



MEADOWBROOK

—CHETEK—



October Activities >>>

Thu 1: 10:00 Baking Cookies/ 12:30 Card Making/ 2:00 Happy Hr.

Fri 2: 10:00 Horseshoes/ 12:30 Dice/ 2:00 Bowling/ 6:00 Cribbage

Sat 3: 10:00 Coloring/11:00 Word Finds/2:00 Bingo/6:00 Cribbage

Sun 4: 10:00 Puzzles/12:00 Packers/ 2:00 Church-Activity Staff/
3:00 Vikings game

Mon 5: 9:30 Barber/10:00 Crafts/12:30 Coffee/2:00 High Strickers

Tue 6: 9:30 Beauty Shop/ 10:00 Cribbage & Dice/ 2:00 Bingo

Wed 7: 10:00 Manicures/ 12:30 Coffee Social/2:00 Bowling/ 6:00
Board games

Thu 8: 10:00 Guess That Song/ 12:30 Card/ 2:00 Happy Hr-Spam/
6:00 Movie

Fri 9: 10:00 Jumbo Tik Tak Toe/ 12:30 Dice/ 2:00 Catapulting Frogs

Sat 10: 10:00 Coloring/11:00 Word Finds/2:00 Bingo/6:00
Cribbage Tournament

Sun 11: 10:00 Puzzles/ 2:00 Advent Christian Church/ 3:05
Vikings/ 3:25 Packers

Mon 12: 10:00 Wii/ 12:30 Board Games/2:00 Steve Midbow/6:00
Community

Tue 13: 9:30 Beauty Shop/ 10:00 Cribbage & Dice /2:00 PoKeNo

Wed 14: 10:00 Crafts/12:30 Coffee Social/2:00 Noodles& Balloons

Thu 15: 10:00 Painting Pumpkins/2:00 Happy Hour/ 2:45
Celebrate October Birthday/ 6:00 Movie

Fri 16: 10:00 Horseshoes/ 12:30 Dice/ 2:00 Giant Kerplunkl/ 5:30
Cribbage

Sat 17: 10:00 Coloring/11:00 Word Finds/2:00 Bingo/6:00
Cribbage Tournament

Sun 18: 10:00 Puzzles/12:00 Vikings/ 2:00 Church-Activity Staff/
3:25 Packers

Mon 19: 9:30 Barber/10:00 Exercises/12:30 Cards/2:00 Jack Gorski

Tue 20: 9:30 Beauty Shop/ 10:00 Cribbage & Dice / 1:15 Resident
Council/ 2:00 Bingo

Wed 21: 10:00 Coffee w/Veterans/ 12:30 Cards/ 2:00 Baking/
6:00 Board games

Thu 22: 10:00 Manicures/ 12:30 Card Making/ 2:00 Happy Hour

Fri 23: 10:00 Communion/12:30 Dice/2:00 Human Slot Machine

Sat 24: 10:00 Coloring/11:00 Word Finds/2:00 Bingo/6:00
Cribbage Tournament

Sun 25: 10:00 Puzzles/12:00 Vikings/ 2:00 Freedom Community/
3:25 Packers

Mon 26: 10:00 Bowling/ 12:30 Jewelry Making/ 2:00 Monster
Hunt/ 6:00 Board Games

Tue 27: 9:30 Beauty Shop/ 10:00 Cribbage&Dice / 2:00 PoKeNo

Wed 28: 10:00 Witch Hat Ring Toss/ 12:30 Coffee Social/ 2:00
Brown Bag Auction

Thu 29: 10:00 Jumbo Dice/ 2:00 Bean Bag Twister/ 6:00 Movie/
7:15 Packers

Fri 30: 10:00 Catholic Mass / 2:00 Halloween Happy Hr./5:30
Cribbage

Sat 31: 10:00 Coloring/2:00 Bingo/3:00 Cribbage Tournament/
6:00 Trick or Treat

Calendar Subject to Change

Newsletter

Preventing "Fall" Slips in Fall: Staying Steady and Safe

Autumn brings beautiful changes, but the turn of the season also brings a timely reminder about a different kind of "fall." As the weather cools and we spend more time indoors, prioritizing our balance, mobility, and safety is more important than ever.

