



Upcoming Event >>>

Tue 1: 10:00 Cribbage / 1:30 Crafting / 5:30 Flash Dice

Wed 2: 10:00 Nails/ 2:00 Resident Shopping/ 3:00 Board Games

Thu 3: 10:00 Volleyball/ 1:00 Farkle/ 5:30 Puzzles

Fri 4: 10:00 Cribbage / 1:00 Bingo/ 2:00 Prayer Memorial

Sat 5: 10:00 Social Hour/ 2:00 Jackpot

Sun 6: 9:00 Virtual Church/ 2:00 Movie & Popcorn

Mon 7: 10:00 Labor Day Trivia/ 2:00 Yahtzee

Tue 8: 10:00 Cribbage / 1:30 Crafting / 5:30 Flash Dice

Wed 9: 10:00 Jackpot/ 1:00 Nails / 3:00 1:1 Visits

Thu 10: 10:00 Volleyball/ 1:00 Resident Shopping/ 5:30 Puzzles

Fri 11: 10:00 Cribbage / 1:00 Bingo/ 5:30 Evening News

Sat 12: 10:00 Reading Hour/ 2:00 Coloring Pages

Sun 13: 9:00 Virtual Church/ 2:00 Sunday Social

Mon 14: 10:00 Nails/ 2:00 Store for Bingo / 5:30 Yahtzee

Tue 15: 10:00 Cribbage / 1:30 Crafting / 5:30 Farkle

Wed 16: 10:00 Dog Therapy/ 2:00 Flash Dice/ 3:00 1:1 Visits

Thu 17: 10:00 Volleyball/ 1:00 Resident Shopping/ 5:30 Puzzles

Fri 18: 10:00 Cribbage / 1:00 Bingo/ 5:30 Evening News

Sat 19: 10:00 Social Hour / 2:00 Jackpot

Sun 20: 9:00 Virtual Church/ 2:00 Movie & Popcorn

Mon 21: 10:00 Reading Hour/ 2:00 Farkle/ 5:30 Color Me Calm

Tue 22: 10:00 Cribbage / 1:30 Crafting / 5:30 Flash Dice

Wed 23: 10:00 Nails/ 2:00 Farkle/ 6:00 Family Bingo Night

Thu 24: 10:00 Volleyball/ 1:00 Resident Shopping/ 5:30 Puzzles

Fri 25: 10:00 Cribbage / 1:00 Bingo/ 5:30 Evening News

Sat 26: 10:00 Puzzles / 2:00 Cribbage

Sun 27: 9:00 Virtual Church/ 2:00 Sunday Social

Mon 28: 10:00 Nails/ 2:00 Store for Bingo / 5:30 Yahtzee

Tue 29: 10:00 Cribbage / 1:30 Crafting / 5:30 Flash Dice

Wed 30: 10:00 Jackpot/ 2:00 Resident Council/ 3:00 1:1 Visits

MONDAY - SUNDAY: 8:00 MORNING VISITS

ALL ACTIVITIES SUBJECT TO CHANGE

Newsletter

Caring for Vision and Hearing as We Age



Our vision and hearing play an important role in helping us stay safe, independent, and connected with the world around us. As we age, it is common to experience changes in eyesight and hearing that can sometimes make everyday activities more challenging.

Changes may happen gradually, making them easy to overlook. Difficulty reading

small print, seeing clearly in low light, following conversations, or understanding speech in noisy environments may be signs that it is time for an eye or hearing check.

Why It Matters

Good vision and hearing help older adults stay engaged in daily activities, communicate with others, and maintain their independence. When vision or hearing changes go unnoticed, they may lead to frustration, misunderstandings, social isolation, or an increased risk of falls.

Residents and families should notify a healthcare provider about changes such as blurred or double vision, difficulty recognizing faces, frequent headaches, sudden hearing changes, ringing in the ears, or increasing difficulty following conversations.

