



MEADOWBROOK
—APPLETON—



October Activities >>>

Thu 1: 10:00 Volleyball/ 1:00 Bingo / 5:30 1-1 Visits

Fri 2: 10:00 Cribbage/ 2:00 Communion Monthly Prayer/ 3:00 Board Games

Sat 3: 10:00 Social Hour/ 2:00 Jackpot

Sun 4: 9:00 Virtual Church / 12:00 Packers / 2:00 Puzzles

Mon 5: 9:00 Fall Word Search/10:00 Trivia Quest /2:00 Flash dice

Tue 6: 10:00 Cribbage /1:30 Cookie Deco / 3:00 Farkle

Wed 7: 10:00 Nails / 1:00 Bingo / 3:00 Yahtzee

Thu 8: 10:00 Volleyball / 1:00 Fall Hangman / 5:30 1-1 Visits

Fri 9: 10:00 Cribbage /1:00 Name that Tune/2:00 Jackpot/ 5:30 Evening News

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

Sun 11: 10:00 Virtual Church / 2:00 Sunday Social

Mon 12: 10:00 Mancala Game/ 2:00 Jackpot / 3:00 Reading Hour

Tue 13: 10:00 Cribbage / 1:30 Crafting / 3:00 M7M Game/ 5:30 Evening News

Wed 14: 9:30 Manicures / 1:00 Bingo / 3:00 Yahtzee

Thu 15: 10:00 Volleyball / 1:00 Kindness Cards / 5:30 1-1 Visits

Fri 16: 10:00 Cribbage / 1:00 Farkle / 4:00 Evening News

Sat 17: 10:00 Social Hour / 2:00 Jackpot

Sun 18: 9:00 Virtual Church / 12:00 Packers / 2:00 Puzzles

Mon 19: 10:00 Fall Crossword/2:00 Flash Dic /5:30 Board Games

Tue 20: 10:00 Cribbage /1:30 Crafting / 3:00 Farkle/ 5:30 Evening News

Wed 21: 9:30 Manicures/ 10:00 Dog Therapy / 1:00 Bingo & Treat/ 3:00 Yahtzee

Thu 22: 10:00 Volleyball / 1:00 King Corner / 3:00 1-1 Visits

Fri 23: 10:00 Old Maid Game / 1:00 Jackpot / 3:00 Mad Libs (spooky)/ 5:30 Evening News

Sat 24: 10:00 Puzzles / 2:00 Cribbage

Sun 25: 9:00 Virtual Church / 2:00 Sunday Social

Mon 26: 10:00 Jackpot / 2:00 Store for Bingo / 4:00 Puzzles

Tue 27: 10:00 Cribbage / 1:30 Pumpkin Painting / 3:00 Farkle/ 5:30 Evening News

Wed 28: 10:00 Chocolate Trivia/ 1:00 Bingo / 2:00 Resident Council

Thu 29: 10:00 Volleyball / 1:00 1-1 Visits / 3:00 Live Music

Fri 30: 10:00 Nails / 3:00 Boo Bash / 5:30 Evening News

Sat 31: 10:00 Social Hour / 2:00 Jackpot

MONDAY - SUNDAY: 8:00 MORNING VISITS

**** ALL ACTIVITIES SUBJECT TO CHANGE ****

Newsletter

Preventing "Fall" Slips in Fall: Staying Steady and Safe

Autumn brings beautiful changes, but the turn of the season also brings a timely reminder about a different kind of "fall." As the weather cools and we spend more time indoors, prioritizing our balance, mobility, and safety is more important than ever.

Simple Tips for Staying Steady

Staying safe on your feet doesn't mean slowing down. In fact, it means the opposite! Keep these quick tips in mind as you move about your day:

- **Choose the Right Footwear:** As you transition to your autumn wardrobe, ensure your shoes and slippers are supportive. Look for footwear with enclosed heels, flat soles, and sturdy, non-slip rubber grips on the bottom. Avoid loose slippers or walking in thin socks.
- **Keep Your Living Space Clear:** A tidy room is a safe room. Make sure walkways are completely clear of clutter, phone charging cords, or extra blankets. If you notice a spill, a loose rug, or an item out of place in a common area, please notify a staff member right away.
- **Use the "Call Light" Before You Rise:** Your safety is our number one priority. If you ever feel dizzy, tired, or unsteady when getting out of bed or a chair, please don't hesitate to press your call light. Our nursing team is always here and happy to assist you.
- **Light the Way:** As the days get shorter and the afternoons get darker, remember to turn on your bedside lamps and overhead lights before moving around your room.

