



MEADOWBROOK

— OCONTO FALLS —



October Activities >>>

Thu 1: 9:30 Let's Chat/ 10:00 Catholic Room Communion/
2:00 Bingo

Fri 2: 9:30 Reading Circle / 2:00 No Cards

Sat 3: 9:30 What Am I?/ 1:30 Climb the Mountain

Sun 4: 7:30 Catholic Church/ 12:00 Packers vs. Buccaneers

Mon 5: 9:30 Big Ball Kick / 2:00 Jackpot

Tue 6: 9:30 Create a Story / 2:00 Bingo/ Manicures all day

Wed 7: 9:30 Music & Memory/ 2:00 Cover-Up

Thu 8: 10:00 Rosary/ 2:00 7-Stinks

Fri 9: 9:30 Hobos and Swim holes / 2:00 Bingo

Sat 10: 9:30 Let's Get Creative/ 2:00 L-R-C Dice

Sun 11: 7:30 Catholic Church Ch. 5/ 3:25 Packers vs. Bears

Mon 12: 9:30 Coffee Social/ 2:00 Jackpot

Tue 13: 9:30 Reading Circle/ 2:00 Bingo

Wed 14: 10:00 Catholic Mass / 2:00 No Cards

Thu 15: 9:30 Angel craft/ 2:00 Music w/Scott

Fri 16: 9:30 Angel craft/ 2:00 Resident Council

Sat 17: 9:30 Laughter is the Best Medicine/ 1:30 Bingo

Sun 18: 7:30 Catholic Church Ch.5/ 2:30 Mennonite Singers/
7:20 Packers vs. Cowboys

Mon 19: 9:30 Balloon Volleyball / 2:00 Jackpot

Tue 20: 9:30 Lutheran Church/ 2:00 Great Pumpkin Trivia/
6:00 Family Night Bingo

Wed 21: 9:30 Sing-A-Long / 2:00 No Cards

Thu 22: 9:30 Angel Craft/ 10:00 Catholic Room Communion/
2:00 United Memorial Service

Fri 23: 9:30 Reminisce / 2:00 Bingo

Sat 24: 9:30 Morning Walks/ 2:00 Cover-Up

Sun 25: 7:30 Catholic Church Ch. 5/ 3:25 Packers vs. Lions

Mon 26: 9:30 Witch Hunt/ 2:00 Jackpot

Tue 27: 9:30 Halloween Reading Circle/ 2:00 Halloween
Movies & Popcorn

Wed 28: 9:30 Halloween Trivia / 2:00 Halloween Hangman

Thu 29: 10:00 Rosary/ 10:00 Decorating Cookies/ 2:00
Birthday Bingo/ 7:15 Packers vs. Panthers

Fri 30: 9:30 Halloween Dress-Up / 2:00 Halloween Party

Sat 31: 9:30 Spooky Reminisce / 1:30 Birthday Board/ 4:00
Trick or Treat

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

THURSDAY: Noodle Ball at 5:45

*** Activities 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 _____

Meet our Team >>>

Hometown: Green Bay, WI.

Job Overview

I am the Administrative Assistant. I help all departments and schedule all nurses.

Tell us about your family.

I have a 16-year-old daughter and a big family.

What are your outside interests?

I like hunting and fishing.

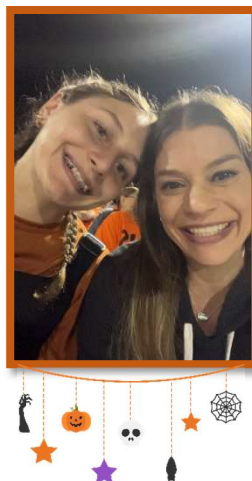
Something not everyone may know about you.

I help out by volunteering with breast cancer events and did the 9/11 stair climb 5 times.

Favorite sports team.

Don't have one, but I love football season!

Dana W.
Admin Assist



Testimonial >>>



"I am enjoying my time here. I like the cleanliness food and the staff at Meadowbrook at Oconto Falls are friendly and very accommodating. I would recommend it as the therapy staff are great at their job. I did not have any concerns. Meadowbrook met my needs. I feel Meadowbrook offers a lot of great activities, food, and people." - Steven S. – Resident



100 E. Highland Drive
Oconto Falls, WI 54154

Contact us at **920-848-3272**
www.meadowbrookcoontofalls.com

Find us on
Facebook



Employee Birthdays

Denise A., Oct 05
Claudia K., Oct 07
Desiree D., Oct 10
Tenisha J., Oct 16
Lexi N., Oct 17

Anya B., Oct 18
Jennifer K., Oct 18
Jenna M., Oct 20
Alecia H., Oct 22
Jackie D., Oct 24
Jordyn H., Oct 28

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