



Upcoming Event >>>

Sat 1: 9:30 Let's Color/ 2:00 What's the scoop (dice)

Sun 2: 10:30 Catholic Church Ch. 5/ Lutheran Room Communion

Mon 3: 9:30 Balloon Volleyball/ 2:00 Jackpot

Tue 4: 9:30 Cookie Trivia / 2:00 Chocolate Chip Cookie Tasting Event

Wed 5: 9:30 Music & Memory / 2:00 Bingo

Thu 6: 10:00 Reminisce/ 2:00 Cover Up

Fri 7: 9:30 Hangman / 2:00 Bingo

Sat 8: 9:30 Sing along / 1:30 L-R-C Dice

Sun 9: 10:30 Catholic Church Ch. 5

Mon 10: 9:30 Sunflowers Craft / 2:00 Bingo

Tue 11: 9:30 Create a Story / 2:00 Sunflower Social/ Manicure all day

Wed 12: 9:30 Catholic Church/ 2:00 Jackpot

Thu 13: 9:30 Reading Circle/ 2:00 No Cards

Fri 14: 9:30 Trivia / 2:00 Bingo

Sat 15: 9:30 Outside Social/ 2:00 7-Stinks

Sun 16: 10:30 Catholic Church Ch. 5/ 2:30 Mennonite Singers

Mon 17: 9:30 Bean Bag Toss / 2:00 Jackpot

Tue 18: 9:30 Lutheran church/ 2:00 Bingo

Wed 19: 9:30 Sing Along / 2:00 Cover Up

Thu 20: 10:00 Catholic Rm Communion/ 2:00 Music w/Scott

Fri 21: 9:30 Bow Tie Craft / 2:00 Bingo

Sat 22: 9:30 What Am I?/ 2:00 Jackpot

Sun 23: 10:30 Catholic Church Ch.5

Mon 24: 9:30 Reminisce / 2:00 Banana Split Social

Tue 25: 9:30 Big Ball Kick/ 2:00 Bingo/ Manicures all day

Wed 26: 9:30 Music & Memory/ 2:00 Jackpot

Thu 27: 10:00 Rosary/ 2:00 Birthday Bingo

Fri 28: 9:30 Hobos & Swimholes / 2:00 Resident Council

Sat 29: 9:30 Morning Walks/ 2:00 Climb the Mountain (dice)

Sun 30: 10:30 Catholic Church Ch. 5

Mon 31: 9:30 Birthday Board Craft/ 2:00 Jackpot

DAILY: 1:1 visits, morning greetings, Mail Delivery, Good Day Wisconsin 5AM-9AM

TUESDAY: Barber And Noodle Ball at 5:45 PM

WEDNESDAY: Beauty Shop TBD

THURSDAY: Noodle Ball at 5:45

FRIDAY: Resident Shopping (have list to activities by Thursday)

*** Activities Subject to Change***

Newsletter

Stay Safe and Healthy This Summer

Summer is a wonderful time to enjoy sunshine, fresh air, and outdoor activities. However, warmer temperatures can pose unique health risks for older adults. Taking a few simple precautions can help everyone stay safe while making the most of the season.

Stay Hydrated: As we age, our sense of thirst decreases, making us more likely to become dehydrated. Drink water regularly throughout the day, even if you don't feel thirsty. Foods with high water content, such as watermelon, cucumbers, oranges, and strawberries, can also help keep you hydrated.

Dress for the Weather: Choose lightweight, loose-fitting, and light-colored clothing to stay cool. A wide-brimmed hat and sunglasses provide extra protection from the sun, while sunscreen with SPF 30 or higher helps prevent sunburn.

Avoid Peak Heat: Try to schedule outdoor activities during the early morning or evening when temperatures are cooler. If you need to be outside during the hottest part of the day (typically between 10:00 a.m. and 4:00 p.m.), take frequent breaks in the shade or indoors.

Stay in an air-conditioned place: Use fans or air conditioning when possible. Close blinds or curtains during the hottest part of the day to reduce indoor temperatures. If your home becomes too warm, consider visiting a local library, community center, or another air-conditioned public space.

