



MEADOWBROOK

— OCONTO FALLS —

Upcoming Event >>>

- Thu 1:** New Year Day!
- Fri 2:** 9:30 Reading Circle / 2:00 Bingo
- Sat 3:** 9:30 Let's Color / 2:00 No cards

- Sun 4:** 7:30 Catholic Church Ch. 5
- Mon 5:** 9:30 Reminisce/ 2:00 Jackpot
- Tue 6:** 9:30 Manicures / 2:00 Bingo
- Wed 7:** 9:30 Music & Memory / 2:00 7-Stinks
- Thu 8:** 10:00 Catholic Communion / 2:00 Bingo
- Fri 9:** 9:30 Grocery Game/ 2:00 Bingo
- Sat 10:** 9:30 Morning Walks / 2:00 Cover Up

- Sun 11:** 7:30 Catholic Church Ch.5
- Mon 12:** 9:30 Reading Circle / 2:00 Jackpot
- Tue 13:** 9:30 Lutheran Devotions / 2:00 Bingo
- Wed 14:** 9:30 Trivia / 2:00 Hangman
- Thu 15:** 10:00 Catholic Communion / 2:00 Music w/ Daniel Lovett
- Fri 16:** 9:30 Reminisce / 2:00 Resident Council
- Sat 17:** 9:30 Penny Ante / 2:00 Bingo

- Sun 18:** 7:30 Catholic Church Ch. 5/ 2:30 Mennonite Singers
- Mon 19:** 9:30 Big Ball Kick / 2:00 Jackpot
- Tue 20:** 9:30 Manicures / 2:00 Bingo
- Wed 21:** 10:00 Coffee Clutch / 2:00 L-R-C Dice
- Thu 22:** 10:00 Catholic Communion/ 1:30 Movie & Popcorn
- Fri 23:** 9:30 Reminisce / 2:00 Bingo
- Sat 24:** 9:30 Let's Color / 2:00 No cards

- Sun 25:** 7:30 Catholic Church Ch. 5
- Mon 26:** 9:30 Lutheran Devotions / 2:00 Jackpot
- Tue 27:** 9:30 Balloon Volleyball / 2:00 Bingo
- Wed 28:** 9:30 Sing Along / 2:00 Cover Up
- Thu 29:** 10:00 Rosary / 2:00 Birthday Bingo
- Fri 30:** 9:30 Valentine Craft. / 2:00 Hangman
- Sat 31:** 9:30 Birthday Board / 2:00 Bingo

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

MONDAY: Noodle Ball at 5:30 PM

TUESDAY: Barber And Noodle Ball at 5:30 PM

WEDNESDAY: Beauty Shop 1st and 3rd

*** Activities Subject to Change***

Newsletter

The Importance of Activities for Seniors

Staying active—socially, mentally, and physically—is essential at every stage of life. However, for seniors, purposeful daily activities carry unique and powerful benefits that help protect independence, self-esteem, and overall health. As the aging population continues to grow, so does the need to understand how meaningful engagement improves quality of life for older adults—whether they live at home, with family, or in long-term care communities.



Physical Benefits: Regular physical activity helps seniors maintain strength, flexibility, and balance, reducing the risk of falls and mobility loss. Even low-impact exercises, such as walking, stretching, chair yoga, or tai chi, can improve heart health, support weight management, and increase energy levels.

Cognitive Benefits: Activities that stimulate the brain—puzzles, reading, music, learning new skills, or participating in group discussions—help slow cognitive decline and support memory function. Continued mental stimulation encourages problem-solving, creativity, and curiosity, all of which protect the brain from deterioration associated with aging conditions such as dementia.

Emotional and Social Benefits: Social isolation is a major concern for older adults and can lead to depression, anxiety, and feelings of loneliness. Group activities, social outings, clubs, and volunteer opportunities help seniors build relationships, find purpose, and strengthen emotional well-being.

Sense of Purpose and Identity: Engaging in hobbies, community involvement, or creative projects allows seniors to continue expressing their individuality and strengths. Activities such as gardening, crafting, music therapy, or storytelling empower seniors to remain contributors rather than observers.

