



Upcoming Event >>>

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

Thu 2: 10:00 Volleyball/ 1:00 Garden Club/ 5:30 Puzzles

Fri 3: 10:00 Bingo/ 2:00 Communion-Prayer/ 4:00 Evening News

Sat 4: 10:00 Reading Together/ 2:00 Coloring Pages

Sun 5: 9:00 Virtual Church/ 2:00 Cards

Mon 6: 10:00 Nails/ 2:00 Resident Shopping / 5:30 Color Me Calm

Tue 7: 10:00 Cribbage /1:30 Crafts / 5:00 Evening News

Wed 8: 10:00 Jackpot/ 2:00 Garden Club/ 3:00 1:1 Visits

Thu 9: 10:00 Volleyball/ 1:00 Bingo Store/ 5:30 Puzzles

Fri 10: 10:00 Weekly Wordsearch /2:00 Bingo/ 4:00 Evening News

Sat 11: 10:00 Reading Together/ 2:00 Coloring Pages

Sun 12: 9:00 Virtual Church/ 2:00 Cards

Mon 13: 10:00 Nails/ 2:00 Yahtzee / 5:30 Color Me Calm

Tue 14: 10:00 Cribbage /1:30 Crafts / 5:00 Evening News

Wed 15: 10:00 Jackpot/ 2:00 Farkle/ 3:00 1:1 Visits

Thu 16: 10:00 Volleyball/ 1:00 Garden Club/ 5:30 Puzzles

Fri 17: 10:00 Weekly Wordsearch /2:00 Bingo/ 4:00 Evening News

Sat 18: 10:00 Reading Together/ 2:00 Coloring Pages

Sun 19: 9:00 Virtual Church/ 2:00 Cards

Mon 20: 10:00 Nails/ 2:00 Resident Shopping / 5:30 Color Me Calm

Tue 21: 10:00 Cribbage /1:30 Crafts / 5:00 Evening News

Wed 22: 10:00 Jackpot/ 2:00 Garden Club/ 3:00 1:1 Visits

Thu 23: 10:00 Volleyball/ 1:00 Bingo Store/ 5:30 Puzzles

Fri 24: 10:00 Weekly Wordsearch /2:00 Bingo/ 4:00 Evening News

Sat 25: 10:00 Reading Together/ 2:00 Coloring Pages

Sun 26: 9:00 Virtual Church/ 2:00 Cards

Mon 27: 10:00 Nails/ 2:00 Yahtzee / 5:30 Color Me Calm

Tue 28: 10:00 Cribbage /1:30 Crafts / 5:00 Evening News

Wed 29: 10:00 Jackpot/ 2:00 Resident Council/ 3:00 1:1 Visits

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

Fri 31: 10:00 Weekly Wordsearch /2:00 Bingo/ 4:00 Evening News

MONDAY - SUNDAY: 8:00 MORNING VISITS

Salon open 9 am on the 17th, sign up with Kayla

ALL ACTIVITIES SUBJECT TO CHANGE

Newsletter

The Power of Staying Connected

Did you know that staying social is just as important for your health as eating well and exercising? July is **National Social Wellness Month**, a time dedicated to celebrating the friendships and community bonds that keep us thriving. Research shows that older adults with vibrant social networks enjoy stronger immune systems, better memory retention, and a significantly lower risk of heart disease and depression. Human connection is powerful medicine. When we share a laugh, converse with a neighbor, or lean on a friend during tough times, our bodies release hormones that reduce stress and promote a sense of safety. Embracing your community is not just a way to pass the time—it is a vital component of healthy aging.

4 Easy Ways to Build Connection

1) Learn a Neighbor's Name

A simple greeting can transform someone's day. Make it a personal goal this July to introduce yourself to one resident or new staff member you see regularly in the dining room or hallways.

2) Share a "Skill Swap" with Family

When grandkids or relatives visit, turn it into a fun learning session. Offer to teach them a favorite classic card game, dominoes, or a craft, and ask them to show you a fun feature or photo trick on a smartphone.

