



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

Wed 1: 9:30 Reminisce / 2:00 Cover-Up

Thu 2: 10:00 Catholic Communion/ 2:00 Music w/Daniel Lovett

Fri 3: 9:30 Let's Chat/ 2:00 Bingo

Sat 4: 10:00 Noodle Ball/ 1:30 Climb the Mountain

Sun 5: 7:30 Catholic Church Ch. 3

Mon 6: 9:30 Create a Story/ 2:00 Jackpot

Tue 7: 9:30 Manicures/ 10:15 Reading Circle / 2:00 Bingo

Wed 8: 10:00 Catholic Church/ 2:00 No Cards

Thu 9: 9:30 Trivia/ 2:00 Grocery Game

Fri 10: 9:30 Sing A Long/ 2:00 Bingo

Sat 11: 9:30 Morning Walks / 2:00 L-R-C Dice

Sun 12: 7:30 Catholic Church Ch. 3/ 3:25 Packers vs Bengals

Mon 13: 9:30 Balloon Volleyball/ 2:00 Jackpot

Tue 14: 10:15 Lutheran Devotions / 2:00 Bingo

Wed 15: 9:30 Penny Ante/ 2:00 Hangman

Thu 16: 9:30 Angel Craft/ 10:00 Communion/ 2:00 Bingo

Fri 17: 9:30 Angel Craft / 2:00 Music with Scott

Sat 18: 2:00 Self Led Activity

Sun 19: 7:30 Catholic Church Ch.3/ 3:25 Packers vs Cardinals

Mon 20: 9:30 Big Ball Kick/ 2:00 Jackpot

Tue 21: 9:30 Manicures/ 10:15 Reminisce/ 2:00 Bingo

Wed 22: 9:30 Music & Memory/ 2:00 7-Stinks

Thu 23: 10:00 Rosary/ 2:00 Unity Remembrance Service

Fri 24: 9:30 Witch Hunt/ 2:00 Resident Council

Sat 25: 9:30 Let's Color/ 2:00 Bingo

Sun 26: 7:30 Catholic Church Ch. 3/ 7:20 Packers vs Steelers

Mon 27: 9:30 Sing Along 2:00 Jackpot

Tue 28: 10:15 Halloween Reading Circle/2:00 Birthday Bingo

Wed 29: 9:30 Halloween Trivia / 2:00 Halloween Hagman

Thu 30: 9:30 Deco Cookies 10:00 Catholic Communion/ 2:00 Halloween Movie & Popcorn

Fri 31: 9:30 Halloween Dress-up/ 2:00 Halloween Party

DAILY: Good Day Wisconsin Ch. 11, 1:1 morning visits, small sensory activities, Mail Delivery

MONDAY: Movie in the lounge 5:30 PM

TUESDAY: Barber And Noodle Ball at 5:30 PM

WEDNESDAY: Beauty Shop 1st and 3rd Wed

THURSDAY: Resident shopping (please have list to activities by Wednesday)

*** Activities Subject to Change***

Newsletter

Sweet but Safe: Managing Diabetes During Halloween

Halloween is one of the most festive times of the year. Costumes, pumpkins, and spooky decorations fill the air with excitement. But for residents who live with diabetes, this holiday can also bring unique challenges. With candy and sugary snacks everywhere, it's important to find ways to celebrate safely while still joining in the fun.

Focus on Fun, Not Just Food

Halloween doesn't have to be all about candy. Activities like pumpkin painting, costume contests, spooky movie nights, or themed crafts can help shift the focus away from sweets. Celebrating in creative ways brings joy without adding to blood sugar concerns.

Choose Healthier Treats

If treats are part of the celebration, there are plenty of options that won't cause sugar spikes. Sugar-free candies, fruit cups, popcorn, cheese bites, or veggie trays with festive dips can all be delicious and satisfying. These small changes keep the spirit of Halloween alive while supporting healthy choices.

Stay Active

Movement helps the body manage blood sugar more effectively. Gentle activities such as walking, stretching, or even dancing to Halloween-themed music can add fun while supporting overall health.

Keep Hydration in Mind

Water is one of the best "treats" for the body. Staying hydrated helps control cravings and keeps blood sugar levels steadier throughout the day. Offering festive water options — like fruit-infused water in orange and black cups — can make it more fun.

