



Upcoming Event >>>

Thu 1: 10:00 Dice/ 2:00 New Year Trivia

Fri 2: 2:00 Bingo

Sat 3: 2:00 Bingo

Sun 4: 2:00 Christ/ Activity Staff

Mon 5: BOGGLE/ Barber/ 2:00 Trivia Contest

Tue 6: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Wed 7: InService/ 1:15 Movie in Family Room

Thu 8: 10:00 Puzzles / 2:00 Happy Hour

Fri 9: 10:00 Yahtzee / 2:00 Bingo

Sat 10: 2:00 Bingo

Sun 11: 2:00 Freedom Community Church

Mon 12: BOGGLE/ B/B/ 2:00 Steve Midboe Music

Tue 13: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Wed 14: 10:00 Tabitha Circle/ 1:15 Movie of the Week

Thu 15: B/B 2:00 Happy Hour

Fri 16: 10:00 Communion Memorial Service/ 2:00 Bingo

Sat 17: 2:00 Bingo

Sun 18: 2:00 Chetek/Dovre/ Lutheran Church

Mon 19: BOGGLE/ Barber/ 2:00 Jack Gorski

Tue 20: Beauty Shop/ 10:00 Cribbage Dice / 1:15 Resident Council/
2:00 Bingo

Wed 21: 10:00 Baking Group/ 1:15 Movie of the Week

Thu 22: 10:00 Bean Bags/ 2:00 Happy Hour

Fri 23: 2:00 Bingo

Sat 24: 2:00 Bingo

Sun 25: 2:00 St. Boniface Catholic Church

Mon 26: BOGGLE/ 2:00 Catapulting Frogs

Tue 27: beauty Shop/ 10:00 Cribbage Dice/ 2:00 Bingo

Wed 28: 10:00 Dice/ 1:15 Movie of the Week

Thu 29: 10:00 Craft Group/ 2:00 Happy Hour

Fri 30: 10:00 Catholic Mass / 2:00 Bingo

Sat 31: 2:00 Bingo

Beauty Shop Open Tuesdays 9:30, Barber Shop Monday 9:30

Thursdays 6:00 PM Assorted games in Family Room

Thursday 6:00 PM Movie in Family Room/West

Cribbage Club Plays after 4:00 PM in Conference room

Calendar Subject to Change

Newsletter

The Importance of Activities for Seniors

Staying active—socially, mentally, and physically—is essential at every stage of life. However, for seniors, purposeful daily activities carry unique and powerful benefits that help protect independence, self-esteem, and overall health. As the aging population continues to grow, so does the need to understand how meaningful engagement improves quality of life for older adults—whether they live at home, with family, or in long-term care communities.



Physical Benefits: Regular physical activity helps seniors maintain strength, flexibility, and balance, reducing the risk of falls and mobility loss. Even low-impact exercises, such as walking, stretching, chair yoga, or tai chi, can improve heart health, support weight management, and increase energy levels.

Cognitive Benefits: Activities that stimulate the brain—puzzles, reading, music, learning new skills, or participating in group discussions—help slow cognitive decline and support memory function. Continued mental stimulation encourages problem-solving, creativity, and curiosity, all of which protect the brain from deterioration associated with aging conditions such as dementia.

Emotional and Social Benefits: Social isolation is a major concern for older adults and can lead to depression, anxiety, and feelings of loneliness. Group activities, social outings, clubs, and volunteer opportunities help seniors build relationships, find purpose, and strengthen emotional well-being.

Sense of Purpose and Identity: Engaging in hobbies, community involvement, or creative projects allows seniors to continue expressing their individuality and strengths. Activities such as gardening, crafting, music therapy, or storytelling empower seniors to remain contributors rather than observers.

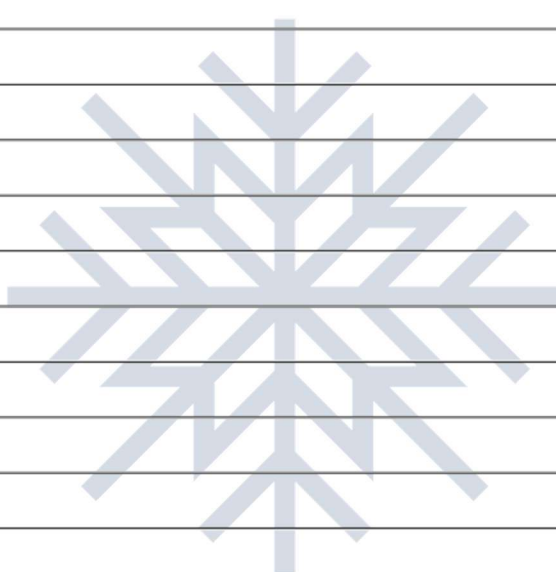
Support for Memory Care Residents: For seniors living with Alzheimer’s disease or other forms of dementia, activities play a therapeutic role. Structured tasks, familiar routines, and sensory-based programs can reduce agitation, improve focus, and evoke positive memories.

