



Upcoming Event >>>

Wed 1: *Happy New Year!*

Thu 2: 10:00 Manicures/ 1:30 Bingo/ 5:30 Puzzles

Fri 3: 10:00 Be Sings/ 1:30 Yahtzee

Sat 4: Independent Activities in Activity Room

Sun 5: Independent Activity in Activity Room

Mon 6: 10:00 Boggle/1:30 Sunshine Cart/ 1:30 Pokeno

Tue 7: 11:00 Worship/ 1:30 Bingo/ 5:30 Puzzles

Wed 8: 10:30 Fun & Fitness/ 11:00 Word Game/ 1:30 Karaoke

Thu 9: 9:30 Hair Salon/ 10:00 Manicures/ 1:30 Bingo/ 5:30 Puzzles

Fri 10: 10:30 Fun & Fitness/ 11:00 Finish the Phrase/ 1:30 Crafts

Sat 11: Independent Activities in Activity Room

Sun 12: Independent Activities in Activity Room

Mon 13: 10:00 Boggle/ 10:30 Sunshine Carts/1:30 UNO card game

Tue 14: 11:00 Worship/ 1:30 Bingo/ 5:30 Puzzles

Wed 15: 10:30 Fun & Fitness/ 11:00 Word games/ 1:30 Music w/Amy

Thu 16: 10:00 Manicures/ 1:30 Bingo/ 5:30 Puzzles

Fri 17: 10:30 Fun & Fitness/ 11:00 Word Clues/ 1:30 Make a Bead Bracelet

Sat 18: Independent Activities in Activity Room

Sun 19: Independent Activities in Activity Room

Mon 20: 10:00 Boggle/ 10:30 Sunshine Carts/ 1:30 Pokeno

Tue 21: 11:00 Worship/ 1:30 Bingo/ 5:30 Puzzles

Wed 22: 10:30 Fun & Fitness/ 11:00 Trivia/ 1:30 Resident Council

Thu 23: 9:30 Hair Salon/ 10:00 Manicures/ 1:30 Bingo/ 5:30 Puzzles

Fri 24: 10:30 Fun & Fitness/ 11:00 Word Games/ 1:30 Movie & Popcorn

Sat 25: Independent Activities in Activity Room

Sun 26: Independent Activities in Activity Room

Mon 27: 10:00 Boggle/ 10:30 Sunshine Cart/ 1:30 Hot Chocolate Bar Social

Tue 28: 11:00 Worship/ 1:30 Bingo/ 5:30 Puzzles

Wed 29: 10:30 Fun & Fitness/ 11:00 Name 5/ 1:30 Music w/Larry

Thu 30: 10:00 Manicures/ 1:30 Bingo/ 5:30 Puzzles

Fri 31: 10:30 Fun & Fitness/ 1:30 Chat Pack/ 1:30 Farkle

Daily Mail Pass at 9:30 AM

Hair Salon is Open every other Thursday 9:30 am - 12:00 pm

Schedule appointment and make payment to the Activity Department.

**** Activities are Subject to Change****

Newsletter

Benefits of Mindfulness for Seniors

Mindfulness can be a great skill for anyone to develop, and it can be especially helpful for seniors. Here are some of the best benefits of mindfulness:

Relieves Stress

Stress is a common problem for older adults. As you go through big life changes like retirement, you may find yourself feeling tense, worried, or anxious. Mindfulness activities are an excellent form of stress relief. As you become comfortable with the practice, you'll learn to handle difficult or stressful situations without having an intense reaction.

Improves Memory

Memory is a common concern for seniors, but exercising your mind can help to keep your memory sharp. Mindfulness is one of the best ways to strengthen your brain and your memory. It's particularly beneficial for your working memory, which is your immediate short-term memory. Research shows that mindfulness meditation can even slow the progression of Alzheimer's disease and dementia.

Strengthens Cognition

Mindfulness can strengthen many cognitive processes, including your attention span, alertness, and logical reasoning.

