



Upcoming Event >>>

- Sat 1: 10:00 Let's Color/ 2:00 Bingo

- Sun 2: 10:30 Catholic Church Ch. 5/ 2:00 Yahtzee
- Mon 3: 9:30 What's the Different / 2:00 Jackpot
- Tue 4: 9:30 Manicures / 2:00 Steal My Beads
- Wed 5: 10:15 Ashes & Communion/ 2:00 Hangman/ ASH
- Wednesday**
- Thu 6: 9:00 Sing Along/ 2:00 Bingo
- Fri 7: 9:30 Let's Chat / 2:00 Cover Up
- Sat 8: 10:00 Reading Circle/ 1:30 No Cards

- Sun 9: 10:30 Catholic Church Ch. 5/ 2:00 Dice
- Mon 10: 9:30 Create A Story/ 2:00 Jackpot
- Tue 11: 9:30 Manicures/ 2:00 Bingo
- Wed 12: 10:00 Catholic Mass/ 2:00 7-Stinks
- Thu 13: 9:30 Music & Memory/ 2:00 Bingo & Popcorn
- Fri 14: 9:30 Frosting Cookies / 2:00 St. Patty's Trivia
- Sat 15: 10:00 Hallmark Movie/ 2:00 Yahtzee

- Sun 16: 10:30 Catholic Church Ch. 5/2:30 Mennonite Singers
- Mon 17: 9:30 Manicures/ 2:00 St. Patty's Party
- Tue 18: 9:30 Lutheran Church/ 2:00 Jackpot
- Wed 19: 9:30 Grocery Game/ 2:00 L-R-C Dice
- Thu 20: 9:30 Spring Craft/ 10:00 Communion/ 2:00 Bingo
- Fri 21: 9:30 Penny Ante/ 2:00 Resident Council
- Sat 22: 10:00 I remember that/ 1:30 Bingo

- Sun 23: 10:30 Catholic Church Ch. 5/ 2:00 Yahtzee
- Mon 24: 9:30 Music & Memory/ 2:00 Jackpot
- Tue 25: 9:30 Manicures / 2:00 Bingo
- Wed 26: 9:30 Reminisce / 2:00 Cover-Up
- Thu 27: 10:00 Rosary/ 1:30 Movie & Popcorn
- Fri 28: 9:30 Trivia / 2:00 Birthday Bingo
- Sat 29: 10:00 Let's Color/ 2:00 No Cards

- Sun 30: 10:30 Catholic Church Ch. 5/ 2:00 Yahtzee
- Mon 31: 9:30 Birthday Board/ 2:00 Jackpot

DAILY: Daily- 1:1 visits, Morning Greetings, Mail delivered daily, Good Day Wisconsin M-F 5 AM-9 AM

TUESDAY: Barber And Noodle Ball at 6 PM

WEDNESDAY: Beauty Shop TBD

THURSDAY: Resident Shopping, Noodle Ball at 6 PM

*** Activities Subject to Change***

Newsletter



March is here, and with it comes the celebration of National Nutrition Month. This observance is not just another event on the calendar, but a genuine reminder of the importance of maintaining a healthy and balanced diet for all seniors, including our cherished residents at Meadowbrook Care Center.

National Nutrition Month, an annual campaign created by the Academy of Nutrition and Dietetics, holds special significance for senior citizens. It serves as a gentle nudge to seniors to prioritize their nutrition and embrace a healthier lifestyle through sensible food choices and physical activity.

As we age, our bodies change, and our nutritional needs change with us. Proper nutrition is essential for seniors to maintain their health, energy, and well-being. National Nutrition Month is the ideal occasion to encourage seniors to make educated food choices.

Nutrition Tips for Healthy Aging

Protein Variety: For older adults it's crucial to include a variety of protein sources in your diets. These sources can include beans, nuts, poultry, fish, lean meats, and dairy products. Protein helps preserve muscle mass and strength, supports the immune system, and aids in wound healing.

Fiber-Rich Foods: Seniors are encouraged to adopt diets rich in fiber from sources like whole grains, fruits, and vegetables. Fiber promotes digestive health, preventing constipation and diverticulosis. It also helps weight management by helping you feel full and stabilizing blood sugar levels.

