



MEADOWBROOK

—BLACK RIVER FALLS—

Upcoming Event >>>

Wed 1: 10:00 Conversation catch/ 2:00 Bingo/ 3:00 Social/Snack

Thu 2: 9:00 Catholic Visit/ 10:00 Exercise/2:00 4th of July Craft/ 3:00 Social time/ 3:15 Bible Study

Fri 3: 10:00 Outdoor time/2:00 6-5-4/ 3:00 Social time/ 6:00 UNO

Sat 4: 10:00 Movie/ 2:00 Games w/Peggy/ Self led activities

Sun 5: 9:15 Church/ Self led activities

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

Tue 7: 10:00 Manicures/ 2:00 Music w/Colman/ 3:00 Social time/

Wed 8: 10:00 Skee ball/ 1:30 Games w/Linds/ 3:00 Social time/ 3:00 Church

Thu 9: 10:00 Exercise/ 2:00 Bingo/3:00 Social time/ 3:15 Bible stdy

Fri 10: 10:00 Outdoor time/ 2:00 High Low Cards/ 3:00 Social time

Sat 11: 10:00 Movie/ 2:00 Games w/Peggy/ Self led activities

Sun 12: 9:15 Church/ Self led activities

Mon 13: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

Tue 14: 10:00 Trivia/ 1:30 Carnival / 3:00 Social time/ 6:00 Music in the Park

Wed 15: 10:00 Boys & girls Club/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Memorial Service

Thu 16: 9:00 Catholic visits/ 10:00 Exercise/ 2:00 Bingo/ 3:00 Social time/ 3:15 Bible study

Fri 17: 10:00 Outdoor time/ 2:00 Table Bowling/ 3:00 Social time/ 6:00 UNO

Sat 18: 10:00 Movie/ 2:00 Games w/Peggy/ Self led activities

Sun 19: 9:15 Church/ 3:00 Gospel Singers/ Self led activities

Mon 20: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

Tue 21: 10:00 Diceo/ 2:00 Name that tune / 3:00 Social time/ 6:00 Music in the Park

Wed 22: 10:00 Balloon Volleyball/ 1:30 Games w/Linda/2:30 Social time/ 3:00 Church

Thu 23: 10:00 Exercise/ 2:00 Bingo/ 3:00 Social tm/3:15 Bible stdy

Fri 24: 10:00 Outdoor time/ 2:00 Name that tune/ 3:00 Social time/ 6:00 UNO

Sat 25: 10:00 Movie/ 2:00 Games w/Peggy/ Self led activities

Sun 26: 9:15 Church/ Self led activity

Mon 27: 10:00 Sip & Chat/ 2:00 Bingo/ 3:00 Social time/ 6:00 Dice

Tue 28: 10:00 Shuffleboard/ 1:30 Wally & Jerry/ 3:00 Social time

Wed 29: 10:00 Boys & girls Club/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Church

Thu 30: 10:00 Resident Council/2:00 Bingo/ 3:00 Social tm/ 3:15 Bible Study

Fri 31: 10:00 Outdoor time/ 2:00 Pokeno/ 3:00 Social time

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

The Power of Staying Connected

Did you know that staying social is just as important for your health as eating well and exercising? July is **National Social Wellness Month**, a time dedicated to celebrating the friendships and community bonds that keep us thriving. Research shows that older adults with vibrant social networks enjoy stronger immune systems, better memory retention, and a significantly lower risk of heart disease and depression. Human connection is powerful medicine. When we share a laugh, converse with a neighbor, or lean on a friend during tough times, our bodies release hormones that reduce stress and promote a sense of safety. Embracing your community is not just a way to pass the time—it is a vital component of healthy aging.

4 Easy Ways to Build Connection

1) Learn a Neighbor's Name

A simple greeting can transform someone's day. Make it a personal goal this July to introduce yourself to one resident or new staff member you see regularly in the dining room or hallways.

