



## Upcoming Event >>>

Thu 1: 2:00 Bingo / 3:00 Social & Snacks

Fri 2: 10:00 Artful Hr/ 1:45 Trivia/ 3:00 Social time/ 6:00 UNO/ 8:00 Bucks

Sat 3: 10:00 Movie/ 2:00 Games w/Peggy/ Self led activity

Sun 4: 9:15 Church/ TBD Packer Game / Self led activity

Mon 5: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

Tue 6: 10:00 7's Dice/ 2:00 Guess the phrase/ 3:00 Social time

Wed 7: 10:00 Baking/1:30 Games w/Linda/2:30 Social time/ 3:00 Church

Thu 8: 10:00 AM Exercises/ 2:00 Bingo/ 3:00 Social tm/3:15 Bible

Fri 9: 10:15 Board Games/ 1:30 Aptiv visit/ 2:30 Social time/ 3:00 Church

Sat 10: 10:30 Movie/ 2:00 Games w/Peggy/ Self led activity

Sun 11: 9:15 Church/ Self Led Activity/ 7:00 Bucks

Mon 12: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

Tue 13: 10:00 Crafts / 1:30 Cilli cook off/ 3:00 Social time

Wed 14: 10:00 Conversation Catch/ 1:30 Games w/Linda/ 3:00 Social time/ 3:00 Church

Thu 15: 9:00 Catholic Serv. 10:00 AM Exercise/ 2:00 Bingo/2:45 Social tm/ 3:15 Bible Study

Fri 16: 10:00 Artful Hr/3:00 Social time/ 6:00 UNO

Sat 17: 10:00 Movie/ 2:00 Games w/Peggy/ Self led activity

Sun 18: 9:15 Church/ 3:00 Gospel Singers/ Self led activity

Mon 19: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

Tue 20: 10:00 Manicures/ 2:00 Monthly B-day/ 3:00 Social time

Wed 21: 10:00 6-5-4/ 2:00 Table Bowling/ 2:30 Social time

Thu 22: 10:00 Weel of Fortune/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study

Fri 23: 10:00 Board games/ 2:00 Name that tune/ 3:00 Social time/ 6:00 UNO/ 7:00 Bucks

Sat 24: 10:30 Movie/ 2:00 Games w/Peggy/ Self led activity

Sun 25: 9:15 Church/ Self led Activity / 6:00 Bucks

Mon 26: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social tm/ 6:00 Dice

Tue 27: 10:00 Pokeno/ 1:30 Wally & Jerry/ 3:00 Social time

Wed 28: 10:00 Ring Toss/ 1:30 Resident Council/ 3:00 Social time

Thu 29: 10:00 Table air hockey/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study

Fri 30: 10:00 Artful /2:00 Name that tune/3:00 Social tm/6:00 UNO

Sat 31: 10:30 Movie/ 2:00 Games w/Peggy/ Self led activity

**Snack and refreshments** are served M-F between 2:30-3:00 pm  
**Wednesday's beauty shop & Wal-Mart/Smoke shop pick up day.**

\*Puzzles, board games and activity sheets are always available for self-led activity. Free movie options are set up on the lounge tv.

\*\*\*Activities are subject to change \*\*\*

# Newsletter

## The Importance of Activities for Seniors

Staying active—socially, mentally, and physically—is essential at every stage of life. However, for seniors, purposeful daily activities carry unique and powerful benefits that help protect independence, self-esteem, and overall health. As the aging population continues to grow, so does the need to understand how meaningful engagement improves quality of life for older adults—whether they live at home, with family, or in long-term care communities.



**Physical Benefits:** Regular physical activity helps seniors maintain strength, flexibility, and balance, reducing the risk of falls and mobility loss. Even low-impact exercises, such as walking, stretching, chair yoga, or tai chi, can improve heart health, support weight management, and increase energy levels.

**Cognitive Benefits:** Activities that stimulate the brain—puzzles, reading, music, learning new skills, or participating in group discussions—help slow cognitive decline and support memory function. Continued mental stimulation encourages problem-solving, creativity, and curiosity, all of which protect the brain from deterioration associated with aging conditions such as dementia.

**Emotional and Social Benefits:** Social isolation is a major concern for older adults and can lead to depression, anxiety, and feelings of loneliness. Group activities, social outings, clubs, and volunteer opportunities help seniors build relationships, find purpose, and strengthen emotional well-being.

**Sense of Purpose and Identity:** Engaging in hobbies, community involvement, or creative projects allows seniors to continue expressing their individuality and strengths. Activities such as gardening, crafting, music therapy, or storytelling empower seniors to remain contributors rather than observers.

