




MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Sat 1: 10:00 Movie/ 2:00 Games w/Peggy/ Self led activities

Sun 2: 9:15 Church/ Self led activities

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

Tue 4: 10:00 Manicures/ 2:00 Karaoke w/Ryan/ 3:00 Social time

Wed 5: 10:00 L-R-C/ 2:00 Family Feud/ 3:00 Social tm/3:00 Church

Thu 6: 9:00 Catholic visits/ 10:00 Exercise/ 2:00 Bingo/3:00 Social time/ 3:15 Bible study

Fri 7: 10:00 Guess the phrase/ 2:00 6-5-4/ 3:00 Social time

Sat 8: 10:00 Movie/ 2:00 Games w/Peggy/ Self led activities

Sun 9: 9:15 Church/ Self led activities

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

Tue 11: 10:00 Alphabet Challenge/ 2:00 Table Air Hockey/ 3:00

Social time/ 7:00 Music in the Park

Wed 12: 10:15 Boys & Girls Club/ 2:00 Memory Tray/ 3:00 Social time/ 3:00 Church

Thu 13: 10:00 Exercise/ 2:00 Bingo/ 3:00 Social tm/ 3:15 Bible stdy

Fri 14: 10:00 Trivia/ 2:00 Music-Gene J./ 3:00 Social time

Sat 15: 10:00 Movie/ 2:00 Games w/Peggy/ Self led activities

Sun 16: 9:15 Church/ 3:00 Gospel Singers/ Self led activities

Mon 17: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

Tue 18: 10:00 "The Challenge"/ 2:00 Craft Time / 3:00 Social time/ 7:00 Music in the Park

Wed 19: 10:00 Pictionary/ 1:30 Wash My Ride/2:30 Social time/ 3:00 Church

Thu 20: 9:00 Catholic visits/ 10:00 Exercise/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study

Fri 21: 10:00 Pokeno/ 2:00 Resident Council/ 3:00 Social time

Sat 22: 10:00 Movie/ 2:00 Games w/Peggy/ Self led activities

Sun 23: 9:15 Church/ Self led activity

Mon 24: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

Tue 25: 10:00 Ladder Ball/ 2:00 Monthly Birthday-Wally & Jerry/ 3:00 Social time/ 7:00 Music in the Park

Wed 26: 10:15 Boys & Girls Club/ 2:00 Popcorn cart / 3:00 Social time/ 3:00 Church/ Memorial

Thu 27: 10:00 Exercise/2:00 Bingo/ 3:00 Social tm/ 3:15 Bible stdy

Fri 28: 10:15 Outdoor time/ 2:00 Name that tune/ 3:00 Social time

Sat 29: 10:00 Movie/ 2:00 Games w/Peggy/ Self led activities

Sun 30: 9:15 Church/ Self led activities

Mon 31: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

Snack and refreshments are served M-F between 2:30-3:00 pm
Wednesdays are beauty shop & Walmart/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

Stay Safe and Healthy This Summer

Summer is a wonderful time to enjoy sunshine, fresh air, and outdoor activities. However, warmer temperatures can pose unique health risks for older adults. Taking a few simple precautions can help everyone stay safe while making the most of the season.

Stay Hydrated: As we age, our sense of thirst decreases, making us more likely to become dehydrated. Drink water regularly throughout the day, even if you don't feel thirsty. Foods with high water content, such as watermelon, cucumbers, oranges, and strawberries, can also help keep you hydrated.

Dress for the Weather: Choose lightweight, loose-fitting, and light-colored clothing to stay cool. A wide-brimmed hat and sunglasses provide extra protection from the sun, while sunscreen with SPF 30 or higher helps prevent sunburn.

Avoid Peak Heat: Try to schedule outdoor activities during the early morning or evening when temperatures are cooler. If you need to be outside during the hottest part of the day (typically between 10:00 a.m. and 4:00 p.m.), take frequent breaks in the shade or indoors.

Stay in an air-conditioned place: Use fans or air conditioning when possible. Close blinds or curtains during the hottest part of the day to reduce indoor temperatures. If your home becomes too warm, consider visiting a local library, community center, or another air-conditioned public space.