2) Share a "Skill Swap" with Family

When grandkids or relatives visit, turn it into a fun learning session. Offer to teach them a favorite classic card game, dominoes, or a craft, and ask them to show you a fun feature or photo trick on a smartphone.

3) Join a Group Hobby Circle

Trying a new structured activity is a low-pressure way to make friends. Check the activity calendar for our air-conditioned indoor clubs, such as the resident book club, crafting hours, or group baking sessions.

4) Enjoy a Mealtime Conversation

Mealtimes are perfect opportunities to bond. Instead of dining in silence, ask the people at your table about their favorite summer memories, their hometowns, or the music they love.



Let's play!

Word Scramble: A Day at the Beach



1. THIFRSSA _____
2. CBEHA ANLEBTK _____
3. ECAHB MBOCNIG _____
4. EHBAC BAURLEML _____
5. NSAD ORADLL _____
6. EHABC LABL _____
7. EKIT _____
8. EEHLSLSAS _____
9. ASNAETLSCD _____
10. AEULLSGS _____
11. CTEKBU ADN HOVLES _____
12. CASML _____
13. NIDW _____
14. DDOFRTWIO _____



Employee Birthdays

Andrea C., July 2

Karen C., July 2

Jonathan C., July 6

Marie K., July 9

Chloe S., July 13

Dean R., July 14

Monica T., July 14

Tifani W., July 14

Joshua M., July 23

Natalie A., July 24



2026 Fun & National Holidays!

- ▶ Jul 1 Postal Worker Day
- ▶ Jul 1 International Joke Day
- ▶ Jul 2 I Forgot Day
- ▶ Jul 3 Compliment Your Mirror Day
- ▶ Jul 4 **INDEPENDENCE DAY!**
- ▶ Jul 5 Workaholics Day
- ▶ Jul 6 World Kissing Day
- ▶ Jul 7 Tell the Truth Day
- ▶ Jul 7 Rock n Roll Day
- ▶ Jul 8 Blueberry Day
- ▶ Jul 8 Freezer Pop Day
- ▶ Jul 9 Sugar Cookie Day
- ▶ Jul 10 Piña Colada Day
- ▶ Jul 11 Blueberry Muffins Day
- ▶ Jul 12 Simplicity Day
- ▶ Jul 13 National French Fries Day
- ▶ Jul 14 Pandemonium Day
- ▶ Jul 15 Gummi Worm Day
- ▶ Jul 16 Cherry Day
- ▶ Jul 16 Corn Fritters Day
- ▶ Jul 17 World Emoji Day
- ▶ Jul 18 Caviar Day
- ▶ Jul 19 Ice Cream Day
- ▶ Jul 21 Junk Food Day
- ▶ Jul 22 Pi Approximation Day
- ▶ Jul 23 Gorgeous Grandma Day
- ▶ Jul 23 Lemon Day
- ▶ Jul 23 Vanilla Ice Cream Day
- ▶ Jul 24 Cousins Day
- ▶ Jul 25 Christmas in July Day
- ▶ Jul 26 Uncle and Aunt Day
- ▶ Jul 28 Milk Chocolate Day
- ▶ Jul 29 Lasagna Day
- ▶ Jul 30 National Cheesecake Day

Also, JULY is...

Social Wellness Month
National Picnic Month

Meet our Team >>>

Hometown: Rhinelander, WI.

Employment background:

Food service management and CNA

Tell us about your family:

Myself, my daughter, and our animals. Most of my family lives hours away so it is a nice vacation when I am able to visit.

What are your outside Interests?

I enjoy being outdoors, going camping & fishing I enjoy shopping and spending time with friends and family.

What is the best part of your job?

The happiness of the residents and seeing rehab residents regain their strength and go home!

What is one thing that would surprise people about you?

I really enjoy races and tractor pulls, fast cars/trucks, etc.

Jennifer

CNA



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