>Exercise Blitz:</b> Better Balance <b>3p Ancient Wonders with Mike</b>	10a <b>Exercise Blitz:</b> Weights 10:30a What's the Verdict? <b>1:40p Corn Hole with TA</b> 3p Virtual Museum Tour British Museum, London	10a <b>Exercise Blitz:</b> Dice Exercise 10:30a Wordle with Rachel <b>2p Michael Perry Travel: Iceland</b> 2:30p Wardwell Ice Cream Social



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 February everyone.