



Upcoming Event >>>

Thu 1: 10:00 New Year resolution cards/ 2:00 Puzzles

Fri 2: 10:00 Volleyball / 2:00 Prayer Memorial

Sat 3: 10:00 Coffee Group/ 2:00 DIY Crafts

Sun 4: 9:00 Virtual Church/ 10:00 Coffee/ 2:00 Cards/Cribbage

Mon 5: 10:00 Jackpot/ 2:00 Color me calm/ 5:00 Hangman

Tue 6: 10:00 Coffee Group/ 1:30 Crafting / 4:00 Library Cart

Wed 7: 10:00 Resident shopping / 2:00 Nails

Thu 8: 10:30 Bingo/ 1:00 Live Music/ 5:00 Puzzles

Fri 9: 10:00 Volleyball / 2:30 Music & Memory

Sat 10: 10:00 Coffee Group/ 2:00 DIY Crafts

Sun 11: 9:00 Virtual Church/ 10:00 Coffee/ 2:00 Cards/Cribbage

Mon 12: 10:00 Jackpot/ 2:00 Color me calm/ 5:00 Hangman

Tue 13: 10:00 Coffee Group/ 1:30 Crafting / 4:00 Library Cart

Wed 14: 10:00 Resident shopping / 2:00 Nails

Thu 15: 10:30 Bingo/ 1:00 Bingo Store/ 5:00 Puzzles

Fri 16: 10:00 Volleyball / 2:30 Music & Memory

Sat 17: 10:00 Coffee Group/ 2:00 DIY Crafts

Sun 18: 9:00 Virtual Church/ 10:00 Coffee/ 2:00 Cards/Cribbage

Mon 19: 10:00 Jackpot/ 2:00 Parton Party/ 5:00 Hangman

Tue 20: 10:00 Coffee Group/ 1:30 Crafting / 4:00 Library Cart

Wed 21: 10:00 Resident shopping / 2:00 Nails

Thu 22: 10:30 Bingo/ 2:00 Farkle/ 5:00 Puzzles

Fri 23: 10:00 Volleyball / 2:30 Music & Memory

Sat 24: 10:00 Coffee Group/ 2:00 DIY Crafts

Sun 25: 9:00 Virtual Church/ 10:00 Coffee/ 2:00 Cards/Cribbage

Mon 26: 10:00 Jackpot/ 2:00 Color me calm/ 5:00 Hangman

Tue 27: 10:00 Coffee Group/ 1:30 Crafting / 4:00 Library Cart

Wed 28: 10:00 Resident council / 2:00 Nails

Thu 29: 10:30 Bingo/ 1:00 Bingo Store/ 5:00 Puzzles

Fri 30: 10:00 Volleyball / 2:30 Music & Memory

Sat 31: 10:00 Coffee Group/ 2:00 DIY Crafts

MONDAY - SATURDAY: 8:00 AM VISITS

ALL ACTIVITIES SUBJECT TO CHANGE

RESIDENT SHOPPING LISTS NEED TO BE BROUGHT TO
KAYLA IN ACTIVITY ROOM BY PRIOR FRIDAY

Newsletter

The Importance of Activities for Seniors

Staying active—socially, mentally, and physically—is essential at every stage of life. However, for seniors, purposeful daily activities carry unique and powerful benefits that help protect independence, self-esteem, and overall health. As the aging population continues to grow, so does the need to understand how meaningful engagement improves quality of life for older adults—whether they live at home, with family, or in long-term care communities.



Physical Benefits: Regular physical activity helps seniors maintain strength, flexibility, and balance, reducing the risk of falls and mobility loss. Even low-impact exercises, such as walking, stretching, chair yoga, or tai chi, can improve heart health, support weight management, and increase energy levels.

Cognitive Benefits: Activities that stimulate the brain—puzzles, reading, music, learning new skills, or participating in group discussions—help slow cognitive decline and support memory function. Continued mental stimulation encourages problem-solving, creativity, and curiosity, all of which protect the brain from deterioration associated with aging conditions such as dementia.

