



MEADOWBROOK
—BLACK RIVER FALLS—

Upcoming Event >>>

- Wed 1:** 10:00 6-5-4/ 1:30 Games w/Linda/ 3:00 Social time
- Thu 2:** 9:00 Catholic/ 10:00 Pokeno/ 2:00 Bingo/ 3:00 Social time/ 7:00 Bucks vs Nets
- Fri 3:** 10:00 Dice/ 2:00 bean Bags/ 3:00 Social time
- Sat 4:** 2:00 Self Led Act/ 5:00 Lawrence/ 7:00 Bucks vs Trailblazer
- Sun 5:** 9:15 Church/ TBD Packers vs Bears/ Self led games
- Mon 6:** 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time/ 6:30 Bucks vs Raptors
- Tue 7:** 10:00 Craft time/ 2:30 Table Air Hockey/ 3:00 Social tm
- Wed 8:** 10:00 Resid. Council/1:30 Games w/Linda/ 3:00 Church/ 8:30 Bucks vs Spurs
- Thu 9:** 10:00 Table Bowling/ 2:00 Bingo/ 3:00 Social time
- Fri 10:** 10:00 Bean Bags/ 2:00 Beach ball volley/ 2:30 Social time/ 6:00 Bucks vs Magic
- Sat 11:** 2:00 Self Led Act./ 5:00 Lawrence Welk
- Sun 12:** 9:15 Church/ 2:00 Bucks vs Knicks/ Self led Act.
- Mon 13:** 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time
- Tue 14:** 10:00 Wheel of Fortune/ 2:00 Manicures/ 3:00 Social time/ 7:00 Bucks vs Kings
- Wed 15:** 10:00 Cup Pong/ 1:30 Game w/Linda/ 3:00 Church/ 7:00 Bucks vs Magic
- Thu 16:** 9:00 Catholic/ 10:00 Snowball fight/ 2:00 Bingo/ 3:00 Social time
- Fri 17:** 10:00 Dice/ 2:00 Shuffleboard/ 3:00 Social time/ 47:00 Bucks vs Raptors
- Sat 18:** 2:00 Self Led Act./5:00 Lawrence Welk.
- Sun 19:** 9:15 Church/ 6:00 Bucks vs 76ers
- Mon 20:** 10:00 Cheese Tasting / 2:00 Bingo/ 3:00 Social time
- Tue 21:** 10:00 Baking/ 2:00 Music w/Colman/ Birthday Party
- Wed 22:** 10:00 Board Games/ 1:30 Games w/Linda/ 2:30 Popcorn/ 7:00 Bucks vs Pelicans
- Thu 23:** 10:00 UNO/ 2:00 Bingo/ 3:00 Social tm/ 6:30 Bucks - Heat
- Fri 24:** 10:00 Trivia/ 2:00 Dice/ 3:00 Social time
- Sat 25:** 2:00 Self Led Act./ 5:00 Lawrence W. 9:30 Bucks - Clippers
- Sun 26:** 9:15 Church/ Self led games
- Mon 27:** 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time/ 7:00 Bucks
- Tue 28:** 10:00 Crafts/ 2:00 Wally & the guys/ 2:30 Social time/ 9:00 Bucks vs Trailblazers
- Wed 29:** 10:00 Puzzles/00 Games w/Linda/ 2:30 Social time
- Thu 30:** 10:00 Ladder ball/ 2:00 Bingo/ 3:00 Social time
- Fri 31:** 10:00 Guess the phrase/ 2:00 Basketball/ 3:00 Social time/ 7:00 Bucks vs Spurs

Snack and refreshments are served M-F between 2:30-3.
Evening Activities are self led resident choice. Movies, Wii, board games, activity sheets.

***Activities are subject to change ***

Newsletter

Benefits of Mindfulness for Seniors

Mindfulness can be a great skill for anyone to develop, and it can be especially helpful for seniors. Here are some of the best benefits of mindfulness:

Relieves Stress

Stress is a common problem for older adults. As you go through big life changes like retirement, you may find yourself feeling tense, worried, or anxious. Mindfulness activities are an excellent form of stress relief. As you become comfortable with the practice, you'll learn to handle difficult or stressful situations without having an intense reaction.

