




MEADOWBROOK

— APPLETON —

Upcoming Event >>>

Sat 1: 10:00 Reading Together/ 2:00 Coloring Pages

Sun 2: 9:00 Virtual Church/ 2:00 Cards

Mon 3: 10:00 Nails/ 2:00 Store for Bingo/ 5:30 Color Me Calm

Tue 4: 10:00 Cribbage /1:30 Crafting / 5:00 Hangman

Wed 5: 10:00 Garden Club/ 2:00 Resident Shopping/ 3:00 1:1 Visits

Thu 6: 10:00 Volleyball/ 1:00 Garden Club/ 5:30 Puzzles

Fri 7: 10:00 Cribbage /2:00 Bingo/ 4:00 Evening News

Sat 8: 10:00 Coffee Social/ 2:00 Jackpot

Sun 9: 9:00 Virtual Church/ 2:00 Yahtzee

Mon 10: 10:00 Nails/ 2:00 Farkle / 5:30 Color Me Calm

Tue 11: 10:00 Cribbage /1:30 Crafting / 5:00 Hangman

Wed 12: 10:00 Jackpot/ 2:00 Farkle/ 3:00 1:1 Visits

Thu 13: 10:00 Volleyball/ 1:00 Garden Club/ 5:30 Puzzles

Fri 14: 10:00 Cribbage /2:00 Bingo/ 4:00 Evening News

Sat 15: 10:00 Reading Together/ 2:00 Coloring Pages

Sun 16: 9:00 Virtual Church/ 2:00 Cards

Mon 17: 10:00 Nails/ 2:00 Sweet Treat Social / 5:30 Color Me Calm

Tue 18: 10:00 Cribbage /1:30 Crafting / 5:00 Hangman

Wed 19: 10:00 Jackpot/ 2:00 Garden Club/ 3:00 1:1 Visits

Thu 20: 10:00 Volleyball/ 1:00 Live Music/ 5:30 Puzzles

Fri 21: 10:00 Barnyard Bingo /2:00 Fair Games

Sat 22: 10:00 Coffee Social/ 2:00 Jackpot

Sun 23: 9:00 Virtual Church/ 2:00 Cards

Mon 24: 10:00 Nails/ 2:00 Store for Bingo / 5:30 Color Me Calm

Tue 25: 10:00 Cribbage /1:30 Crafting / 5:00 Hangman

Wed 26: 10:00 Jackpot/ 2:00 Farkle/ 3:00 1:1 Visits

Thu 27: 10:00 Volleyball/ 1:00 Garden Club/ 5:30 Puzzles

Fri 28: 10:00 Cribbage / 2:00 Bingo/ 4:00 Evening News

Sat 29: 10:00 Reading Together/ 2:00 Coloring Pages

Sun 30: 9:00 Virtual Church/ 2:00 Cards

Mon 31: 10:00 Nails/ 2:00 Farkle / 5:30 Color Me Calm

MONDAY - SUNDAY: 8:00 MORNING VISITS

ALL ACTIVITIES SUBJECT TO CHANGE

Newsletter

Stay Safe and Healthy This Summer

Summer is a wonderful time to enjoy sunshine, fresh air, and outdoor activities. However, warmer temperatures can pose unique health risks for older adults. Taking a few simple precautions can help everyone stay safe while making the most of the season.

Stay Hydrated: As we age, our sense of thirst decreases, making us more likely to become dehydrated. Drink water regularly throughout the day, even if you don't feel thirsty. Foods with high water content, such as watermelon, cucumbers, oranges, and strawberries, can also help keep you hydrated.

Dress for the Weather: Choose lightweight, loose-fitting, and light-colored clothing to stay cool. A wide-brimmed hat and sunglasses provide extra protection from the sun, while sunscreen with SPF 30 or higher helps prevent sunburn.

Avoid Peak Heat: Try to schedule outdoor activities during the early morning or evening when temperatures are cooler. If you need to be outside during the hottest part of the day (typically between 10:00 a.m. and 4:00 p.m.), take frequent breaks in the shade or indoors.

Stay in an air-conditioned place: Use fans or air conditioning when possible. Close blinds or curtains during the hottest part of the day to reduce indoor temperatures. If your home becomes too warm, consider visiting a local library, community center, or another air-conditioned public space.

