



MEADOWBROOK

— OCONTO FALLS —



Upcoming Event >>>

Thu 1: 9:30 Reading Circle/ 10:00 Communion/ 2:00 Wreath Craft

Fri 2: 9:30 Lutheran Dev./ 10:30 Wreath Craft/ 2:00 Bingo

Sat 3: 9:30 Let's color/ 2:00 Current Events

Sun 4: 12:00 Packers vs Bears

Mon 5: 9:30 Cinnamon Ornaments Craft/ 2:00 Jackpot/ 6:00 1:1 Visits

Tue 6: 9:30 Music & Memory/ 2:00 Bingo

Wed 7: 9:30 Lutheran Dev./ 2:00 Bean Bag Toss

Thu 8: 10:00 Rosary/ 2:00 Bingo/ Natl Brownie Day!

Fri 9: 9:30 Writing Christmas Cards/ 2:00 Beer tasting/ 6:00 1:1 Visits

Sat 10: 10:00 Hallmark Movie/ 1:30 No Cards

Mon 12: 9:30 Gingerbread House Coloring/ 2:00 Jackpot

Tue 13: 9:30 Manicures/ 1:30 Eye Glass Cleaning w/Sue

Wed 14: 9:30 Catholic Mass/ 2:00 Grocery Game

Thu 15: 9:30 What's Different/ 2:00 Bingo/ 6:00 1:1 Visits

Fri 16: 9:30 Aroma Therapy/ 2:00 Bingo/ Ugly Xmas Sweater Day!

Sat 17: 9:30 Lutheran Dev./ 2:00 Bean Bag Toss

Sun 18: 2:30 Mennonite Singers

Mon 19: 2:00 Jackpot/ 7:15 Packers vs Rams

Tue 20: 9:30 Manicures/ 1:30 Christmas Party w/ St. Nick

Wed 21: 9:30 Christmas Reminiscence/ 2:00 Xmas Movie w/popcorn

Thu 22: 10:00 Rosary/ 2:00 Bingo

Fri 23: 9:30 Decorating Xmas cookies/ 2:00 Bingo/ Natl Elf Day!

Sat 24: 10:00 Xmas Trivia/ 1:30 Night Before Christmas Reading Circle/ Santa Day Red

Sun 25: 12:00 Packers vs Dolphins/ **Merry Christmas!**

Mon 26: 10:00 Resolutions/ 2:00 Jackpot/ 6:00 1:1 Visits

Tue 27: 9:30 Noodle Ball/ 2:00 Bingo

Wed 28: 9:30 New Years Reading Circle/ 2:00 What Am I?

Thu 29: 10:00 Communion/ 2:00 Birthday Bingo/ 6:00 1:1 Visits

Fri 30: 10:00 Resident Council/ 2:00 Birthday Board

Sat 31: 9:30 New Year Trivia/ 2:00 **New Year Eve** Happy Hour

5AM - 9AM Good Day Wisconsin Ch 11 / Resident shopping on Thursday / Mail Delivered Daily

Barber on Tuesday / Beautician to be determined
Morning Walks M-W-F / Noodle Ball Tues-Thurs

Newsletter

Holiday Healthy Tips for Seniors

To help keep you healthy, reduce stress and avoid the holiday blues, you may consider implementing the following tips the next time you find yourself celebrating with family and friends.



- **Walk after large meals.** We all know that feeling after we've eaten too much at a holiday brunch or dinner. While we might be tempted to nap after a large meal, taking a walk might be a better option. Moving our bodies, especially after a large meal, helps us digest our food and turn it into energy instead of storing it into fat cells.
- **Wash hands frequently.** As we gather inside for celebrations, it's not uncommon for colds and other wintertime illnesses to spread quickly. To decrease our risk of contracting the flu or common cold, make sure to wash your hands frequently using warm water and antibacterial soap. Alcohol-based hand sanitizer is a good option if you're traveling or don't have access to soap and water.
- **Stay hydrated.** Fancy cocktails are a fun holiday treat. However, it's best to drink in moderation and stay hydrated by drinking plenty of water. Alcohol based drinks can cause inflammation in the joints, which can cause pain and decreased mobility. Water helps flush out toxins and helps aids in digestion.
- **Get quality sleep.** Our bodies heal and replenish themselves while we sleep. Getting enough high-quality sleep supports basic body functions and is also important in maintaining our mental health. It's not uncommon to veer from our normal daily routines during the holiday season, however, it's important to maintain our sleep schedules when possible.
- **Maintain your exercise routine.** Exercise releases endorphins, which are our body's natural pain reliever and happiness booster. Exercise is also an important factor in maintaining balance, coordination and can help reduce healing time from injuries. So, bundle up for a walk outside or try an indoor workout you can do from the comfort of your own home.
- **Rest after traveling.** Traveling can become more difficult as we age. Road trips and airplane rides can take a lot of energy. Make sure to get adequate rest after a travel day. This might mean skipping out on the shopping and opting for some quiet time instead.
- **Prioritize healthy meal options.** Before you enjoy special holiday foods, make sure to consume vegetables and fruits which are high in nutrients and support optimal health.
- **Manage stress.** The holidays can be stressful! However, it's important to learn how to manage stress because too much of it can disrupt different function in the body including the immune and digestive systems.
- **Avoid contact with people who are sick.** In addition to washing your hands frequently, you should also do your best to avoid those who are sick with colds or the flu. You might consider avoiding crowded places when possible or protect yourself by wearing a face mask.

Reference: <https://mapleknoll.org/holiday-health-tips-for-seniors/>



Sudoku Puzzle Level Hard

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

Meet our Team >>>

Ashley Activity Aide



Hometown: Stiles

Tell us about your Job?

I work in the Activity Department.

Tell us about your family?

Mon works at Meadowbrook too, my dad, 1 sister, 1 stepbrother and most importantly my Niece.

What are your outside Interests?

I love fishing, hunting, 4 wheeling.

Something not everyone may know about you

I like the 80's rock music and strongly dislike country music.

Favorite sport team

Green Bay Packers.



Employee Birthdays

- Sherry I., December 12
- Brianna H., December 15
- Chris M., December 17
- Lavada W., December 18
- Kaite P., December 21
- Jason H., December 29



HaPpy BiRthDay DECEMBER Born

- They are born Teacher.** People born in December simply love to share their knowledge and show others what to do. Very often they point when people are wrong and what to do to improve yourself or correct the mistakes.
- They are Honest.** They do not like games, lying or duplicity. They always try to be fair and loyal, and they always stick true to their beliefs.
- They are very Active.** They are very energetic and devoted to everything they do. They engage in every social affair, sports, and local actions.
- They are Wise.** They are very intelligent, but they like to learn and deepen their knowledge. They like to meet new people, cultures and win new experiences.
- They are born Leaders.** As we have mentioned before, with such a knowledge and the devotion to actions, December borns are true leaders. They can manage a group and aspirate others to act.
- They are Kind.** They can make any sacrifices to help others. They are helpful, kind and open-hearted.
- They are Reasonable.** They know exactly what they want from life but do not have high demands. Happiness for them is a family, close friends, love, and laughter.
- They are Stubborn.** As we mentioned before, they stick to the rules and beliefs, and it is very hard to convince them to change it. They are very stubborn and won't listen to any other arguments if they will feel that it is not for them.
- They are Loyal.** If they love or are in friendship with someone, they will do everything for them. You know that you can always count on people born in this month, and that will protect and support you no matter what. ay.
- They are Private.** They are sociable and like to help others, they do not like to talk about their feelings and problems with the people they don't know.

<https://www.dazzling.news/a2733/10-traits-december-borns-are-known-for>



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