



MEADOWBROOK

—CHETEK—

Upcoming Event >>>

Sat 1: 2:00 Bingo

Sun 2: 2:00 Freedom Community

Mon 3: BOGGLE/ 10:00 Table Hockey / 2:00 Celebrate Watermelon

Tue 4: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Wed 5: PANDA/ 10:00 Manicures / 1:15 Movie

Thu 6: 10:00 Courtyard/ 2:00 Happy Hour

Fri 7: 10:00 Manicures / 2:00 Water Balloon/Fair Day

Sat 8: 2:00 Bingo

Sun 9: 2:00 Chetek/Dovre Church

Mon 10: BOGGLE/ Barber/ B/B 10:00 Painting/ 2:00 Steve Midboe

Tue 11: Beauty Shop/ 10:00 Cribbage Dice/ 2:00 Bingo

Wed 12: 10:00 Exercise / 1:15 Movie

Thu 13: B/B/ 10:00 Courtyard/ 2:00 Happy Hour

Fri 14: 10:00 Baking / 2:00 Bingo

Sat 15: 2:00 Bingo

Sun 16: 2:00 Activity Staff

Mon 17: BOGGLE/ 10:00 Manicures/ 2:00 Jack Gorski

Tue 18: Beauty Shop/ 10:00 Cribbage Dice / 1:15 Resident Council/ 2:00 Bingo

Wed 19: PANDA/ 10:00 Coffee with Veterans/ 2:00 Birthday Party

Thu 20: 10:00 Courtyard / 2:00 Happy Hour/ Rave

Fri 21: 10:00 Memorial Communion Service/ 2:00 Bingo

Sat 22: 2:00 Bingo

Sun 23: 2:00 St. Boniface Catholic Church

Mon 24: BOGGLE/ Barber/ 10:00 Exercise/ 2:00 Human Slot Machine

Tue 25: Beauty Shop/ 10:00 Cribbage Dice / 2:00 Bingo

Wed 26: 10:00 Baking/ 2:00 Brown Bag Auction

Thu 27: 10:00 Courtyard/ 2:00 Happy Hour

Fri 28: 10:00 Catholic Mass/ 2:00 Bingo

Sat 29: 2:00 Bingo

Sun 30: 2:00 Activity Staff

Mon 31: 10:00 Manicures / 2:00 Duck Hunt

Tuesday 6:00 PM Games in Conference Room

Thursday 6:00 PM Movie in Family Room

Third Wednesday: Coffee with a Veteran at 10:00

June 9, Father's Day Pictures

June 10, Chetek Lutheran-Tabitha Circle at 10:00

Calendar Subject to Change

Newsletter

Stay Safe and Healthy This Summer

Summer is a wonderful time to enjoy sunshine, fresh air, and outdoor activities. However, warmer temperatures can pose unique health risks for older adults. Taking a few simple precautions can help everyone stay safe while making the most of the season.

Stay Hydrated: As we age, our sense of thirst decreases, making us more likely to become dehydrated. Drink water regularly throughout the day, even if you don't feel thirsty. Foods with high water content, such as watermelon, cucumbers, oranges, and strawberries, can also help keep you hydrated.

Dress for the Weather: Choose lightweight, loose-fitting, and light-colored clothing to stay cool. A wide-brimmed hat and sunglasses provide extra protection from the sun, while sunscreen with SPF 30 or higher helps prevent sunburn.

Avoid Peak Heat: Try to schedule outdoor activities during the early morning or evening when temperatures are cooler. If you need to be outside during the hottest part of the day (typically between 10:00 a.m. and 4:00 p.m.), take frequent breaks in the shade or indoors.

Stay in an air-conditioned place: Use fans or air conditioning when possible. Close blinds or curtains during the hottest part of the day to reduce indoor temperatures. If your home becomes too warm, consider visiting a local library, community center, or another air-conditioned public space.

Know the Signs of Heat-Related Illness: Watch for symptoms such as dizziness, headache, nausea, excessive sweating, muscle cramps, confusion, or unusual fatigue. If these symptoms occur, move to a cooler place, drink water, and seek medical attention if symptoms worsen or do not improve.