Know the Signs of Heat-Related Illness: Watch for symptoms such as dizziness, headache, nausea, excessive sweating, muscle cramps, confusion, or unusual fatigue. If these symptoms occur, move to a cooler place, drink water, and seek medical attention if symptoms worsen or do not improve.

Eat Light and Fresh: Enjoy seasonal fruits and vegetables and choose lighter meals that are easier to digest. Avoid excessive alcohol and limit sugary drinks, which can contribute to dehydration.

Stay Active Safely: Continue exercising but adjust your routine to the weather. Walking indoors, participating in group exercise classes, or swimming are excellent ways to stay active while avoiding excessive heat.

Enjoy Summer Safely! A little planning goes a long way. By staying hydrated, protecting yourself from the sun, and recognizing the signs of heat-related illness, you can enjoy all the benefits of summer while staying healthy and comfortable.

Summer Safety Tips



Sun protection



Stay hydrated



Wear hat and sunglasses



Avoid heat at midday

Let's play! Word Scramble: Hobbies

1. HSFINGI _____
2. SALITPE _____
3. TNRICGHECO _____
4. GENRIAD _____
5. GNIEWS _____
6. IIWRTGN _____
7. IKINGH _____
8. RPOTOYHPGHA _____
9. GTNAIIPN _____
10. ISCON _____
11. UIGNTNH _____
12. SAPMST _____
13. ITNIGKNT _____
14. ETVNGRALI _____
15. GNRDWAI _____

Meet our Team >>>

Hometown: Menasha, WI

Tell us about your Job.

I am an Activity Aid. I help plan, set up, and do the activities for the residents.

Tell us about your family.

I have a fiancé and a 7-year-old dog. I also have 3 sisters, and I am the second oldest.

What are your outside Interests?

I like to bake treats, and I also like to write in journals.

Something not everyone may know about you.

I like to shop for new clothing.

What's your favorite sports team?

Green Bay Packers!

**Anna C.
Activity Aid**



Employee Birthdays

Samatha T., Aug 11	Jamia D., Aug 24
Sulayman B., Aug 12	
Frances B., Aug 14	
Lily L., Aug 16	
Grace O., Aug 19	
Phoenix V., Aug 20	
Emma C., Aug 21	



2026 Fun & National Holidays!

- | | |
|----------|---------------------------|
| ▶ Aug 1 | Girlfriends Day |
| ▶ Aug 2 | Ice Cream Sandwich Day |
| ▶ Aug 2 | Sisters Day |
| ▶ Aug 3 | Watermelon Day |
| ▶ Aug 4 | Chocolate Chip Cookie Day |
| ▶ Aug 6 | Root Beer Float Day |
| ▶ Aug 7 | International Beer Day |
| ▶ Aug 7 | Lighthouse Day |
| ▶ Aug 7 | Water Balloon Day |
| ▶ Aug 8 | Happiness Happens Day |
| ▶ Aug 9 | Book Lovers Day |
| ▶ Aug 9 | Rice Pudding Day |
| ▶ Aug 10 | Lazy Day |
| ▶ Aug 10 | S'mores Day |
| ▶ Aug 11 | Son and Daughter Day |
| ▶ Aug 12 | Middle Child Day |
| ▶ Aug 12 | Vinyl Record Day |
| ▶ Aug 13 | Left Handers Day |
| ▶ Aug 14 | Creamsicle Day |
| ▶ Aug 15 | Relaxation Day |
| ▶ Aug 16 | Tell a Joke Day |
| ▶ Aug 17 | Thrift Shop Day |
| ▶ Aug 17 | Pineapple Juice Day |
| ▶ Aug 18 | Mail Order Catalog Day |
| ▶ Aug 19 | World Photo Day |
| ▶ Aug 19 | Bacon Lovers Day |
| ▶ Aug 20 | Chocolate Pecan Pie Day |
| ▶ Aug 21 | Senior Citizens Day |
| ▶ Aug 22 | Be An Angel Day |
| ▶ Aug 24 | Waffle Day |
| ▶ Aug 25 | Banana Split Day |
| ▶ Aug 26 | Dog Appreciation Day |
| ▶ Aug 28 | Bow Tie Day |
| ▶ Aug 31 | Eat Outside Day |
| ▶ Aug 31 | Trail Mix Day |

Also, August is...

International Peace Month
Wellness Month



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