



MEADOWBROOK

—CHETEK—

Upcoming Event >>>

Wed 1: 10:00 Exercise/ 1:15 Movie of the week

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

Fri 3: 11:30-12:30 Harpa in Dining Room/ 2:00 Bingo

Sat 4: 2:00 Bingo/ Parade at Noon

Sun 5: 2:00 Church/ Activity Staff

Mon 6: BOGGLE/ B/B/ 10:00 Manicures / 2:00 Courtyard

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

Wed 8: 10:00 Baking Group / 1:15 Movie

Thu 9: Tattoos and Harley Trike Rides

Fri 10: 10:00 Frost Cookies / 2:00 Bingo

Sat 11: 2:00 Bingo

Sun 12: 2:00 Faith Baptist Church

Mon 13: BOGGLE/ Barber/ 10:00 Trivia/ 2:00 Steve Midboe

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

Wed 15: 10:00 Coffee with a Veteran / 2:00 Happy Hour

Thu 16: IN-SERVICE/ 10:00 Courtyard/ 2:00 Crafts

Fri 17: 10:00 Manicures / 2:00 Bingo

Sat 18: 2:00 Bingo

Sun 19: 2:00 Christ Lutheran/ Held in Conference room

Mon 20: BOGGLE/ 10:00 Crafts/ 2:00 Jack Gorski

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

Wed 22: 10:00 Exercise/ 2:00 Brown Bag Auction

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

Fri 24: 10:00 Coffee Break / 2:00 Bingo

Sat 25: 2:00 Bingo

Sun 26: 2:00 The Refuge Church

Mon 27: BOGGLE/ Barber/ 10:00 Crafts/ 2:00 Human Slot Machine

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

Wed 29: 10:00 Courtyard/ 2:00 Happy Hour

Thu 30: 10:00 Resident Game Choice/ 2:00 Happy Hour

Fri 31: 10:00 Fairy Garden/ 2:00 Bingo/ Dorothy's Retirement Day :(

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

The Power of Staying Connected

Did you know that staying social is just as important for your health as eating well and exercising? July is **National Social Wellness Month**, a time dedicated to celebrating the friendships and community bonds that keep us thriving. Research shows that older adults with vibrant social networks enjoy stronger immune systems, better memory retention, and a significantly lower risk of heart disease and depression. Human connection is powerful medicine. When we share a laugh, converse with a neighbor, or lean on a friend during tough times, our bodies release hormones that reduce stress and promote a sense of safety. Embracing your community is not just a way to pass the time—it is a vital component of healthy aging.

4 Easy Ways to Build Connection

1) Learn a Neighbor's Name

A simple greeting can transform someone's day. Make it a personal goal this July to introduce yourself to one resident or new staff member you see regularly in the dining room or hallways.

2) Share a "Skill Swap" with Family

When grandkids or relatives visit, turn it into a fun learning session. Offer to teach them a favorite classic card game, dominoes, or a craft, and ask them to show you a fun feature or photo trick on a smartphone.

3) Join a Group Hobby Circle

Trying a new structured activity is a low-pressure way to make friends. Check the activity calendar for our air-conditioned indoor clubs, such as the resident book club, crafting hours, or group baking sessions.

4) Enjoy a Mealtime Conversation

Mealtimes are perfect opportunities to bond. Instead of dining in silence, ask the people at your table about their favorite summer memories, their hometowns, or the music they love.



Let's play!

Word Scramble: A Day at the Beach



1. THIFRSSA _____
2. CBEHA ANLEBTK _____
3. ECAHB MBOCNIG _____
4. EHBAC BAURLEML _____
5. NSAD ORADLL _____
6. EHABC LABL _____
7. EKIT _____
8. EEHLSLSAS _____
9. ASNAETLSCD _____
10. AEULLSGS _____
11. CTEKBU ADN HOVLES _____
12. CASML _____
13. NIDW _____
14. DDOFRTWIO _____



100



Employee Birthdays

Kim W., July 3
 Nichelle K., July 5
 Tammy W., July 19
 Tonya S., July 20
 Aubri H., July 24
 Mohamed B., July 27



2026 Fun & National Holidays!

- ▶ Jul 1 Postal Worker Day
- ▶ Jul 1 International Joke Day
- ▶ Jul 2 I Forgot Day
- ▶ Jul 3 Compliment Your Mirror Day
- ▶ Jul 4 **INDEPENDENCE DAY!**
- ▶ Jul 5 Workaholics Day
- ▶ Jul 6 World Kissing Day
- ▶ Jul 7 Tell the Truth Day
- ▶ Jul 7 Rock n Roll Day
- ▶ Jul 8 Blueberry Day
- ▶ Jul 8 Frezzer Pop Day
- ▶ Jul 9 Sugar Cookie Day
- ▶ Jul 10 Piña Colada Day
- ▶ Jul 11 Blueberry Muffins Day
- ▶ Jul 12 Simplicity Day
- ▶ Jul 13 National French Fries Day
- ▶ Jul 14 Pandemonium Day
- ▶ Jul 15 Gummi Worm Day
- ▶ Jul 16 Cherry Day
- ▶ Jul 16 Corn Fritters Day
- ▶ Jul 17 World Emoji Day
- ▶ Jul 18 Caviar Day
- ▶ Jul 19 Ice Cream Day
- ▶ Jul 21 Junk Food Day
- ▶ Jul 22 Pi Approximation Day
- ▶ Jul 23 Gorgeous Grandma Day
- ▶ Jul 23 Lemon Day
- ▶ Jul 23 Vanilla Ice Cream Day
- ▶ Jul 24 Cousins Day
- ▶ Jul 25 Christmas in July Day
- ▶ Jul 26 Uncle and Aunt Day
- ▶ Jul 28 Milk Chocolate Day
- ▶ Jul 29 Lasagna Day
- ▶ Jul 30 National Cheesecake Day

Also, JULY is...

Social Wellness Month
 National Picnic Month

Meet our Team >>>

Hometown: Turtle Lake, WI

Job Overview.

I've been a CNA for seven years and also work in Amery in an assisted living facility where I am a medication aide.

Tell us about your Family.

I have one sister and two brothers, six nephews, and one niece

What are your outside Interests?

I like kayaking, softball, basketball, and truck pulls.

Something not everyone may know about you.

I have been to 15 states.

Favorite sports team.

Packers!

Kylie S.
CNA



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