Monitor Blood Sugar Closely

Since holidays often mean changes in routine, it's important for residents to keep a closer eye on their glucose levels. Regular monitoring, balanced meals, and timely medications are key to feeling well and enjoying the holiday safely.

Halloween should be about laughter, creativity, and community. With a little planning, residents with diabetes can fully enjoy the season without the sugar scares. Here's to a safe, festive, and spook-tacular Halloween for everyone!



Let's play! Word Scramble: Halloween Movies

1. HTE ETCHSIW _____
2. TEUIJEBLECE _____
3. TEH DSDAMA MLIFAY _____
4. PSRCEA _____
5. EHT HAUTNED SNMIANO _____
6. OEPBMOSSGU _____
7. OHUCS CUSPO _____
8. OUGYN TRIASNNKEEFN _____
9. SOPYOK SEDIUBD _____
10. ONTERMS SDAUQ _____
11. THE TTLLEI MAVPIRE _____
12. RACSEP AND DWENY _____
13. ETOHL NTLARSNYAAIV _____



Employee Birthdays

Denise A., Oct 05	Alexia T., Oct 17
Kailee H., Oct 06	Alecia H., Oct 22
Claudia K., Oct 07	Jacklynn D., Oct 24
Lileana W., Oct 12	Jordyn H., Oct 28
Jacqueline R., Oct 13	Jacoby D., Oct 29
Arlyce V., Oct 16	Cody B., Oct 30
Melissa D., Oct 16	



Meet our Team >>>

Hometown: Green Bay, WI

Tell us about your Job.

I'm the activity assistant.

Tell us about your family.

I'm married for 19 years. I have 4 children- 3 boys 1girl, 30 is oldest 17 is the youngest, and 3 grandkids.

What are your outside Interests?

I love camping, crafts, outside activities.

Something not everyone may know about you.

I lived in California for 10 years.

Favorite sport team.

I'm more of a music listening person than a TV watching and I'm not into sports, but if I had to choose, I'd say LA Lakers.

Kelly B.
Activity Assistant



Testimonial >>>



"I would recommend Meadowbrook at Oconto Falls as the staff at all levels were friendly, helpful, and supportive. Meadowbrook had the ability to address and meet my ward's needs despite her limited verbal skills. The Social Worker went out of her way to address my ward's special needs. The DON worked 1:1 with her to explain services to her while admitted for rehabilitation services. Meadowbrook is nestled in a beautiful setting with nature and views." - **Resident's Guardian**

2025 Fun & National Holidays!

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|----------|--------------------------|
| ▶ Oct 1 | International Coffee Day |
| ▶ Oct 1 | Pumpkin Spice Day |
| ▶ Oct 2 | Smarties Day |
| ▶ Oct 4 | Card Making Day |
| ▶ Oct 4 | Cinnamon Bun Day |
| ▶ Oct 5 | Chic Spy Day |
| ▶ Oct 6 | Hat Day |
| ▶ Oct 7 | Taco Day |
| ▶ Oct 7 | Fruit Day |
| ▶ Oct 9 | Curious Events Day |
| ▶ Oct 10 | World Mental Health Day |
| ▶ Oct 11 | Pizza Day |
| ▶ Oct 12 | Old Farmers Day |
| ▶ Oct 13 | Indigenous People's Day |
| ▶ Oct 14 | Dessert Day |
| ▶ Oct 15 | I Love Lucy Day |
| ▶ Oct 16 | Sport Day |
| ▶ Oct 16 | Boss's Day |
| ▶ Oct 17 | Pasta Day |
| ▶ Oct 18 | Sweetest Day |
| ▶ Oct 18 | Chocolate Cupcake Day |
| ▶ Oct 20 | International Sloth Day |
| ▶ Oct 21 | Apple Day |
| ▶ Oct 22 | Color Day |
| ▶ Oct 23 | Mole Day |
| ▶ Oct 24 | Bologna Day |
| ▶ Oct 26 | Pumpkin Day |
| ▶ Oct 27 | American Beer Day |
| ▶ Oct 28 | First Responders Day |
| ▶ Oct 29 | Cat Day |
| ▶ Oct 30 | Candy Corn Day |
| ▶ Oct 31 | Halloween |

Also, October is...

Breast Cancer awareness Month
National Food Services Week – Oct 05-11, 2025



100 E. Highland Drive
Oconto Falls, WI 54154
Contact us at **920-848-3272**
www.meadowbrookcocontofalls.com

