



**Upcoming Event >>>**

- Wed 1:** 10:00 Jackpot/ 1:30 Color Me Calm/ 3:00 1:1 Visits
- Thu 2:** 10:00 Farkle/ 1:30 Hagman/ 5:30 Puzzles
- Fri 3:** 10:00 Volleyball/1:00 Movie & Popcorn/4:00 Music in Memory
- Sat 4:** 10:00 Coffee Group/ 2:00 DIY Crafts

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- Sun 5:** 9:00 Virtual Church/ 10:00 Coffee grp/ 2:00 Game of choice
- Mon 6:** 10:00 Nails/ 12:00 Easter luncheon/ 5:30 Yahtzee
- Tue 7:** 10:00 Cribbage group/1:30 Crafting / 5:30 Crochet group
- Wed 8:** 10:00 Jackpot/ 1:30 Color Me Calm/ 3:00 1:1 Visits
- Thu 9:** 10:00 Card stamping/ 1:00 Bingo / 5:30 Puzzles
- Fri 10:** 10:00 Volleyball / 1:00 Bingo Store/ 4:00 Music in Memory
- Sat 11:** 10:00 Coffee Group/ 2:00 DIY Crafts

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- Sun 12:** 9:00 Virtual Church/ 10:00 Coffee grp/ 2:00 Game of choice
- Mon 13:** 10:00 Nails/ 2:00 Resident Shopping/ 5:30 Hangman
- Tue 14:** 10:00 Cribbage group/1:30 Crafting / 5:30 Crochet group
- Wed 15:** 10:00 Jackpot/ 1:30 Color Me Calm/ 3:00 1:1 Visits
- Thu 16:** 10:00 Farkle/ 1:00 Bingo/ 5:30 Puzzles
- Fri 17:** 10:00 Volleyball/1:00 Movie & Popcorn/4:00 Music in Memory
- Sat 18:** 10:00 Coffee Group/ 2:00 DIY Crafts

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- Sun 19:** 9:00 Virtual Church/ 10:00 Coffee grp/ 2:00 Game of choice
- Mon 20:** 10:00 Nails/ 2:00 Resident Shopping/ 5:30 Yahtzee
- Tue 21:** 10:00 Cribbage group/1:30 Crafting / 5:30 Crochet group
- Wed 22:** 10:00 Jackpot/ 1:30 Color Me Calm/ 3:00 1:1 Visits
- Thu 23:** 10:00 Card stamping/ 1:00 Bingo / 5:30 Puzzles
- Fri 24:** 10:00 Volleyball / 1:00 Live Music/ 4:00 Bingo Store
- Sat 25:** 10:00 Coffee Group/ 2:00 DIY Crafts

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- Sun 26:** 9:00 Virtual Church/ 10:00 Coffee grp/ 2:00 Game of choice
- Mon 27:** 10:00 Nails/ 2:00 Resident Shopping/ 5:30 Hangman
- Tue 28:** 10:00 Cribbage group/1:30 Crafting / 5:30 Crochet group
- Wed 29:** 10:00 Jackpot/ 1:30 Resident Council/ 3:00 1:1 Visits
- Thu 30:** 10:00 Farkle/ 1:00 Bingo/ 5:30 Puzzles

**MONDAY - SATURDAY: 8:00 MORNING VISITS**

**ALL ACTIVITIES SUBJECT TO CHANGE**

RESIDENT SHOPPING LISTS NEED TO BE BROUGHT TO

KAYLA IN ACTIVITY ROOM BY PRIOR FRIDAY

# Newsletter

## The Magic of "Remember When": Why Reminiscing is Good for the Soul

As the flowers begin to bloom this April, it's a natural time to think about growth, history, and the journeys that brought us here. For many of us, looking back isn't just about "the good old days"—it's a powerful way to stay connected to who we are today.



### More Than Just a Memory

Mental health experts often call this "Reminiscence Therapy," but we just call it good storytelling. Sharing memories does more than pass the time; it actually reduces stress, boosts self-esteem, and helps keep our minds sharp. When we revisit a favorite memory, our brains release feel-good chemicals that can improve our mood for the entire day.