Meal Timing: Maintaining regular meal schedules is also very important for seniors. Aim for three balanced meals a day, with healthy snacks in between as needed. Consistent meal timing helps regulate blood sugar levels, maintains energy levels, and prevents dips that can lead to fatigue and mood swings.

National Nutrition Month is a time to reflect on the importance of a healthy diet, especially as we age. Whether you are residing in a skilled nursing facility or living independently, it's important to always have nourishing choices. Let's embrace this month as an opportunity to appreciate the significance of good nutrition and take steps toward a healthier and happier lifestyle through food.

Let's play! Word Scramble: Nutrition



1. SORELCIA _____
2. STFA _____
3. SUODIM _____
4. INMSREAL _____
5. PIRTENO _____
6. ACCLUIM _____
7. TFIRU _____
8. RNENSDGTEII _____
9. GNEIVSR _____
10. ELEARC _____
11. TNUTIRONI _____
12. NVTMSAII _____
13. AANTDRUTUES _____
14. REIFB _____
15. TAHHEYL _____

Meet our Team >>>

Hometown: Oconto, WI

Tell us about your Job.

I work in the Dietary dept.

Tell us about your family.

I have 2 kids, 14 year old daughter, 13 year old son.
I've been married for 15 years.

What are your outside Interests?

I love going to concerts and visiting my great niece.
Shopping with my daughter.

Something not everyone may know about you.

I love old shows, I collect I Love Lucy and Golden Girls Memorabilia.

Favorite sport team.

Green Bay Packers

Jill W
Dietary Aide



Employee Birthdays

Julie H., Mar 01

Ashley W., Mar 06

Victoria S., Mar 09

Amy F., Mar 14

Shirley S., Mar 15

Marlene V., Mar 15

Hannah J., Mar 16

Jennifer N., Mar 16

Helen M., Mar 17

Joyce K., Mar 18

Raeanne, Mar 19

Julie V., Mar 26



2025 Fun & National Holidays!

- ▶ Mar 1 World Compliment Day
- ▶ Mar 1 Music Therapy Day
- ▶ Mar 2 Old Stuff Day
- ▶ Mar 3 I Want You to be Happy Day
- ▶ Mar 4 Mardi Grass Fat Tuesday
- ▶ Mar 5 Cinco de Marcho
- ▶ Mar 5 Ash Wednesday
- ▶ Mar 6 Oreo Cookie Day
- ▶ Mar 7 Mant Worker Appreciation Day
- ▶ Mar 8 International Women's Day
- ▶ Mar 10 Napping Day
- ▶ Mar 10 Mario Day
- ▶ Mar 11 Oatmeal Nut Waffle Day
- ▶ Mar 12 Plant A Flower Day
- ▶ Mar 12 Registered Dietitian Nutritionist Day
- ▶ Mar 13 Popcorn Lover's Day
- ▶ Mar 14 Potato Chip Day
- ▶ Mar 17 St. Patrick's Day
- ▶ Mar 18 Social Worker Day
- ▶ Mar 18 Awkward Moments Day
- ▶ Mar 19 Let's Laugh Day
- ▶ Mar 19 Certified Nurses Day
- ▶ Mar 20 World Storytelling Day
- ▶ Mar 20 Proposal Day
- ▶ Mar 21 World Poetry Day
- ▶ Mar 22 International Goof Off Day
- ▶ Mar 23 Puppy Day
- ▶ Mar 23 Near Miss Day
- ▶ Mar 24 Chocolate Covered Raisins Day
- ▶ Mar 25 Waffle Day
- ▶ Mar 25 Tolkien Reading Day
- ▶ Mar 27 Spanish Paella Day
- ▶ Mar 28 Something on a Stick Day
- ▶ Mar 29 Smoke and Mirrors Day
- ▶ Mar 30 Take a Walk in the Park Day
- ▶ Mar 30 Doctor's Day

Also, March is...

- National Nutrition Month
- National Social Work Month
- Women's History Month



100 E. Highland Drive

Oconto Falls, WI 54154

Contact us at **920-848-3272**

www.meadowbrookcoontofalls.com