Tips for Healthy Vision

- Schedule regular eye exams and report any sudden changes in vision.
- Keep eyeglasses clean and make sure prescriptions are up to date.
- Use good lighting when reading, walking, or participating in activities.
- Keep walkways clear of clutter to help prevent trips and falls.
- Wear sunglasses outdoors to help protect your eyes.

Tips for Healthy Hearing

- Have your hearing checked regularly.
- Keep hearing aids clean, charged, and in good working condition.
- Reduce background noise when having conversations.
- Face the person you are speaking with and speak clearly.
- Let a healthcare provider know about sudden hearing changes, ringing in the ears, or difficulty understanding conversations.

Small steps can make a big difference. By caring for our vision and hearing, we can stay safer, communicate more easily, and remain connected to the people and activities we enjoy.

Let's play! Word Scramble: Cookout



1. LAOHCRCRCA _____
2. BQB IGLRL _____
3. CNPCII _____
4. HKOMCMSA _____
5. KECA _____
6. LEOTRWEMNA _____
7. EBAKD BASNE _____
8. ETA _____
9. PATOOT ALSDA _____
10. MRNCOAAI SAALD _____
11. THO GDSO _____
12. MUHEAGRBR _____
13. IPOLSH GASSSAUE _____
14. SOMERS _____
15. LUPCAENTOA _____



Employee Birthdays

Grace I., Sep 02
Vicki S., Sep 04
Alex B., Sep 06
Morgan N., Sep 07
Miranda L., Sep 09
Alyssa M., Sep 10
Brianna S., Sep 22



2026 Fun & National Holidays!

- Sep 3 World Beard Day
- Sep 3 Skyscraper Day
- Sep 4 Eat an Extra Dessert Day
- Sep 4 College Color Day
- Sep 5 Be Late for Something Day
- Sep 5 Cheese Pizza Day
- Sep 5 Intl. Day of Charity
- Sep 6 Fight Procrastination Day
- Sep 6 Read a Book Day
- Sep 7 Labor Day
- Sep 7 Salami Day
- Sep 8 Pardon Day
- Sep 9 Teddy Bear Day
- Sep 10 Swap Ideas Day
- Sep 11 Patriot Day
- Sep 12 Chocolate Milkshake Day
- Sep 13 Grandparents Day
- Sep 13 Positive Thinking Day
- Sep 13 Boss Day
- Sep 16 Cinnamon Brad Day
- Sep 16 World Guacamole Day
- Sep 17 Intl. Country Music Day
- Sep 18 Rice Krispie Treat Day
- Sep 19 National CleanUp Day
- Sep 19 Intl. Talk Like a Pirate Day
- Sep 20 Punch Day
- Sep 21 Pecan Cookie Day
- Sep 22 Hobbit Day
- Sep 23 Checkers Day
- Sep 23 Native American Day
- Sep 25 Comic Book Day
- Sep 27 Crush a Can Day
- Sep 28 Good Neighbor Day
- Sep 29 Coffee Day
- Sep 30 Health & wellness Day

Meet our Team >>>

Hometown: Menasha, WI

Tell us about your Job.

My job is the director of Social Services. I am a safe place for residents & family to come talk to about any concerns.

Tell us about your family.

I am the oldest of 4 girls. I have 2 cats.

What are your outside Interests?

I like going for walks and taking my nieces and nephews to the park.

Something not everyone may know about you.

I am a really good cook. I learned how to cook from my amazing father.

What's your favorite sports team?

Green Bay Packers!

Emma C.
Social Services Director



Testimonial >>>



"Meadowbrook at Appleton looked like the best option for distance from our home. Physical Therapy team was great to work with, and they were very welcoming as well as real knowledge on what they were doing. I would recommend Meadowbrook and tell them about my experience and explain the help I received. All the staff are very helpful and cheerful." - Janice S. – Resident



1335 S. Oneida St.
Appleton, WI 54915
Contact us at 920-731-6646
www.meadowbrookappleton.com/



Also, September is...

Hispanic Heritage Month
National Assisted Living Week, Sep 13-19
Healthcare Environmental Services &
Housekeeping Week Sep 13-19