



Upcoming Event >>>

Wed 1: 10:00 Manicures / 1:15 Movie

Thu 2: 10:00 Painting Group/ 2:00 Happy Hour

Fri 3: 10:00 Good Friday – Chetek Lutheran / 2:00 Fog Hunt

Sat 4: 2:00 Bingo

Sun 5: Happy Easter!

Mon 6: BOGGLE/ Barber/ 10:00 Exercise/ 2:00 Slots of Fun

Tue 7: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Wed 8: 10:00 Tabitha Circle/ 1:15 Movie of the Week

Thu 9: 10:00 Bowling/ 2:00 Happy Hour

Fri 10: 10:00 Horseshoes/ 2:00 Bingo

Sat 11: 2:00 Bingo

Sun 12: 2:00 Chetek United Methodist

Mon 13: BOGGLE/ B/B/ 10:00 Exercise / 2:00 Steve Midboe

Tue 14: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Wed 15: Inservice/ 10:00 Coffee with a Veteran / 1:15 Movie

Thu 16: 10:00 Craft Group / 2:00 Happy Hour

Fri 17: 10:00 Communion/ Memorial Service/ 2:00 Bingo

Sat 18: 2:00 Bingo

Sun 19: 2:00 St Boniface Catholic Church

Mon 20: BOGGLE/ Barber/ 10:00 Exercise/ 2:00 Jack Gorski

Tue 21: Beauty Shop/ 10:00 Cribbage Dice/ 1:15 Resident Council/
2:00 Bingo

Wed 22: 10:00 Earth Day Trivia/ 1:15 Movie

Thu 23: 10:00 Bowling/ 2:00 Happy Hour

Fri 24: 10:00 Catholic Mass / 2:00 Bingo

Sat 25: 2:00 Bingo

Sun 26: 2:00 The Refuge

Mon 27: BOGGLE/ 10:00 Bean Bags/ 2:00 Heartland Hospice -
Jeopardy

Tue 28: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Wed 29: 10:00 Glam Shots / 2:00 Glam Shots

Thu 30: 10:00 Glam Shots / 2:00 Happy Hour

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

Thursdays 6:00 PM Movie in Family Room

Thursday 6:00 PM Movie in Family Room/West

Calendar Subject to Change

Newsletter

The Magic of "Remember When": Why Reminiscing is Good for the Soul

As the flowers begin to bloom this April, it's a natural time to think about growth, history, and the journeys that brought us here. For many of us, looking back isn't just about "the good old days"—it's a powerful way to stay connected to who we are today.



More Than Just a Memory

Mental health experts often call this "Reminiscence Therapy," but we just call it good storytelling. Sharing memories does more than pass the time; it actually reduces stress, boosts self-esteem, and helps keep our minds sharp. When we revisit a favorite memory, our brains release feel-good chemicals that can improve our mood for the entire day.

Ways to Spark a Story

You don't need a reason to take a trip down memory lane, but sometimes a little nudge helps:

- **The Power of Music:** Hearing a song from your teenage years can instantly transport you back to a specific dance, a car ride, or a summer night.
- **Sensory Scents:** The smell of fresh-cut grass, lilac, or a specific family recipe can unlock "hidden" memories that words alone can't reach.
- **Photo Power:** Flipping through an old album isn't just a solo activity—it's an invitation for others to learn about your adventures.

Share Your Spark

This month, we encourage you to share one "first" with a neighbor or a staff member. Was it your first car? Your first job? Or perhaps the first time you saw a spring bloom in your childhood backyard?

Your stories are the heartbeat of our community. By sharing them, you aren't just looking backward—you're helping us all grow closer together.

Let's play! Word Scramble: Spring Time

1. BBUSL _____
2. TBUESTRCPU _____
3. SSBLSOOM _____
4. RSRAPTELACIL _____
5. IRNPGS ENGRSE _____
6. DSODFILFA _____
7. FULATEBUI _____
8. ADESSII _____
9. KCISCH _____
10. BUDNGID _____
11. LGBAIMN _____
12. RSIDB _____
13. IRBSK _____
14. EESB _____

Meet our Team >>>

Hometown: Princeton, MN

Job Overview.

Helping residents navigate their days at Meadowbrook.

Tell us about your Family.

I have four lovely children.

What are your outside Interests?

I love going on adventures with my family, reading and playing softball.

Something not everyone may know about you.

I love the color green, and I hate the texture of oranges.

Favorite sport team.

Vikings.

Megan W.
CNA



Employee Birthdays

Kathryn J., Apr 3

Karen C., Apr 25

Alyssa M., Apr 5

Sara J., Apr 30

Dorothy B., Apr 8

Pamela P., Apr 11

Angela P., Apr 14

William L., Apr 22

Nanette R., Apr 23



2026 Fun & National Holidays!

- ▶ Apr 1 April Fool Day
- ▶ Apr 2 Burrito Day
- ▶ Apr 3 Good Friday
- ▶ Apr 3 Caramel Day
- ▶ Apr 5 Happy Easter!
- ▶ Apr 6 Caramel Popcorn Day
- ▶ Apr 7 World Health Day
- ▶ Apr 10 Siblings Day
- ▶ Apr 11 Pet Day
- ▶ Apr 12 Grilled Cheese Day
- ▶ Apr 13 Scrabble Day
- ▶ Apr 14 Gardening Day
- ▶ Apr 15 Banana Day
- ▶ Apr 16 Eggs Benedict Day
- ▶ Apr 16 Wear Pajamas to Work Day
- ▶ Apr 17 Cheeseball Day
- ▶ Apr 18 Exercise Day
- ▶ Apr 20 Volunteer Recognition Day
- ▶ Apr 20 Look Alike Day
- ▶ Apr 22 Earth Day
- ▶ Apr 22 Jelly Bean Day
- ▶ Apr 23 Take a Chance Day
- ▶ Apr 23 Worl Book Day
- ▶ Apr 24 Bucket List Day
- ▶ Apr 25 DNA Day
- ▶ Apr 26 Pretzel Day
- ▶ Apr 27 Administrative Professional Day
- ▶ Apr 27 Gummi Bear Day
- ▶ Apr 28 Superhero Day
- ▶ Apr 29 Zipper Day
- ▶ Apr 30 Honesty Day

Also, April is...

Stress Awareness Month
Occupational Therapy Month



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www.meadowbrookchetek.com