Keep Moving with Therapy and Activities!

Our muscles naturally weaken as we age, and our sense of balance becomes less dependable. Engaging in regular physical activity helps counteract these age-related changes. Strong muscles provide better support to joints and bones, reducing the risk of stumbling or falling.

We highly encourage everyone to attend our daily morning exercise groups, chair yoga sessions, and afternoon social activities. Staying active keeps your confidence high and your balance sharp!



Let's play!

Word Scramble: At the Pumpkin Patch



1. ANEORG _____
2. EDFIL _____
3. HSVATER _____
4. NEAOLLHEW _____
5. BTSEKA _____
6. URODG _____
7. RACTORT _____
8. VSLAEE _____
9. DESSE _____
10. UTSNDO _____
11. GIWEH _____
12. TMNUUA _____
13. MKIPPUN _____
14. PPELAS _____
15. OCNR MEAZ _____

Meet our Team >>>

Hometown: Arkansaw, WI

Tell us about your Job.

I assist residents with Daily activities, self-care, and bathing.

Tell us about your family.

I have an eight-year-old son named Caleb.

What are your outside Interests?

I like going to races and doing anything my son wants to do.

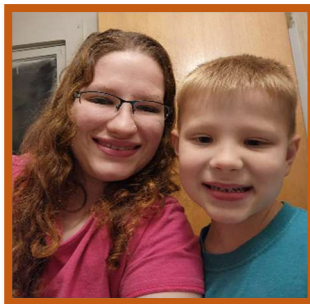
Something not everyone may know about you.

I love pigs and know how to crochet.

What's your favorite sports team?

I watched Packers only, so I have something to talk about with the residents. Local School teams like Appleton West any team my son is on.

Caitlyn W.
CNA



Testimonial >>>



"My stay was good. I liked walking around, volleyball, and the people were very nice along with the facility having amazing hospitality. I would recommend Meadowbrook at Appleton because of the people that work here, the people I have met, and the courtyard. Everyone was welcoming and made me feel at home." - James B. - Resident



1335 S. Oneida St.
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Contact us at **920-731-6646**
www.meadowbrookappleton.com

Find us on
Facebook



Employee Birthdays

Amy G., Oct 04
Michelle F., Oct 06
Nikki W., Oct 07
Margaret K., Oct 10
Dawn L., Oct 18

Carsen K., Oct 20
Rachel K., Oct 28
Barbie T., Oct 29



2026 Fun & National Holidays!

- ▶ Oct 1 International Coffee Day
- ▶ Oct 1 Homemade Cookies Day
- ▶ Oct 2 World Smile Day 😊
- ▶ Oct 3 Card Making Day
- ▶ Oct 4 Taco Day
- ▶ Oct 4 Cinnamon Bun Day
- ▶ Oct 5 Chic Spy Day
- ▶ Oct 7 Frappé Day
- ▶ Oct 7 Coffee with a Cop Day
- ▶ Oct 8 Pierogi Day
- ▶ Oct 9 Curious Events Day
- ▶ Oct 10 World Mental Health Day
- ▶ Oct 12 Columbus Day
- ▶ Oct 13 International Skeptics Day
- ▶ Oct 14 Dessert Day
- ▶ Oct 15 Cheese Curd Day
- ▶ Oct 16 Dictionary Day
- ▶ Oct 17 Pasta Day
- ▶ Oct 17 Sweetest Day
- ▶ Oct 18 Chocolate Cupcake Day
- ▶ Oct 20 International Sloth Day
- ▶ Oct 21 Apple Day
- ▶ Oct 22 Caps Lock Day
- ▶ Oct 23 World Mole Day
- ▶ Oct 24 Bologna Day
- ▶ Oct 25 Sourest Day
- ▶ Oct 26 Pumpkin Day
- ▶ Oct 27 American Beer Day
- ▶ Oct 28 International Animation Day
- ▶ Oct 29 Cat Day
- ▶ Oct 29 Internet Day
- ▶ Oct 30 Candy Corn Day
- ▶ Oct 31 Halloween

Also, October is...

Breast Cancer Awareness Month
National Healthcare Food Service Week
Oct 04-10