Know the Signs of Heat-Related Illness: Watch for symptoms such as dizziness, headache, nausea, excessive sweating, muscle cramps, confusion, or unusual fatigue. If these symptoms occur, move to a cooler place, drink water, and seek medical attention if symptoms worsen or do not improve.

Eat Light and Fresh: Enjoy seasonal fruits and vegetables and choose lighter meals that are easier to digest. Avoid excessive alcohol and limit sugary drinks, which can contribute to dehydration.

Stay Active Safely: Continue exercising but adjust your routine to the weather. Walking indoors, participating in group exercise classes, or swimming are excellent ways to stay active while avoiding excessive heat.

Enjoy Summer Safely! A little planning goes a long way. By staying hydrated, protecting yourself from the sun, and recognizing the signs of heat-related illness, you can enjoy all the benefits of summer while staying healthy and comfortable.

Summer Safety Tips



Sun protection



Stay hydrated



Wear hat and sunglasses



Avoid heat at midday

Let's play! Word Scramble: Hobbies

1. HSFINGI _____
2. SALITPE _____
3. TNRICGHECO _____
4. GENRIAD _____
5. GNIEWS _____
6. IIVRTGN _____
7. IKINGH _____
8. RPOTOYHPGHA _____
9. GTNAIIPN _____
10. ISCON _____
11. UIGNTNH _____
12. SAPMST _____
13. ITNIGKNT _____
14. ETVNGRALI _____
15. GNRDWAI _____

Meet our Team >>>

Hometown: Oconto Falls, WI.

Job Overview

I love deep cleaning, so being the manager of housekeeping and laundry is perfect for me.

Tell us about your family.

I have known my husband for 30 years. We have been married for 14 years. We have a 12-year-old daughter and a 9-year-old son.

What are your outside Interests?

I love to garden. We have a farm with 250 beef cows, 100 pigs, 300 chickens, and 12 dogs.

Something not everyone may know about you.

I worked at Walt Disney World Animal Kingdom after college.

Favorite sports team.

Support local and state teams, but not a die-hard fan of any sport.

Ashley C.
HR Manager



Employee Birthdays

Billie B., Aug 1

Jennifer H., Aug 10

Wilma M., Aug 18

Kim S., Aug 27



2026 Fun & National Holidays!

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|----------|---------------------------|
| ▶ Aug 1 | Girlfriends Day |
| ▶ Aug 2 | Ice Cream Sandwich Day |
| ▶ Aug 2 | Sisters Day |
| ▶ Aug 3 | Watermelon Day |
| ▶ Aug 4 | Chocolate Chip Cookie Day |
| ▶ Aug 6 | Root Beer Float Day |
| ▶ Aug 7 | International Beer Day |
| ▶ Aug 7 | Lighthouse Day |
| ▶ Aug 7 | Water Balloon Day |
| ▶ Aug 8 | Happiness Happens Day |
| ▶ Aug 9 | Book Lovers Day |
| ▶ Aug 9 | Rice Pudding Day |
| ▶ Aug 10 | Lazy Day |
| ▶ Aug 10 | S'mores Day |
| ▶ Aug 11 | Son and Daughter Day |
| ▶ Aug 12 | Middle Child Day |
| ▶ Aug 12 | Vinyl Record Day |
| ▶ Aug 13 | Left Handers Day |
| ▶ Aug 14 | Creamsicle Day |
| ▶ Aug 15 | Relaxation Day |
| ▶ Aug 16 | Tell a Joke Day |
| ▶ Aug 17 | Thrift Shop Day |
| ▶ Aug 17 | Pineapple Juice Day |
| ▶ Aug 18 | Mail Order Catalog Day |
| ▶ Aug 19 | World Photo Day |
| ▶ Aug 19 | Bacon Lovers Day |
| ▶ Aug 20 | Chocolate Pecan Pie Day |
| ▶ Aug 21 | Senior Citizens Day |
| ▶ Aug 22 | Be An Angel Day |
| ▶ Aug 24 | Waffle Day |
| ▶ Aug 25 | Banana Split Day |
| ▶ Aug 26 | Dog Appreciation Day |
| ▶ Aug 28 | Bow Tie Day |
| ▶ Aug 31 | Eat Outside Day |
| ▶ Aug 31 | Trail Mix Day |

Also, August is...

International Peace Month
Wellness Month



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