



MEADOWBROOK  
—BLACK RIVER FALLS—

**Upcoming Event >>>**

- Wed 1: 10:00 Egg Coloring/ 1:30 Games w/Linda/2:30 Social time/ 3:00 Church
- Thu 2: 10:00 Exercises/2:00 Bingo/ 3:00 Social tm/3:15 Bible study
- Fri 3:10:00 Artful hour/ 2:00 Egg Hunt/ 3:00 Social tm/ 6:00 UNO
- Sat 4: 10:00 Movie/ 2:00 Games w/Peggy/ 3:15 Brewer Game
- Sun 5: 9:15 Church/ Self led activity/ 3:10 Brewers Game
- Mon 6: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 7: 10:00 Convo Catch / 2:00 Karaoke w/Ryan/ 3:00 Social time/ 5:45 Brewers Game
- Wed 8: 10:00 Cup Pong/ 1:30 Games w/Linda/ 3:00 Social time/ 3:00 Church/Memorial Serv.
- Thu 9: 10:00 Exercise/2:00 Bingo/3:00 Social tm/3:15 Bible Study
- Fri 10:10:00 Guess the phrase/2:00 Farkle/3:00 Social tm/ 6:00 Uno
- Sat 11: 10:00 Movie/ 2:00 Games w/Peggy/ 6:10 Brewers Game
- Sun 12: 9:15 Church/ 1:10 Brewers Game/ 3:00 Gospel Singers/
- Mon 13: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 14: 10:00 Balloon bash/ 2:00 Planting/ 3:00 Social time/ 6:40 Brewers Game
- Wed 15: 10:00 Baking/ 1:30 Games w/Linds/ 2:30 Social time/ 3:00 Church
- Thu 16: 9:00 Catholic Visit/ 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study
- Fri 17: 10:00 Artful Hr/ 2:00 6-5-4/ 3:00 Social time/6:00 UNO
- Sat 18: 10:00 Movie/ 2:00 Games w/Peggy/ 3L:10 Brewers Game
- Sun 19: 9:15 Church/ 12:40 Brewers Game/ Self led Activity
- Mon 20: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 21: 10:00 Crafts/2:00 L-R-C / 3:00 Social time/ 5:40 Brewers
- Wed 22: 10:00 Giant Connect 4/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Church
- Thu 23: 10:00 Exercises/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study
- Fri 24: 10:00 Pokeno /2:00 Resid Council/3:00 Social tm/6:00 UNO
- Sat 25: 10:00 Movie/ 2:00 Games w/Peggy/ 6:10 Brewers Game
- Sun 26: 9:15 Church/ 1:30 Brewers Game/ Self led Activity
- Mon 27: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice
- Tue 28: 10:00 Manicures/ 1:30 Wally & Jerry, Monthly Birthday Party/ 2:30 Social time
- Wed 29: 10:00 Shuffleboard/ 1:30 Games w/Linda/2:30 Social time/ 3:00 Church
- Thu 30: 10:00 Exercises/2:00 Bingo/ 3:00 Social tm/3:15 Bible study

Snack and refreshments are served M-F between 2:30-3:00 pm  
**Wednesdays are beauty shop & Wal-Mart/smoke shop pick up day.**  
 See Lyndsey to set up an appointment at the beauty shop. Please have your shopping lists ready by Tuesday.  
 \*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 Magic of "Remember When": Why Reminiscing is Good for the Soul

As the flowers begin to bloom this April, it's a natural time to think about growth, history, and the journeys that brought us here. For many of us, looking back isn't just about "the good old days"—it's a powerful way to stay connected to who we are today.



### More Than Just a Memory

Mental health experts often call this "Reminiscence Therapy," but we just call it good storytelling. Sharing memories does more than pass the time; it actually reduces stress, boosts self-esteem, and helps keep our minds sharp. When we revisit a favorite memory, our brains release feel-good chemicals that can improve our mood for the entire day.

### Ways to Spark a Story

You don't need a reason to take a trip down memory lane, but sometimes a little nudge helps:

- **The Power of Music:** Hearing a song from your teenage years can instantly transport you back to a specific dance, a car ride, or a summer night.
- **Sensory Scents:** The smell of fresh-cut grass, lilac, or a specific family recipe can unlock "hidden" memories that words alone can't reach.
- **Photo Power:** Flipping through an old album isn't just a solo activity—it's an invitation for others to learn about your adventures.

### Share Your Spark

This month, we encourage you to share one "first" with a neighbor or a staff member. Was it your first car? Your first job? Or perhaps the first time you saw a spring bloom in your childhood backyard?

Your stories are the heartbeat of our community. By sharing them, you aren't just looking backward—you're helping us all grow closer together.

# Let's play! Word Scramble: Spring Time

1. BBUSL \_\_\_\_\_
2. TBUESTRCPU \_\_\_\_\_
3. SSBLSOOM \_\_\_\_\_
4. RSRAPTELACIL \_\_\_\_\_
5. IRNPGS ENGRSE \_\_\_\_\_
6. DSODFILFA \_\_\_\_\_
7. FULATEBUI \_\_\_\_\_
8. ADESSII \_\_\_\_\_
9. KCISCH \_\_\_\_\_
10. BUDNGID \_\_\_\_\_
11. LGBAIMN \_\_\_\_\_
12. RSIDB \_\_\_\_\_
13. IRBSK \_\_\_\_\_
14. EESB \_\_\_\_\_



## Employee Birthdays

Jean M., Apr 1  
 Ayra B., Apr 22  
 Emily Z., Apr 24  
 Peter C., Apr 29



## 2026 Fun & National Holidays!

- ▶ Apr 1 April Fool Day
- ▶ Apr 2 Burrito Day
- ▶ Apr 3 Good Friday
- ▶ Apr 3 Caramel Day
- ▶ Apr 5 Happy Easter!
- ▶ Apr 6 Caramel Popcorn Day
- ▶ Apr 7 World Health Day
- ▶ Apr 10 Siblings Day
- ▶ Apr 11 Pet Day
- ▶ Apr 12 Grilled Cheese Day
- ▶ Apr 13 Scrabble Day
- ▶ Apr 14 Gardening Day
- ▶ Apr 15 Banana Day
- ▶ Apr 16 Eggs Benedict Day
- ▶ Apr 16 Wear Pajamas to Work Day
- ▶ Apr 17 Cheeseball Day
- ▶ Apr 18 Exercise Day
- ▶ Apr 20 Volunteer Recognition Day
- ▶ Apr 20 Look Alike Day
- ▶ Apr 22 Earth Day
- ▶ Apr 22 Jelly Bean Day
- ▶ Apr 23 Take a Chance Day
- ▶ Apr 23 Worl Book Day
- ▶ Apr 24 Bucket List Day
- ▶ Apr 25 DNA Day
- ▶ Apr 26 Pretzel Day
- ▶ Apr 27 Administrative Professional Day
- ▶ Apr 27 Gummi Bear Day
- ▶ Apr 28 Superhero Day
- ▶ Apr 29 Zipper Day
- ▶ Apr 30 Honesty Day

## Meet our Team >>>

Hometown: Kalamazoo, MI.

Tell us about your family:

I have a fiancé, Dustin. A 14 year old son Bradley and 2 dogs, Buddy & Bear.

What are your outside Interests?

I love hanging out with family and friends and gardening.

What is the best part of your job?

Seeing the residents, interacting with them and the staff.

What is the one thing that would surprise people about you?

Honestly, nothing because I am a pretty open book, people already know everything!

**Kerry**  
Laundry



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## Also, April is...

Stress Awareness Month  
 Occupational Therapy Month