3) Join a Group Hobby Circle

Trying a new structured activity is a low-pressure way to make friends. Check the activity calendar for our air-conditioned indoor clubs, such as the resident book club, crafting hours, or group baking sessions.

4) Enjoy a Mealtime Conversation

Mealtimes are perfect opportunities to bond. Instead of dining in silence, ask the people at your table about their favorite summer memories, their hometowns, or the music they love.



Let's play!

Word Scramble: A Day at the Beach



1. THIFRSSA _____
2. CBEHA ANLEBTK _____
3. ECAHB MBOCNIG _____
4. EHBAC BAURLEML _____
5. NSAD ORADLL _____
6. EHABC LABL _____
7. EKIT _____
8. EEHLSLSAS _____
9. ASNAETLSCD _____
10. AEULLSGS _____
11. CTEKBU ADN HOVLES _____
12. CASML _____
13. NIDW _____
14. DDOFRTWIO _____

Meet our Team >>>

Hometown: Menasha, WI

Tell us about your Job.

I'm the assistant director of nursing. I help with wound care, infection prevention, and many more things.

Tell us about your family.

I have two boys, 13 and 10. They are my absolute world. We have two cats and one dog as well.

What are your outside Interests?

I love reading and exploring new places with my kids.

Something not everyone may know about you.

I absolutely love all things cheese.

What's your favorite sports team?

Green bay Packers!

**Darian M.
ADON**



Testimonial >>>



"I have a guardian who worked with Meadowbrook at Appleton in the past. My stay was great. Everything was amazing and everyone was so nice. I was well taken care of. Nursing homes don't have a good rep and my mom had a bad experience. I had no issues at all. Everyone was so nice and amazing. I would stay here again."

- **Clifford K. – Resident**



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www.meadowbrookappleton.com/



Employee Birthdays

Claire E., Jul 08
Maria S., July 19
Dao V., July 20
Dalaena K., July 21
Natasha G., July 21



2026 Fun & National Holidays!

- ▶ Jul 1 Postal Worker Day
- ▶ Jul 1 International Joke Day
- ▶ Jul 2 I Forgot Day
- ▶ Jul 3 Compliment Your Mirror Day
- ▶ Jul 4 **INDEPENDENCE DAY!**
- ▶ Jul 5 Workaholics Day
- ▶ Jul 6 World Kissing Day
- ▶ Jul 7 Tell the Truth Day
- ▶ Jul 7 Rock n Roll Day
- ▶ Jul 8 Blueberry Day
- ▶ Jul 8 Freezer Pop Day
- ▶ Jul 9 Sugar Cookie Day
- ▶ Jul 10 Piña Colada Day
- ▶ Jul 11 Blueberry Muffins Day
- ▶ Jul 12 Simplicity Day
- ▶ Jul 13 National French Fries Day
- ▶ Jul 14 Pandemonium Day
- ▶ Jul 15 Gummi Worm Day
- ▶ Jul 16 Cherry Day
- ▶ Jul 16 Corn Fritters Day
- ▶ Jul 17 World Emoji Day
- ▶ Jul 18 Caviar Day
- ▶ Jul 19 Ice Cream Day
- ▶ Jul 21 Junk Food Day
- ▶ Jul 22 Pi Approximation Day
- ▶ Jul 23 Gorgeous Grandma Day
- ▶ Jul 23 Lemon Day
- ▶ Jul 23 Vanilla Ice Cream Day
- ▶ Jul 24 Cousins Day
- ▶ Jul 25 Christmas in July Day
- ▶ Jul 26 Uncle and Aunt Day
- ▶ Jul 28 Milk Chocolate Day
- ▶ Jul 29 Lasagna Day
- ▶ Jul 30 National Cheesecake Day

Also, JULY is...

Social Wellness Month
National Picnic Month