




MEADOWBROOK
— APPLETON —

Upcoming Event >>>

Thu 1: 10:00 Volleyball/ 1:30 Crafts/ 2:30 Horseshoes/ Afternoon Pet Therapy w/Max

Fri 2: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo

Sat 3: 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts

Sun 4: 8:00 Rm Visits/ Church Serv, Virtual/Radio/1:30 Open Crafts

Mon 5: 9:30 Coffee Social/ 10:30 Africa Video/ 1:30 Crafts/ 2:30 Snacks & Facts/ **Travel to Africa**

Tue 6: 9:30 One-on-ones/ 10:30 Chaplain Tony/ 1:30 Manicures

Wed 7: 9:30 Coffee Social/ 10:30 Curr Events/ 1:30 Family Feud

Thu 8: 10:00 Volleyball/ 1:30 Farkle/ 2:30 Hangman

Fri 9: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo

Sat 10: 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts

Sun 11: 8:00 Room Visits/ Church Virtual/Radio/1:30 Open Crafts

Mon 12: 9:30 Coffee Social/ 10:30 Curr Events/1:30 Jackpot

Tue 13: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Racket ball

Wed 14: 9:30 Coffee Social/ 10:30 Devotional/ 1:30 Bingo

Thu 15: 10:00 Volleyball/ 1:30 Spa Day

Fri 16: 9:30 One-on-ones/ 10:30 Hawaii Video/ 1:30 Hawaiian

Bingo/ 3:00 Luau Social/ **Hawaiian Luau**

Sat 17: 8:00 Rm Visits/ 10:00 Coffee & Chat/ 1:30 Open Crafts

Sun 18: 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts

Mon 19: 9:30 Coffee Social/ 10:30 Curr Events/1:30 Wine & Canvas

Tue 20: 9:30 One-on-ones/10:30 AM Stretches/ 1:30 Noddle Ball

Wed 21: 9:30 Coffee Social/ 10:30 Devotional/ 1:30 Massage/Aroma

Therapy/ 2:30 Trivia

Thu 22: 10:00 Volleyball/ 1:30 Bingo Store/ 2:30 Jeopardy

Fri 23: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo

Sat 24: 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts

Sun 25: 8:00 Rm Visits/ Church Virtual/Radio/1:30 Open Crafts

Mon 26: 9:30 Coffee social/ 10:30 Current Event/ 1:30 Crafts

Tue 27: 9:30 One-on-ones/10:30 AM Stretches/1:30 Baking Club

Wed 28: 9:30 Coffee social/10:30 Devotional/ 1:30 Movie &

Popcorn

Thu 29: 10:00 Volleyball/ 1:30 Resd Council/ 2:30 Ice cream soc.

Fri 30: 9:30 One-on-ones/ 10:30 AM Stretches/ 1:30 Bingo

Sat 31: 8:00 Room Visits/ 10:00 Coffee & News/ 1:30 Open Crafts

Monday-Friday's Morning Visits 8:30 am

Tuesdays: Word Games & Puzzles 6:00 pm

Wednesday: Beauty/Barbershop

Church Service August 14th, & 28th at 3:30 pm

Thursdays: Color Me Calm 6:00 pm

****All Activities are subject to change****

Newsletter

5 WAYS TO IMPROVE QUALITY OF LIFE FOR SENIORS

It's not enough to just be alive. Good quality of life is especially important for older adults who are dealing with chronic health conditions and major life changes.

Feeling satisfied and fulfilled is just as important for overall well-being as getting regular check-ups from the doctor.

Having a positive view of life can help seniors have more energy, less stress, better appetite, and prevent cognitive decline.

We share 5 ways to help older adults improve their quality of life.

- 1. Treat depression:** It can be caused by stressful life events like retirement or losing a spouse. It could also be caused by a medical disease or medication side effects. To improve quality of life, it's important to recognize the signs of depression and get help from a doctor, psychologist, therapist, or counselor.
- 2. Help them feel useful and needed:** From the very young to the very old, everyone wants to be useful. Even if they can't do these tasks efficiently or perfectly, that's ok. What's important is that they're contributing.
- 3. Encourage regular physical activity:** Regular physical activity, no matter how gentle, helps keep both body and mind feeling balanced and positive. Physically, exercise boosts the immune system, lowers blood pressure, improves sleep quality, improves heart health, relieves anxiety, improves strength and stamina, and more.
- 4. Keep them mentally active:** Crossword puzzles, sudoku, other brain games, reading, and writing are all great activities for mental stimulation. Having a sharp and active mind improves overall well-being.
- 5. Help them stay connected with family, friends, and community:** Seniors who are isolated and lonely have shorter lives and are at greater risk for dementia. Prevent that by encouraging and helping your older adult stay connected with their community.



Let's play! Word Scramble: USA States



1. OIAW _____
2. NIEMA _____
3. ETSXA _____
4. OINARCIFLA _____
5. IAAIHW _____
6. EWN YORK _____
7. OIHO _____
8. YMLNAADR _____
9. LRFODIA _____
10. OIIMUSSR _____
11. NIAOWGTSHN _____
12. KAAALS _____
13. MCHIINGA _____
14. NADEAV _____
15. WEN JRSYEE _____
16. UTHA _____



Employee Birthdays

Itisha W., Aug 01
Grace O., Aug 19



2024 Fun & National Holidays!

- ▶ Aug 1 Homemade Pie Day
- ▶ Aug 2 Ice Cream Sandwich Day
- ▶ Aug 2 Coloring Book Day
- ▶ Aug 3 Watermelon Day
- ▶ Aug 4 Sisters Day
- ▶ Aug 4 Chocolate Chip Cookie Day
- ▶ Aug 5 Work Like a Dog Day
- ▶ Aug 6 Root Beer Float Day
- ▶ Aug 7 Lighthouse Day
- ▶ Aug 8 Happiness Happens Day
- ▶ Aug 9 Book Lovers Day
- ▶ Aug 10 Lazy load Day
- ▶ Aug 11 Son and Daughter Day
- ▶ Aug 12 Middle Child Day
- ▶ Aug 13 Left Handers Day
- ▶ Aug 14 Creamsicle Day
- ▶ Aug 15 Relaxation Day
- ▶ Aug 16 Hawaiian Shirt Day
- ▶ Aug 17 Thrift Shop Day
- ▶ Aug 19 World Photo Day
- ▶ Aug 19 Potato Day
- ▶ Aug 20 Chocolate Pecan Pie Day
- ▶ Aug 21 Senior Citizen Day
- ▶ Aug 24 Waffle Day
- ▶ Aug 26 Dog Appreciation Day
- ▶ Aug 27 Just Because Day
- ▶ Aug 28 Bow Tie Day
- ▶ Aug 29 Lemon Juice Day
- ▶ Aug 30 Beach Day
- ▶ Aug 31 Eat Outside Day

Meet our Team >>>

Hometown: Appleton, WI.

Tell us about your Job.

Maintaining a clean, sanitized, tidy and pleasant environment for residents.

Tell us about your family.

I have one brother, three sisters and a dog.

What are your outside Interests?

I love hiking, swimming - anything out in nature.

Something not everyone may know about you.

I have two nephews and three nieces.

Favorite sport team

Green Bay Packers.

Owen E.
Housekeeper



Testimonial >>>



"My stay was good. The staff is friendly. I liked the Daily Chronicles and activities. Everything was clean."

- Arleigh L. Resident



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Contact us at **920-731-6646**
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August also is...

- Family Fun Month
- National Breastfeeding Month
- Summer sun Safety Month