**Support for Memory Care Residents:** For seniors living with Alzheimer's disease or other forms of dementia, activities play a therapeutic role. Structured tasks, familiar routines, and sensory-based programs can reduce agitation, improve focus, and evoke positive memories.

**Community Engagement and Belonging:** Whether offered through senior centers, nursing homes, assisted living communities, or local organizations, group activities build a sense of community. Events such as game nights, exercise groups, book clubs, or spiritual gatherings encourage friendships and reduce feelings of isolation.

Supporting seniors in staying engaged is one of the most effective ways to promote health, happiness, and dignity throughout the aging journey.

# Let's play! Word Scramble: Winter

1. RNAAYUJ \_\_\_\_\_

2. OECKHY \_\_\_\_\_

3. EOZRNF \_\_\_\_\_

4. SCSKO \_\_\_\_\_

5. ICCLIE \_\_\_\_\_

6. SNWO \_\_\_\_\_

7. SOOTB \_\_\_\_\_

8. DOOW \_\_\_\_\_

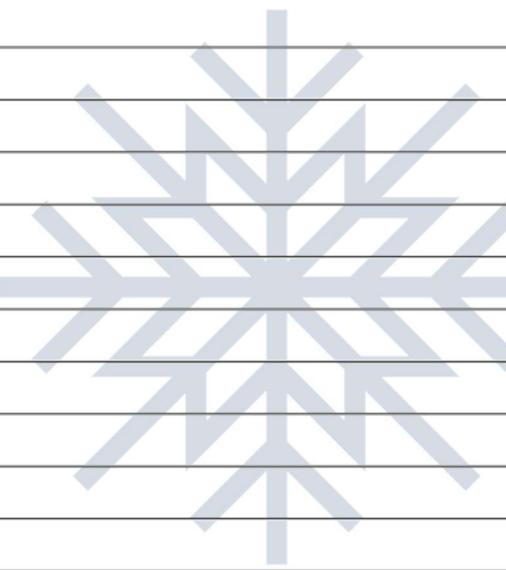
9. KAETS \_\_\_\_\_

10. TNSEIMT \_\_\_\_\_

11. LERIAFECP \_\_\_\_\_

12. EIC \_\_\_\_\_

13. ODCL \_\_\_\_\_



## Meet our Team >>>

Hometown: Tomah, WI.

Background: I have 25+ years in Human/Social services.

Tell us about your family.

I have two children. 1 almost an adult and 1 an adult. ☺

What are your outside Interests?

I love reading, writing, listening to music and podcasts and watching football when the Bears are playing well!

What is the best part of your job?

Helping others to follow their goals.

Chris K.  
Social Service Director



## Testimonial >>>



*"My stay was very pleasant. The employees are very helpful and very willing to help where needed. I enjoyed my stay very much." - Susan W. - Resident*



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## Employee Birthdays

Amelia F., Jan 13

Caiden H., Jan 27

Mark A., Jan 13

Jocelyn B., Jan 28

Brooke L., Jan 14

Chynae D., Jan 14

Lilli L., Jan 18

Carrigan M., Jan 20



## 2026 Fun & National Holidays!

- Jan 1 New year Day!
- Jan 2 Buffet Day
- Jan 3 Fruitcake Toss Day
- Jan 4 Trivia Day
- Jan 5 Bird Day
- Jan 6 Bean Day
- Jan 7 Old Rock Day
- Jan 8 Winter Skin Relief Day
- Jan 9 Law Enforcement Appreciation Day
- Jan 12 Clean Off Your Desk Day
- Jan 12 Marzipan Day
- Jan 13 Make Dreams Come True Day
- Jan 14 Organize Your Home Day
- Jan 15 Bagel Day
- Jan 16 Nothing Day
- Jan 17 Benjamin Franklin Day
- Jan 17 Kid Inventors Day
- Jan 17 New Years Resolution Day
- Jan 17 Soup Swap Day
- Jan 18 Thesaurus Day
- Jan 19 MLK Day
- Jan 19 Popcorn Day
- Jan 21 Granola Bar Day
- Jan 22 Hot Sauce Day
- Jan 23 Pie Day
- Jan 24 Compliment Day
- Jan 24 Macintosh Computer Day
- Jan 25 Opposite Day
- Jan 26 Spouses Day
- Jan 27 Chocolate Cake Day
- Jan 29 Puzzle Day
- Jan 30 Croissant Day
- Jan 30 Fun at Work Day
- Jan 31 Hot Chocolate Day

## Also, January is...

Activity Professionals Week-Jan 26-30