Eat Light and Fresh: Enjoy seasonal fruits and vegetables and choose lighter meals that are easier to digest. Avoid excessive alcohol and limit sugary drinks, which can contribute to dehydration.

Stay Active Safely: Continue exercising but adjust your routine to the weather. Walking indoors, participating in group exercise classes, or swimming are excellent ways to stay active while avoiding excessive heat.

Enjoy Summer Safely! A little planning goes a long way. By staying hydrated, protecting yourself from the sun, and recognizing the signs of heat-related illness, you can enjoy all the benefits of summer while staying healthy and comfortable.

Summer Safety Tips



Sun protection



Stay hydrated



Wear hat and sunglasses



Avoid heat at midday

Let's play! Word Scramble: Hobbies

1. HSFINGI _____
2. SALITPE _____
3. TNRICGHECO _____
4. GENRIAD _____
5. GNIEWS _____
6. IIVRTGN _____
7. IKINGH _____
8. RPOTOYHPGHA _____
9. GTNAIPN _____
10. ISCON _____
11. UIGNTNH _____
12. SAPMST _____
13. ITNIGKNT _____
14. ETVNGRALI _____
15. GNRDWAI _____



Employee Birthdays

Jessica S., Aug 4

Leah V., Aug 7

Andrea C., Aug 10

Alyssa L., Aug 16

Sarah B., Aug 18

Jonathan D., Aug 20

Miranda A., Aug 20

Kelli E., Aug 22

Jesus B., Aug 28

Luis H., Aug 30



2026 Fun & National Holidays!

- | | |
|----------|---------------------------|
| ▶ Aug 1 | Girlfriends Day |
| ▶ Aug 2 | Ice Cream Sandwich Day |
| ▶ Aug 2 | Sisters Day |
| ▶ Aug 3 | Watermelon Day |
| ▶ Aug 4 | Chocolate Chip Cookie Day |
| ▶ Aug 6 | Root Beer Float Day |
| ▶ Aug 7 | International Beer Day |
| ▶ Aug 7 | Lighthouse Day |
| ▶ Aug 7 | Water Balloon Day |
| ▶ Aug 8 | Happiness Happens Day |
| ▶ Aug 9 | Book Lovers Day |
| ▶ Aug 9 | Rice Pudding Day |
| ▶ Aug 10 | Lazy Day |
| ▶ Aug 10 | S'mores Day |
| ▶ Aug 11 | Son and Daughter Day |
| ▶ Aug 12 | Middle Child Day |
| ▶ Aug 12 | Vinyl Record Day |
| ▶ Aug 13 | Left Handers Day |
| ▶ Aug 14 | Creamsicle Day |
| ▶ Aug 15 | Relaxation Day |
| ▶ Aug 16 | Tell a Joke Day |
| ▶ Aug 17 | Thrift Shop Day |
| ▶ Aug 17 | Pineapple Juice Day |
| ▶ Aug 18 | Mail Order Catalog Day |
| ▶ Aug 19 | World Photo Day |
| ▶ Aug 19 | Bacon Lovers Day |
| ▶ Aug 20 | Chocolate Pecan Pie Day |
| ▶ Aug 21 | Senior Citizens Day |
| ▶ Aug 22 | Be An Angel Day |
| ▶ Aug 24 | Waffle Day |
| ▶ Aug 25 | Banana Split Day |
| ▶ Aug 26 | Dog Appreciation Day |
| ▶ Aug 28 | Bow Tie Day |
| ▶ Aug 31 | Eat Outside Day |
| ▶ Aug 31 | Trail Mix Day |

Also, August is...

International Peace Month
Wellness Month

Meet our Team >>>

Hometown: Turtle Lake, WI

Job Overview.

I prepare the dining room, serve them drinks, and help in the kitchen.

Tell us about your Family.

I have my mother, Heidi, my father, Mike, and three brothers.

What are your outside Interests?

I have three old trucks I like to work on and spend time with my friends.

Something not everyone may know about you.

My middle name is Corinne, and my elementary gym teacher used to only call me by that name.

Favorite sports team.

Don't follow sports, but I like the Green Bay Packers and Bengals

Jenna H.
Dietary Aide



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