Improves Memory

Memory is a common concern for seniors, but exercising your mind can help to keep your memory sharp. Mindfulness is one of the best ways to strengthen your brain and your memory. It's particularly beneficial for your working memory, which is your immediate short-term memory. Research shows that mindfulness meditation can even slow the progression of Alzheimer's disease and dementia.

Strengthens Cognition

Mindfulness can strengthen many cognitive processes, including your attention span, alertness, and logical reasoning.

Stabilizes Mood

Mindfulness can help with symptoms of depression and other mood disorders, which are unfortunately common in seniors. Even if you don't have a mental health disorder, practicing mindfulness can improve or regulate your mood. Mindfulness activities encourage you to focus on the present without ruminating on the past or worrying about the future, which leads to feelings of peace and contentment.

Mindfulness Activities

There are many ways to practice mindfulness. You may have to try a few activities before you find the one that works best for you. Here are some of the most popular mindfulness activities:

- ▶ Breathing Exercises
- ▶ Body Awareness
- ▶ Walking
- ▶ Journaling
- ▶ Mindful Eating



Let's play! Word Scramble: *Happy New Year*

1. MUCSI _____
2. EINRDFS _____
3. FIALYM _____
4. NNGBIEGIN _____
5. NWE REASY DAY _____
6. CNDIANG _____
7. MDINITGH _____
8. AALERDNC _____
9. ORRFKSWIE _____
10. RUSLOOTINE _____
11. ENW EYRAS EEV _____
12. NISGING _____
13. CAHPEMNAG _____
14. HUGERLAT _____
15. NDCNWOUTO _____



Employee Birthdays

Rachel B., Jan 06
Lilli L., Jan 18
Jocelyn B., Jan 28



2025 Fun & National Holidays!

- ▶ Jan 1 New Year's Day
- ▶ Jan 1 Mexican Independence Day
- ▶ Jan 2 World Introvert Day
- ▶ Jan 3 World Mind-Body Wellness Day
- ▶ Jan 4 Spaghetti Day
- ▶ Jan 4 World Braille Day
- ▶ Jan 4 Trivia Day
- ▶ Jan 5 Bird Day
- ▶ Jan 6 Epiphany
- ▶ Jan 7 Orthodox Christmas
- ▶ Jan 7 Bobblehead Day
- ▶ Jan 9 Law Enforcement Appreciation Day
- ▶ Jan 11 Clean Your Desk Day
- ▶ Jan 13 Sticker Day
- ▶ Jan 15 Hat Day
- ▶ Jan 15 Bagel Day
- ▶ Jan 15 Use Your Gift Card Day
- ▶ Jan 16 Internacional Spicy Food Day
- ▶ Jan 19 Popcorn Day
- ▶ Jan 20 Martin Luther King Day
- ▶ Jan 20 Cheese Lover's Day
- ▶ Jan 21 Hugging Day
- ▶ Jan 21 Granola Bar Day
- ▶ Jan 23 Pie Day
- ▶ Jan 24 Compliment Day
- ▶ Jan 24 Peanut Butter Day
- ▶ Jan 25 Opposite Day
- ▶ Jan 26 Spouses Day
- ▶ Jan 27 Chocolate Cake Day
- ▶ Jan 28 Lego Day
- ▶ Jan 29 Lunar New Year
- ▶ Jan 29 Puzzle Day
- ▶ Jan 30 Croissant Day
- ▶ Jan 31 Hot Chocolate Day

Meet our Team >>>

Background

I grew up in Wilton, WI. (a small town 15 miles south of Tomah.

Tell us about your family.

I'm married (Dean) for 11 years. I have 3 adult children (1 daughter and 2 sons) along with 8 Grandchildren aged from 1 year to 20 years.

What are your outside Interests?

I like to craft, go fishing, travel and of course my favorite thing to do is Cook for the Holidays.

What is the best part of your job?

Serving everyone with Great Quality Meals!

What is one thing about you that would surprise people?

I went to school to be an Auctioneer....Graduated but never did it for a Profession.

What is your favorite vacation spot?

My all-time favorite spot would have to be Ireland....LOVED it over there and would love to go back!!!!

Rhonda B.
Dietary Manager



1311 Tyler Street
Black River Falls, WI 54615
Contact us at 715-284-4396
www.meadowbrookbrf.com



Also, in January is...
The Activity Professional Week Jan 19-25