Simple Tips for Staying Steady

Staying safe on your feet doesn't mean slowing down. In fact, it means the opposite! Keep these quick tips in mind as you move about your day:

- **Choose the Right Footwear:** As you transition to your autumn wardrobe, ensure your shoes and slippers are supportive. Look for footwear with enclosed heels, flat soles, and sturdy, non-slip rubber grips on the bottom. Avoid loose slippers or walking in thin socks.
- **Keep Your Living Space Clear:** A tidy room is a safe room. Make sure walkways are completely clear of clutter, phone charging cords, or extra blankets. If you notice a spill, a loose rug, or an item out of place in a common area, please notify a staff member right away.
- **Use the "Call Light" Before You Rise:** Your safety is our number one priority. If you ever feel dizzy, tired, or unsteady when getting out of bed or a chair, please don't hesitate to press your call light. Our nursing team is always here and happy to assist you.
- **Light the Way:** As the days get shorter and the afternoons get darker, remember to turn on your bedside lamps and overhead lights before moving around your room.

Keep Moving with Therapy and Activities!

Our muscles naturally weaken as we age, and our sense of balance becomes less dependable. Engaging in regular physical activity helps counteract these age-related changes. Strong muscles provide better support to joints and bones, reducing the risk of stumbling or falling.

We highly encourage everyone to attend our daily morning exercise groups, chair yoga sessions, and afternoon social activities. Staying active keeps your confidence high and your balance sharp!



Let's play! Word Scramble: At the Pumpkin Patch



1. ANEORG _____
2. EDFIL _____
3. HSVATER _____
4. NEAOLLHEW _____
5. BTSEKA _____
6. URODG _____
7. RACTORT _____
8. VSLAEE _____
9. DESSE _____
10. UTSNDO _____
11. GIWEH _____
12. TMNUUA _____
13. MKIPPUN _____
14. PPELAS _____
15. OCNR MEAZ _____



Employee Birthdays

Danica K., Oct 02	Rocky E., Oct 15
Caitin S., Oct 06	Nocholas L., Oct 17
Olivia B., Oct 07	Rita H., Oct 24
Kylie S., Oct 11	Sandra L., Oct 26
Brittany H., Oct 13	Megan W., Oct 26
Jami M., Oct 13	Ashley P., Oct 29
	Sue K., Oct 29

Happy Birthday

2026 Fun & National Holidays!

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|----------|-----------------------------|
| ▶ Oct 1 | International Coffee Day |
| ▶ Oct 1 | Homemade Cookies Day |
| ▶ Oct 2 | World Smile Day ☺ |
| ▶ Oct 3 | Card Making Day |
| ▶ Oct 4 | Taco Day |
| ▶ Oct 4 | Cinnamon Bun Day |
| ▶ Oct 5 | Chic Spy Day |
| ▶ Oct 7 | Frappé Day |
| ▶ Oct 7 | Coffee with a Cop Day |
| ▶ Oct 8 | Pierogi Day |
| ▶ Oct 9 | Curious Events Day |
| ▶ Oct 10 | World Mental Health Day |
| ▶ Oct 12 | Columbus Day |
| ▶ Oct 13 | International Skeptics Day |
| ▶ Oct 14 | Dessert Day |
| ▶ Oct 15 | Cheese Curd Day |
| ▶ Oct 16 | Dictionary Day |
| ▶ Oct 17 | Pasta Day |
| ▶ Oct 17 | Sweetest Day |
| ▶ Oct 18 | Chocolate Cupcake Day |
| ▶ Oct 20 | International Sloth Day |
| ▶ Oct 21 | Apple Day |
| ▶ Oct 22 | Caps Lock Day |
| ▶ Oct 23 | World Mole Day |
| ▶ Oct 24 | Bologna Day |
| ▶ Oct 25 | Sourest Day |
| ▶ Oct 26 | Pumpkin Day |
| ▶ Oct 27 | American Beer Day |
| ▶ Oct 28 | International Animation Day |
| ▶ Oct 29 | Cat Day |
| ▶ Oct 29 | Internet Day |
| ▶ Oct 30 | Candy Corn Day |
| ▶ Oct 31 | Halloween |

Also, October is...

Breast Cancer Awareness Month
National Healthcare Food Service Week
Oct 04-10

Meet our Team >>>

Hometown: Marinette, WI

Job Overview.

Prepare, serve, and cook meals.

Tell us about your Family.

I have a three-year-old boy, a boyfriend, and two cats.

What are your outside Interests?

When I'm not working, I like to go fishing and spend time with my son.

Something not everyone may know about you.

I love horror movies.

Favorite sports team.

Green Bay Packers.

Heather K.

Cook



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