### Ways to Spark a Story

You don't need a reason to take a trip down memory lane, but sometimes a little nudge helps:

- **The Power of Music:** Hearing a song from your teenage years can instantly transport you back to a specific dance, a car ride, or a summer night.
- **Sensory Scents:** The smell of fresh-cut grass, lilac, or a specific family recipe can unlock "hidden" memories that words alone can't reach.
- **Photo Power:** Flipping through an old album isn't just a solo activity—it's an invitation for others to learn about your adventures.

### Share Your Spark

This month, we encourage you to share one "first" with a neighbor or a staff member. Was it your first car? Your first job? Or perhaps the first time you saw a spring bloom in your childhood backyard?

Your stories are the heartbeat of our community. By sharing them, you aren't just looking backward—you're helping us all grow closer together.

# Let's play! Word Scramble: Spring Time

1. BBUSL \_\_\_\_\_
2. TBUESTRCPU \_\_\_\_\_
3. SSBLSOOM \_\_\_\_\_
4. RSRAPTELACIL \_\_\_\_\_
5. IRNPGS ENGRSE \_\_\_\_\_
6. DSODFILFA \_\_\_\_\_
7. FULATEBUI \_\_\_\_\_
8. ADESSII \_\_\_\_\_
9. KCISCH \_\_\_\_\_
10. BUDNGID \_\_\_\_\_
11. LGBAIMN \_\_\_\_\_
12. RSIDB \_\_\_\_\_
13. IRBSK \_\_\_\_\_
14. EESB \_\_\_\_\_



## Employee Birthdays

- Darian M., Apr 11
- America G., Apr 13
- Olga B., Apr 14
- Roseline P., Apr 14
- Lisa C., Apr 30



## 2026 Fun & National Holidays!

- ▶ Apr 1 April Fool Day
- ▶ Apr 2 Burrito Day
- ▶ Apr 3 Good Friday
- ▶ Apr 3 Caramel Day
- ▶ Apr 5 Happy Easter!
- ▶ Apr 6 Caramel Popcorn Day
- ▶ Apr 7 World Health Day
- ▶ Apr 10 Siblings Day
- ▶ Apr 11 Pet Day
- ▶ Apr 12 Grilled Cheese Day
- ▶ Apr 13 Scrabble Day
- ▶ Apr 14 Gardening Day
- ▶ Apr 15 Banana Day
- ▶ Apr 16 Eggs Benedict Day
- ▶ Apr 16 Wear Pajamas to Work Day
- ▶ Apr 17 Cheeseball Day
- ▶ Apr 18 Exercise Day
- ▶ Apr 20 Volunteer Recognition Day
- ▶ Apr 20 Look Alike Day
- ▶ Apr 22 Earth Day
- ▶ Apr 22 Jelly Bean Day
- ▶ Apr 23 Take a Chance Day
- ▶ Apr 23 Worl Book Day
- ▶ Apr 24 Bucket List Day
- ▶ Apr 25 DNA Day
- ▶ Apr 26 Pretzel Day
- ▶ Apr 27 Administrative Professional Day
- ▶ Apr 27 Gummi Bear Day
- ▶ Apr 28 Superhero Day
- ▶ Apr 29 Zipper Day
- ▶ Apr 30 Honesty Day

## Meet our Team >>>

Hometown: Menasha, WI

Tell us about your Job.  
I work in the Activity Department.

Tell us about your family.  
I have three giant, fluffy, demanding felines who are too smart for their own good.

What are your outside Interests?  
I love handicrafts, 3D modeling, and pretending I don't like cooking.

Something not everyone may know about you.  
I think snakes with tiny hats are cute.

Sam T.  
Activities Aide



## Testimonial >>>



*"They make you feel like a person. I love the activities. They are ice and friendly. I liked the staff. My stay was great. PT is great! PT worked with me and got me moving far along. They got me to where I am today! Meadowbrook at Appleton put me at ease and everything was fine. It is great here. I wish they had assisted living here so I could stay!" - Sharon M.- Resident*



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**Also, April is...**  
Stress Awareness Month  
Occupational Therapy Month