Community Engagement and Belonging: Whether offered through senior centers, nursing homes, assisted living communities, or local organizations, group activities build a sense of community. Events such as game nights, exercise groups, book clubs, or spiritual gatherings encourage friendships and reduce feelings of isolation.

Supporting seniors in staying engaged is one of the most effective ways to promote health, happiness, and dignity throughout the aging journey.

Let's play! Word Scramble: Winter

1. RNAAYUJ _____
2. OECKHY _____
3. EOZRFN _____
4. SCSKO _____
5. ICCLIE _____
6. SNWO _____
7. SOOTB _____
8. DOOW _____
9. KAETS _____
10. TNSEIMT _____
11. LERIAFECF _____
12. EIC _____
13. ODCL _____



Meet our Team >>>

Hometown: Barron, WI

Job Overview.

I am caring for residents clothing items, making sure everything is washed, dried and put away neatly.

Tell us about your Family.

I have my husband, mom, and sister.

What are your outside Interests?

I love playing with my nephew, reading and baking.

Something not everyone may know about you.

I have a short pinky finger.

Favorite sport team.

Vikings!

Adri D.
Laundry Aide



Testimonial >>>



"I chose Meadowbrook at Chetek as it was recommended for therapy. My stay was great. Therapy was wonderful, the CNAs were all kind and helpful, and the Dietary Staff kept your belly full. I would recommend Meadowbrook as therapy works hard to get your mobility back as well as your strength. Everyone addressed any concerns." - Tony K. - Resident



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Employee Birthdays

- | | |
|--------------------|-------------------|
| Kelsey O., Jan 02 | Dakota L., Jan 31 |
| Janelle P., Jan 08 | |
| Sam W., Jan 10 | |
| Megan Z., Jan 12 | |
| Alivia H., Jan 13 | |
| Janny B., Jan 25 | |



2026 Fun & National Holidays!

- ▶ Jan 1 **New year Day!**
- ▶ Jan 2 **Buffet Day**
- ▶ Jan 3 **Fruitcake Toss Day**
- ▶ Jan 4 **Trivia Day**
- ▶ Jan 5 **Bird Day**
- ▶ Jan 6 **Bean Day**
- ▶ Jan 7 **Old Rock Day**
- ▶ Jan 8 **Winter Skin Relief Day**
- ▶ Jan 9 **Law Enforcement Appreciation Day**
- ▶ Jan 12 **Clean Off Your Desk Day**
- ▶ Jan 12 **Marzipan Day**
- ▶ Jan 13 **Make Dreams Come True Day**
- ▶ Jan 14 **Organize Your Home Day**
- ▶ Jan 15 **Bagel Day**
- ▶ Jan 16 **Nothing Day**
- ▶ Jan 17 **Benjamin Franklin Day**
- ▶ Jan 17 **Kid Inventors Day**
- ▶ Jan 17 **New Years Resolution Day**
- ▶ Jan 17 **Soup Swap Day**
- ▶ Jan 18 **Thesaurus Day**
- ▶ Jan 19 **MLK Day**
- ▶ Jan 19 **Popcorn Day**
- ▶ Jan 21 **Granola Bar Day**
- ▶ Jan 22 **Hot Sauce Day**
- ▶ Jan 23 **Pie Day**
- ▶ Jan 24 **Compliment Day**
- ▶ Jan 24 **Macintosh Computer Day**
- ▶ Jan 25 **Opposite Day**
- ▶ Jan 26 **Spouses Day**
- ▶ Jan 27 **Chocolate Cake Day**
- ▶ Jan 29 **Puzzle Day**
- ▶ Jan 30 **Croissant Day**
- ▶ Jan 30 **Fun at Work Day**
- ▶ Jan 31 **Hot Chocolate Day**

Also, January is...

Activity Professionals Week-Jan 26-30