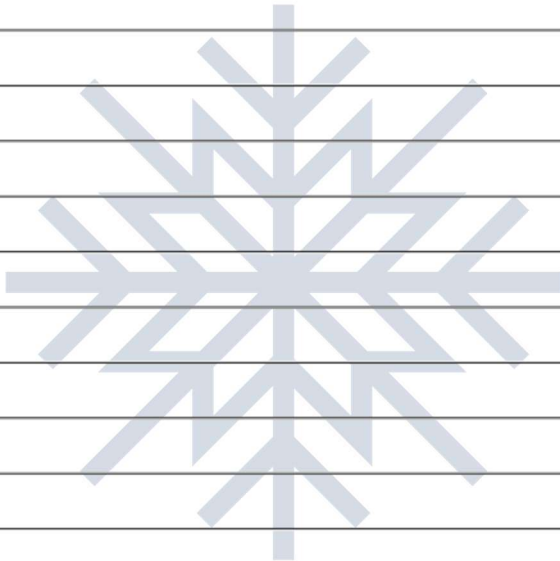
Support for Memory Care Residents: For seniors living with Alzheimer's disease or other forms of dementia, activities play a therapeutic role. Structured tasks, familiar routines, and sensory-based programs can reduce agitation, improve focus, and evoke positive memories.

Community Engagement and Belonging: Whether offered through senior centers, nursing homes, assisted living communities, or local organizations, group activities build a sense of community. Events such as game nights, exercise groups, book clubs, or spiritual gatherings encourage friendships and reduce feelings of isolation.

Supporting seniors in staying engaged is one of the most effective ways to promote health, happiness, and dignity throughout the aging journey.

Let's play! Word Scramble: Winter

1. RNAAYUJ	_____
2. OECKHY	_____
3. EOZRFN	_____
4. SCSKO	_____
5. ICCLIE	_____
6. SNWO	_____
7. SOOTB	_____
8. DOOW	_____
9. KAETS	_____
10. TNSEIMT	_____
11. LERIAFECF	_____
12. EIC	_____
13. ODCL	_____



Meet our Team >>>

Hometown: DePere, WI

Tell us about your Job.

I'm the Admin Assistant.

Tell us about your family.

I'm have two children and 5 grandkids.

What are your outside Interests?

I love camping, volleyball, and going to Packer Games.

Something not everyone may know about you.

I have been skydiving.

Favorite sport team.

Packers!

Michele K.
Admin Assistant



Employee Birthdays

Keri K., Jan 02
 Deb G., Jan 10
 Mariana C., Jan 15
 Ashley S., Jan 16
 Yadda T., Jan 19



2026 Fun & National Holidays!

- ▶ Jan 1 New year Day!
- ▶ Jan 2 Buffet Day
- ▶ Jan 3 Fruitcake Toss Day
- ▶ Jan 4 Trivia Day
- ▶ Jan 5 Bird Day
- ▶ Jan 6 Bean Day
- ▶ Jan 7 Old Rock Day
- ▶ Jan 8 Winter Skin Relief Day
- ▶ Jan 9 Law Enforcement Appreciation Day
- ▶ Jan 12 Clean Off Your Desk Day
- ▶ Jan 12 Marzipan Day
- ▶ Jan 13 Make Dreams Come True Day
- ▶ Jan 14 Organize Your Home Day
- ▶ Jan 15 Bagel Day
- ▶ Jan 16 Nothing Day
- ▶ Jan 17 Benjamin Franklin Day
- ▶ Jan 17 Kid Inventors Day
- ▶ Jan 17 New Years Resolution Day
- ▶ Jan 17 Soup Swap Day
- ▶ Jan 18 Thesaurus Day
- ▶ Jan 19 MLK Day
- ▶ Jan 19 Popcorn Day
- ▶ Jan 21 Granola Bar Day
- ▶ Jan 22 Hot Sauce Day
- ▶ Jan 23 Pie Day
- ▶ Jan 24 Compliment Day
- ▶ Jan 24 Macintosh Computer Day
- ▶ Jan 25 Opposite Day
- ▶ Jan 26 Spouses Day
- ▶ Jan 27 Chocolate Cake Day
- ▶ Jan 29 Puzzle Day
- ▶ Jan 30 Croissant Day
- ▶ Jan 30 Fun at Work Day
- ▶ Jan 31 Hot Chocolate Day

Also, January is...

Activity Professionals Week-Jan 26-30



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