Emotional and Social Benefits: Social isolation is a major concern for older adults and can lead to depression, anxiety, and feelings of loneliness. Group activities, social outings, clubs, and volunteer opportunities help seniors build relationships, find purpose, and strengthen emotional well-being.

Sense of Purpose and Identity: Engaging in hobbies, community involvement, or creative projects allows seniors to continue expressing their individuality and strengths. Activities such as gardening, crafting, music therapy, or storytelling empower seniors to remain contributors rather than observers.

Support for Memory Care Residents: For seniors living with Alzheimer's disease or other forms of dementia, activities play a therapeutic role. Structured tasks, familiar routines, and sensory-based programs can reduce agitation, improve focus, and evoke positive memories.

Community Engagement and Belonging: Whether offered through senior centers, nursing homes, assisted living communities, or local organizations, group activities build a sense of community. Events such as game nights, exercise groups, book clubs, or spiritual gatherings encourage friendships and reduce feelings of isolation.

Supporting seniors in staying engaged is one of the most effective ways to promote health, happiness, and dignity throughout the aging journey.

Let's play! Word Scramble: Winter

1. RNAAYUJ _____
2. OECKHY _____
3. EOZRFN _____
4. SCSKO _____
5. ICCLIE _____
6. SNWO _____
7. SOOTB _____
8. DOOW _____
9. KAETS _____
10. TNSEIMT _____
11. LERIAFECF _____
12. EIC _____
13. ODCL _____

Meet our Team >>>

Dawn L. – Dietary Manager

Tell us about your Job.

I am the Dietary Manager.

Tell us about your family.

I have a dog and a cat.

What are your outside Interests?

I love being outside planting flowers and bird watching.

Something not everyone may know about you.

I once could decorate wedding cakes professionally.

Favorite sport team

Wisconsin Badgers!

Testimonial >>>



"I chose Meadowbrook at Appleton as I had been here in 2019. It was a good stay. I wanted to come back. The call lights were quick, needs were met, and staff are very nice and positive. I felt good about returning because I trusted that everything would go well. When I have another surgery, I'll be back." - Robin B. - Resident



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Contact us at **920-731-6646**
www.meadowbrookappleton.com/



Employee Birthdays

Anne M., Jan 02
Theresa C., Jan 02
Jasmin G., Jan 03
Savannah G., Jan 06
Sarah G., Jan 10
Preet K., Jan 10
Tricia P., Jan 18



2026 Fun & National Holidays!

- ▶ Jan 1 New year Day!
- ▶ Jan 2 Buffet Day
- ▶ Jan 3 Fruitcake Toss Day
- ▶ Jan 4 Trivia Day
- ▶ Jan 5 Bird Day
- ▶ Jan 6 Bean Day
- ▶ Jan 7 Old Rock Day
- ▶ Jan 8 Winter Skin Relief Day
- ▶ Jan 9 Law Enforcement Appreciation Day
- ▶ Jan 12 Clean Off Your Desk Day
- ▶ Jan 12 Marzipan Day
- ▶ Jan 13 Make Dreams Come True Day
- ▶ Jan 14 Organize Your Home Day
- ▶ Jan 15 Bagel Day
- ▶ Jan 16 Nothing Day
- ▶ Jan 17 Benjamin Franklin Day
- ▶ Jan 17 Kid Inventors Day
- ▶ Jan 17 New Years Resolution Day
- ▶ Jan 17 Soup Swap Day
- ▶ Jan 18 Thesaurus Day
- ▶ Jan 19 MLK Day
- ▶ Jan 19 Popcorn Day
- ▶ Jan 21 Granola Bar Day
- ▶ Jan 22 Hot Sauce Day
- ▶ Jan 23 Pie Day
- ▶ Jan 24 Compliment Day
- ▶ Jan 24 Macintosh Computer Day
- ▶ Jan 25 Opposite Day
- ▶ Jan 26 Spouses Day
- ▶ Jan 27 Chocolate Cake Day
- ▶ Jan 29 Puzzle Day
- ▶ Jan 30 Croissant Day
- ▶ Jan 30 Fun at Work Day
- ▶ Jan 31 Hot Chocolate Day

Also, January is...

Activity Professionals Week-Jan 26-30