



Upcoming Event >>>

- Sun 1:** 2:00 Chetek/Dovre Church
- Mon 2:** BOGGLE/ Barber/ 10:00 June Craft/ 2:00 Courtyard
- Tue 3:** 10:00 Cribbage and Dice/ 2:00 Bingo
- Wed 4:** PANDA/ 10:00 Dice/ 2:00 Human Slot Machine
- Thu 5:** Beauty Shop/ 10:00 Baking Grp/ 2:00 Happy Hour
- Fri 6:** 10:00 Manicures/ 2:00 Bingo
- Sat 7:** 2:00 Bingo

- Sun 8:** 2:00 The Refuge Church
- Mon 9:** BOGGLE/ B/B/ 10:00 Pokeno/ 2:00 Catapulting "Cows"
- Tue 10:** 10:00 Cribbage/2:00 Cow Milking Contest
- Wed 11:** 10:00 Courtyard Grp/ 2:00 Monthly Birthday Party
- Thu 12:** Beauty Shop/ B/B 10:00 Arts-Crafts/ 11:00 Food Council/ 2:00 Happy Hour
- Fri 13:** 10:00 Bingo/ 2:00 Honoring Father's Day
- Sat 14:** 2:00 Bingo

- Sun 15:** 2:00 Activity Staff
- Mon 16:** BOGGLE/ 10:00 Dairy Trivia/2:00 Music/Ice cream sundaes
- Tue 17:** 10:00 Cribbage and Dice/ 1:15 Resident Council/ 2:00 Bingo
- Wed 18:** PANDA/ 10:00 Coffee w/ a Veteran/ 2:00 Fishing Game
- Thu 19:** Beauty Shop/ 10:00 Wii Bowling/ 2:00 Happy Hour
- Fri 20:** 10:00 Memorial Communion Service/ 2:00 Bingo
- Sat 21:** 2:00 Bingo

- Sun 22:** 2:00 Chetek United Methodist Church
- Mon 23:** BOGGLE/ 10:00 Dice/ 2:00 Jack Gorski
- Tue 24:** 10:00 Cribbage and Dice/ 2:00 Bingo
- Wed 25:** 10:00 Courtyard Group / 2:00 Brown Bag Auction
- Thu 26:** Beauty Shop / 2:00 Happy Hour/ Cheez & Crackers
- Fri 27:** 10:00 Monthly Mass/ 2:00 Bingo
- Sat 28:** 2:00 Bingo

- Sun 29:** 2:00 Activity Staff
- Mon 30:** BOGGLE/ 10:00 Craft Group/ 2:00 Dairy Recap

Other activities are scheduled, or available daytime and evening include:

Games: Scrabble, Yahtzee, Checkers, Dice, Cribbage, Word Find/Crossword Puzzles

Movies: Scheduled Tuesday/Thursday evening 6pm in the family room. Movies are always available in the family room with a variety of movies on hand. We will get movies from the public library upon request.

Crafts and Jigsaw Puzzles: Always available in activity room and the West Conference Room.

Books/Magazines: Activity room Large Print Library and variety of magazines always available.

Aviary: Residents are free to come and go at any time in the activity room and see the birds.

Calendar Subject to Change

Newsletter

Men's Health Month!

It's Men's Health Month! With Father's Day quickly approaching, this is the perfect time to encourage the men in your life to take care of themselves. To all the men, take care of yourself so that you can be healthy, you can do your job, you can help and care for others, and you can do all the things you need to do or want to accomplish. Men's health is not just a "man's issue." Men's health impacts spouses, parents, children, siblings, and friends. So, men, it's time to take action!

Eat healthy

Add more fruits and vegetable into your diet and try to limit eating foods that are high in calories, sugar, salt and fat.

You can still enjoy your favorite foods, even if they are high in calories, fat or added sugars. The key is eating them only once in a while.

Get moving

Make a personal goal to reach 2 ½ hours of physical activity per week. Participate in activities you enjoy will help you to stay motivated.

Being physically active can improve your brain health, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Quit tobacco

Tobacco smoking is the number one preventable cause of death in the U.S. and the primary cause of COPD and lung cancer.

Quitting smoking reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular disease, chronic obstructive pulmonary disease (COPD), and cancer.

Make prevention a priority

Schedule yearly checkups and regular health screenings with your doctor or local health department

Monthly testicular self-exams are important for the early detection of testicular cancer.

Consistently put the above healthy habits together and be a role model for those who may be watching you.



Reference: <https://www.dhd10.org/mens-health-month-june-2023/>

Let's play! Word Scramble: Dairy Month



1. BUETRT _____
2. SCHEEE _____
3. ITERBTKMUL _____
4. KLIM _____
5. RMECA _____
6. TRUYGO _____
7. IEC ECRAM _____
8. YAIRD _____
9. CWO _____
10. CCUIAML _____
11. RTEPOIN _____
12. FRAM _____
13. LOTCESA _____



Employee Birthdays

Kellie C., June 08	Mary Ann C., June 20
Wayne B., June 08	Melanie W., June 21
Cheyenne S., June 08	Jessica M., June 22
Edward A., June 14	Reda S., June 24
Dawnmarie W., June 14	
Lisa M., June 15	
Alyssa V., June 20	



2025 Fun & National Holidays!

- ▶ Jun 1 Say Something Nice Day
- ▶ Jun 1 Game Show Day
- ▶ Jun 3 World Bicycle Day
- ▶ Jun 4 National Cheese Day
- ▶ Jun 4 Hug Your Cat Day
- ▶ Jun 5 World Environment Day
- ▶ Jun 6 National Doughnut Day
- ▶ Jun 6 Drive in Movie Day
- ▶ Jun 7 Chocolate Ice Cream Day
- ▶ Jun 8 Best Friends Day
- ▶ Jun 10 Iced Tea Day
- ▶ Jun 10 Black Cow Day
- ▶ Jun 11 Corn on the Cob Day
- ▶ Jun 12 Peanut Butter Cookie Day
- ▶ Jun 14 **Flag Day**
- ▶ Jun 14 World Juggling Day
- ▶ Jun 15 **Father's Day**
- ▶ Jun 17 Eat Your Vegetables Day
- ▶ Jun 18 International Picnic Day
- ▶ Jun 18 National Go Fishing Day
- ▶ Jun 19 Juneteenth Day
- ▶ Jun 20 Ice Cream Soda Day
- ▶ Jun 20 Take Your Dog to Work Day
- ▶ Jun 21 Daylight Appreciation Day
- ▶ Jun 22 Onion Ring Day
- ▶ Jun 23 Pink Day
- ▶ Jun 24 Swim a Lap Day
- ▶ Jun 26 Chocolate Pudding Day
- ▶ Jun 26 Beauticians Day
- ▶ Jun 27 Sunglasses Day
- ▶ Jun 29 Bomb Pop Day
- ▶ Jun 30 Outfit of the day (OOTD) Day

Meet our Team >>>

Hometown: Monterrey Nuevo Leon, Mexico

Tell us about your Job.

I am CNA. I am taking care of residents

Tell us about your family.

I have mom, dad and one brother.

What are your outside Interests?

I like playing pool, exercising, time to study or read a book and I like to watch TV.

Something not everyone may know about you.

When I was in Mexico, I made tattoos as a hobby.

Favorite sport team.

Rayados, Monterrey FC and the Green Bay Packers.

Jesus Alberto H.

CNA



725 Knapp St
Chetek, WI 54728
Contact us at **715-924-4891**
www.meadowbrookchetek.com



Also, June is...

Dairy Month
Mem's Health Month
National CNA Week, June 12-18