Know the Signs of Heat-Related Illness: Watch for symptoms such as dizziness, headache, nausea, excessive sweating, muscle cramps, confusion, or unusual fatigue. If these symptoms occur, move to a cooler place, drink water, and seek medical attention if symptoms worsen or do not improve.

Eat Light and Fresh: Enjoy seasonal fruits and vegetables and choose lighter meals that are easier to digest. Avoid excessive alcohol and limit sugary drinks, which can contribute to dehydration.

Stay Active Safely: Continue exercising but adjust your routine to the weather. Walking indoors, participating in group exercise classes, or swimming are excellent ways to stay active while avoiding excessive heat.

Enjoy Summer Safely! A little planning goes a long way. By staying hydrated, protecting yourself from the sun, and recognizing the signs of heat-related illness, you can enjoy all the benefits of summer while staying healthy and comfortable.

Summer Safety Tips



Sun protection



Stay hydrated



Wear hat and sunglasses



Avoid heat at midday

Let's play! Word Scramble: Hobbies

1. HSFINGI _____
2. SALITPE _____
3. TNRICGHECO _____
4. GENRIAD _____
5. GNIEWS _____
6. IIWRTGN _____
7. IKINGH _____
8. RPOTOYHPGHA _____
9. GTNAIIPN _____
10. ISCON _____
11. UIGNTNH _____
12. SAPMST _____
13. ITNIGKNT _____
14. ETVNGRALI _____
15. GNRDWAI _____

Meet our Team >>>

Hometown: Las Vegas, NV.

Employment background:

CNA for 15 years, mainly in behavioral homes.
Managed 5 CBRF homes for 10 years.

Tell us about your family:

I have one son, 10 years old, and two cats, four dogs, and I am engaged!

What are your outside Interests?

I love being outdoors by the water, camping, and being active.

What is the best part of your job?

Engaging with residents and staff.

What is one thing that would surprise people about you?

I was a surrogate for my brother and his wife. They now have a 14-year-old, beautiful daughter!

Hannah
HR Manager



Employee Birthdays

Josie T., Aug 7
Cara R., Aug 21
Ubaldo M., Aug 24
Gustav M., Aug 28



2026 Fun & National Holidays!

- ▶ Aug 1 Girlfriends Day
- ▶ Aug 2 Ice Cream Sandwich Day
- ▶ Aug 2 Sisters Day
- ▶ Aug 3 Watermelon Day
- ▶ Aug 4 Chocolate Chip Cookie Day
- ▶ Aug 6 Root Beer Float Day
- ▶ Aug 7 International Beer Day
- ▶ Aug 7 Lighthouse Day
- ▶ Aug 7 Water Balloon Day
- ▶ Aug 8 Happiness Happens Day
- ▶ Aug 9 Book Lovers Day
- ▶ Aug 9 Rice Pudding Day
- ▶ Aug 10 Lazy Day
- ▶ Aug 10 S'mores Day
- ▶ Aug 11 Son and Daughter Day
- ▶ Aug 12 Middle Child Day
- ▶ Aug 12 Vinyl Record Day
- ▶ Aug 13 Left Handers Day
- ▶ Aug 14 Creamsicle Day
- ▶ Aug 15 Relaxation Day
- ▶ Aug 16 Tell a Joke Day
- ▶ Aug 17 Thrift Shop Day
- ▶ Aug 17 Pineapple Juice Day
- ▶ Aug 18 Mail Order Catalog Day
- ▶ Aug 19 World Photo Day
- ▶ Aug 19 Bacon Lovers Day
- ▶ Aug 20 Chocolate Pecan Pie Day
- ▶ Aug 21 Senior Citizens Day
- ▶ Aug 22 Be An Angel Day
- ▶ Aug 24 Waffle Day
- ▶ Aug 25 Banana Split Day
- ▶ Aug 26 Dog Appreciation Day
- ▶ Aug 28 Bow Tie Day
- ▶ Aug 31 Eat Outside Day
- ▶ Aug 31 Trail Mix Day

Also, August is...

International Peace Month
Wellness Month



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