



MEADOWBROOK

—OCONTO FALLS—

## Upcoming Event >>>

**Mon 1:** 9:30 Music & Memory popcorn/ 2:00 Jackpot

**Tue 2:** 9:30 Hobos & Swim holes/ 2:00 Bingo w/ice cream sandwich

**Wed 3:** 9:30 Manicures/ 2:00 Chair Exercises

**Thu 4:** 9:30 Noodles Ball/ 10:00 Communion/ 2:00 Bingo

**Fri 5:** 9:30 Trivia/2:00 Beer & Water Balloon Toss/ 6:00 Reminisce

**Sat 6:** 1:30 Root beer Floats

**Sun 7:** 11:00 Polka Time Ch 10.1

**Mon 8:** 9:30 Noodle Ball/ 10:00 Boggle/ 2:00 Jackpot/ 6:00 1:1 Visits

**Tue 9:** 9:30 Lutheran Devotions/ 2:00 Bingo

**Wed 10:** 10:00 Catholic Mass/ 2:00 Current Events

**Thu 11:** 10:00 Rosary/2:00 Bingo/ 6:00 1:1 Visits

**Fri 12:** 9:30 Reminisce/ 2:00 L.R.C. Dice

**Sat 13:** 9:30 Let's Color/ 2:00 Patio Visits

**Sun 14:** 11:00 Polka Time Ch 10.1

**Mon 15:** 9:30 What I am? 2:00 Jackpot/ 6:00 Reminisce

**Tue 16:** 9:30 Laughter is the Best Medicine/ 2:00 Bingo

**Wed 17:** 9:30 Manicures/ 2:00 Cover-Up/ 6:00 1:1 Visits

**Thu 18:** 9:30 Noodle Ball/ 10:00 Communion/ 2:00 Bingo

**Fri 19:** 9:30 Music & Memory/ 1:30 Slip & Paint

**Sat 20:** 1:30 7-Stinks

**Sun 21:** 11:00 Polka Time Ch 10.1/ 2:30 Mennonite Singers

**Mon 22:** 10:00 Boggle/ 2:00 Jackpot/ 6:00 1:1 Visits

**Tue 23:** 9:30 Lutheran Dev/ 2:00 Birthday Bingo Party

**Wed 24:** 9:30 Manicures/ 2:00 Chair Exercises

**Thu 25:** 10:00 Rosary/ 2:00 Banana Split Party/ 6:00 1:1 visits

**Fri 26:** 9:30 Resident Council/ 2:00 Old Fashion Happy Hour

**Sat 27:** 9:30 Reading Circle/ 2:00 Bean Bag Toss

**Sun 28:** 11:00 Polka Time Ch 10.1

**Mon 29:** 9:30 Noodle Ball/2:00 Bingo/ 6:00 1:1 Visits

**Tue 30:** 9:30 Beach Trivia/ 1:30 Beach Party

**Wed 31:** 9:30 Manicures/ 2:00 Birthday Board Craft

5:00 AM-9:00 AM Good Day Wisconsin

Thursday-Resident Shopping - Mail Delivered Daily

Beautician Wednesdays and Thursdays & Barber on Mondays

# Newsletter

## Seated tai chi for seniors improves health

Tai chi is a gentle exercise that improves balance and reduces fall risk. It consists of making slow, graceful movements while breathing deeply. It's relatively easy to follow because the movements are done so slowly.

Seated tai chi is a great exercise option for frail seniors or those with limited mobility. It helps older adults get the health and wellness benefits of tai chi without the fall risk.

Here are some of the benefits of this ancient Chinese form of exercise:

- ▶ Relieves physical effects of stress
- ▶ Promotes deep breathing
- ▶ Reduces bone loss in menopausal women
- ▶ Improves lower body and leg strength
- ▶ Helps with arthritis pain
- ▶ Reduces blood pressure
- ▶ Requires mind and body integration through mental imagery
- ▶ Accumulates energy by releasing endorphins rather than depleting it
- ▶ Enhances mental capacity and concentration
- ▶ Improves balance and stability by strengthening ankles and knees
- ▶ Promotes faster recovery from strokes and heart attacks
- ▶ Improves conditions of Alzheimer's, Multiple Sclerosis and Parkinson's

### Go slow and modify to avoid pain or injury

Staying safe while exercising is the number one priority.

When trying new exercises or movements, it's wise to go slow and not push to a point of discomfort.

Some people have arthritis, knee issues, or other physical conditions that limit their range of motion. Be flexible and feel free to modify the if necessary.

Over time, their body will get used to the movements and their abilities or flexibility will likely improve.

References:

<https://dailycaring.com/seated-tai-chi-for-seniors-3-simple-routines-improve-flexibility-and-well-being-video/>



# 123 Sudoku Puzzle Level Medium

1	5		2		9			4
	4				6			
				4			6	3
	7					8		6
6								5
2		8					1	
4	6			8				
			6				7	
8			5		1		4	9

## Meet our Team >>>

Hometown: Oconto, WI

Tell us about your Job?  
Dietary aide.

Tell us about your family?

A bunch of crazy people that are A LOT of fun!

What are your outside Interests?

I like writing and reading.

Something not everyone may know about you

I'm an inspiring author trying to get published.

Favorite sport team

Really don't like sports so if I had to pick one, I guess I'd pick the Packers.

## Michaila Chevalier Dietary Aide



## Employee Birthdays

Lexi E., August 11  
Sarah Z., August 14  
Olivia B. August 15  
Jen A., August 22  
Kim D., August 27



## HaPpy BiRthDay AUGUST Born

- 1. They need their space.** Since they are very private people, they prefer to have their "me-time."
- 2. Always Right.** They can't let you go off without having the last word, they are too stubborn for that.
- 3. They are Expressive.** Happiness, excitement, love, sadness, anger, disgust will be shown all over their face.
- 4. Great Writers.** They do have the tendency of channeling their thoughts and feelings in words. It is their favorite way to pass time as well.
- 5. They are Picky.** You might find them annoying or selfish, but they only get close to people who they think deserve to be their friends.
- 6. Money-smart.** They are very good with their finances, so you will never see them in debt. They will only buy something if they think they really need it.
- 7. Perfectionist.** People born in August have a little bit of an OCD trait in them. They want everything in its place, perfect and the way they want it.
- 8. They get Bored Easily.** Not everything interests them so you will have to find a very creative way to get them to listen to you.
- 9. They are Stubborn.** Being intuitive and good at reading people, August-borns are often stubborn. They think that their opinions matter the most, and surprisingly, they are right most of the times. They tend to protect their pride to stop people from seeing their sensitive side.
- 10. Easily Irritated.** They get annoyed at the smallest things and will not hesitate to show it.



100 E Highland Drive  
Oconto Falls, WI 54154  
Contact us at **920-848-3272**  
[www.meadowbrookcoontofalls.com](http://www.meadowbrookcoontofalls.com)



<https://www.dazzling.news/a681/10-traits-august-borns-are-known-for>