



OCTOBER 2026



MEADOWBROOK

—BLACK RIVER FALLS—

October Activities >>>

Thu 1: 10:00 Exercise/ 2:00 Bingo/ 3:00 Social tm/ 3:15 Bible study

Fri 2: 10:00 Cards/ 2:00 L-R-C / 3:00 Social time

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

Sun 4: 9:15 Church/ Self led activities/ 12:00 Packers vs Buccaneers

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

Tue 6: 10:00 Manicures/ 2:00 Speed (cards)/ 3:00 Social time

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

Thu 8: 10:00 Exercise/ 2:00 Bingo/ 3:00 Social tm/ 3:15 Bible study

Fri 9: 10:00 Tic Tac Dice/ 2:00 Cup Pong/ 3:00 Social time

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

Sun 11: 9:15 Church/ Self led activities/ 3:25 Packers vs Bears

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

Tue 13: 10:00 Crafts/ 2:00 Karaoke w/Ryan / 3:00 Social time

Wed 14: 10:00 Drop Dead Dice/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Church

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

Fri 16: 10:00 6-5-4/ 2:00 Guess the Phrase/ 3:00 Social time

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

Sun 18: 9:15 Church/ Self led activity/ 3:00 Gospel Singers/ 7:20 Packers vs Cowboys

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

Tue 20: 10:00 Pumpkin Painting/ 2:00 Song w/Carrigan/ 3:00 Social time

Wed 21: 10:00 Candy prep/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Church

Thu 22: 10:00 Exercise/ 2:00 Bingo/ 3:00 Social tm/ 3:15 Bible study

Fri 23: 10:00 PoKeNo/ 2:00 Resident Council/ 3:00 Social time

Sat 24: 10:00 Movie/ 3:00 – 5:00 **Trick or Treat**

Sun 25: 9:15 Church/ Self led activities/ 3:25 Packers vs Lions

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

Tue 27: 10:00 Table Bowling/ 1:30 Monthly Birthday-Wally & Jerry/ 3:00 Social time

Wed 28: 10:00 Baking/ 1:30 Games w/Linda/ 2:30 Social time/ 3:00 Church/Memorial

Thu 29: 10:00 Exercise/ 2:00 Bingo/ 3:00 Social tm/ 3:15 Bible study

Fri 30: 10:00 Trivia/ 1:30 **Halloween Party**

Sat 31: 10:00 Movie/ 2:00 Games/ Self led activities

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

Preventing "Fall" Slips in Fall: Staying Steady and Safe

Autumn brings beautiful changes, but the turn of the season also brings a timely reminder about a different kind of "fall." As the weather cools and we spend more time indoors, prioritizing our balance, mobility, and safety is more important than ever.

Simple Tips for Staying Steady

Staying safe on your feet doesn't mean slowing down. In fact, it means the opposite! Keep these quick tips in mind as you move about your day:

- **Choose the Right Footwear:** As you transition to your autumn wardrobe, ensure your shoes and slippers are supportive. Look for footwear with enclosed heels, flat soles, and sturdy, non-slip rubber grips on the bottom. Avoid loose slippers or walking in thin socks.
- **Keep Your Living Space Clear:** A tidy room is a safe room. Make sure walkways are completely clear of clutter, phone charging cords, or extra blankets. If you notice a spill, a loose rug, or an item out of place in a common area, please notify a staff member right away.
- **Use the "Call Light" Before You Rise:** Your safety is our number one priority. If you ever feel dizzy, tired, or unsteady when getting out of bed or a chair, please don't hesitate to press your call light. Our nursing team is always here and happy to assist you.
- **Light the Way:** As the days get shorter and the afternoons get darker, remember to turn on your bedside lamps and overhead lights before moving around your room.

Keep Moving with Therapy and Activities!

Our muscles naturally weaken as we age, and our sense of balance becomes less dependable. Engaging in regular physical activity helps counteract these age-related changes. Strong muscles provide better support to joints and bones, reducing the risk of stumbling or falling.

We highly encourage everyone to attend our daily morning exercise groups, chair yoga sessions, and afternoon social activities. Staying active keeps your confidence high and your balance sharp!



Let's play! Word Scramble: At the Pumpkin Patch



1. ANEORG _____
2. EDFIL _____
3. HSVATER _____
4. NEAOLLHEW _____
5. BTSEKA _____
6. URODG _____
7. RACTORT _____
8. VSLAEE _____
9. DESSE _____
10. UTSNDO _____
11. GIWEH _____
12. TMNUUA _____
13. MKIPPUN _____
14. PPELAS _____
15. OCNR MEAZ _____



Employee Birthdays

Dijana, Oct 03	Sally, Oct 18
Liz, Oct 05	Amanda, Oct 18
Brooklyn, Oct 10	Robert, Oct 19
Amelia, Oct 10	Rineah, Oct 26
Mindy, Oct 13	Krista, Oct 28
	JeanAnn L., Oct 29

Happy Birthday

2026 Fun & National Holidays!

- ▶ Oct 1 International Coffee Day
- ▶ Oct 1 Homemade Cookies Day
- ▶ Oct 2 World Smile Day 😊
- ▶ Oct 3 Card Making Day
- ▶ Oct 4 Taco Day
- ▶ Oct 4 Cinnamon Bun Day
- ▶ Oct 5 Chic Spy Day
- ▶ Oct 7 Frappé Day
- ▶ Oct 7 Coffee with a Cop Day
- ▶ Oct 8 Pierogi Day
- ▶ Oct 9 Curious Events Day
- ▶ Oct 10 World Mental Health Day
- ▶ Oct 12 Columbus Day
- ▶ Oct 13 International Skeptics Day
- ▶ Oct 14 Dessert Day
- ▶ Oct 15 Cheese Curd Day
- ▶ Oct 16 Dictionary Day
- ▶ Oct 17 Pasta Day
- ▶ Oct 17 Sweetest Day
- ▶ Oct 18 Chocolate Cupcake Day
- ▶ Oct 20 International Sloth Day
- ▶ Oct 21 Apple Day
- ▶ Oct 22 Caps Lock Day
- ▶ Oct 23 World Mole Day
- ▶ Oct 24 Bologna Day
- ▶ Oct 25 Sourest Day
- ▶ Oct 26 Pumpkin Day
- ▶ Oct 27 American Beer Day
- ▶ Oct 28 International Animation Day
- ▶ Oct 29 Cat Day
- ▶ Oct 29 Internet Day
- ▶ Oct 30 Candy Corn Day
- ▶ Oct 31 **Halloween**

Also, October is...

Breast Cancer Awareness Month
National Healthcare Food Service Week
Oct 04-10

Meet our Team >>>

Hometown: Norwalk, WI.

Employment background:

Medical Assistant, CNA, Medical Records, and Social Services.

Tell us about your family:

I have three kids, two boys and one girl. I have been married for 30 years.

What are your outside Interests?

I like Horseback Riding.

What is the best part of your job?

The residents.

What is your favorite vacation spot?

Florida.

Becky A.

Social Services



Testimonial >>>



"It's been a really good experience living at Meadowbrook Black River Falls Senior Living. I have my own room and the staff are great. The staff are helpful and they are always cheerful." - MaryAnn K. – Resident



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