Stabilizes Mood

Mindfulness can help with symptoms of depression and other mood disorders, which are unfortunately common in seniors. Even if you don't have a mental health disorder, practicing mindfulness can improve or regulate your mood. Mindfulness activities encourage you to focus on the present without ruminating on the past or worrying about the future, which leads to feelings of peace and contentment.

Mindfulness Activities

There are many ways to practice mindfulness. You may have to try a few activities before you find the one that works best for you. Here are some of the most popular mindfulness activities:

- ▶ Breathing Exercises
- ▶ Body Awareness
- ▶ Walking
- ▶ Journaling
- ▶ Mindful Eating



Let's play!

Word Scramble:

Happy New Year

1. MUCSI _____
2. EINRDFS _____
3. FIALYM _____
4. NNGBIEGIN _____
5. NWE REASY DAY _____
6. CNDIANG _____
7. MDINITGH _____
8. AALERDNC _____
9. ORRFKSWIE _____
10. RUSLOOTINE _____
11. ENW EYRAS EEV _____
12. NISGING _____
13. CAHPENMAG _____
14. HUGERLAT _____
15. NDCNWOUTO _____



Employee Birthdays

- Dakota K., Jan 04
- Ellen J., Jan 05
- Karl J., Jan 12
- Jeanni J., Jan 14
- Brooke J., Jan 25



2025 Fun & National Holidays!

- ▶ Jan 1 New Year's Day
- ▶ Jan 1 Mexican Independence Day
- ▶ Jan 2 World Introvert Day
- ▶ Jan 3 World Mind-Body Wellness Day
- ▶ Jan 4 Spaghetti Day
- ▶ Jan 4 World Braille Day
- ▶ Jan 4 Trivia Day
- ▶ Jan 5 Bird Day
- ▶ Jan 6 Epiphany
- ▶ Jan 7 Orthodox Christmas
- ▶ Jan 7 Bobblehead Day
- ▶ Jan 9 Law Enforcement Appreciation Day
- ▶ Jan 11 Clean Your Desk Day
- ▶ Jan 13 Sticker Day
- ▶ Jan 15 Hat Day
- ▶ Jan 15 Bagel Day
- ▶ Jan 15 Use Your Gift Card Day
- ▶ Jan 16 Internacional Spicy Food Day
- ▶ Jan 19 Popcorn Day
- ▶ Jan 20 Martin Luther King Day
- ▶ Jan 20 Cheese Lover's Day
- ▶ Jan 21 Hugging Day
- ▶ Jan 21 Granola Bar Day
- ▶ Jan 23 Pie Day
- ▶ Jan 24 Compliment Day
- ▶ Jan 24 Peanut Butter Day
- ▶ Jan 25 Opposite Day
- ▶ Jan 26 Spouses Day
- ▶ Jan 27 Chocolate Cake Day
- ▶ Jan 28 Lego Day
- ▶ Jan 29 Lunar New Year
- ▶ Jan 29 Puzzle Day
- ▶ Jan 30 Croissant Day
- ▶ Jan 31 Hot Chocolate Day

Meet our Team >>>

Tell us about your Job.

I currently work as a Resident Assistant down at the RCAC, where I support residents, help foster a positive community and ensure everything runs smoothly. It's been a rewarding experience building connections and making a difference in people's daily live!

Tell us about your family.

I have a wonderful mom, an amazing dad, and a lovable dog who keeps us all entertained. They're my biggest supporters, and I'm so grateful for them.

What are your outside Interests?

I enjoy reading books, love diving into philosophy, and can't resist a good cup of tea—it's the perfect trio for a cozy and reflective day!

Something not everyone may know about you.

I was born in the Philippines.

Favorite sport team.

The Vikings are my favorite sports team—mainly because of their awesome color scheme, since I'm not too familiar with the world of sports

Jordan S.

Resident Assistant



Testimonial >>>



"It was a really good stay. The staff was phenomenal, so kind, caring and a great sense of humor. I would recommend Meadowbrook at Bloomer because of the staff. I had requested to change rooms, and the change was done quick and efficiently. The staff doesn't treat you like another patient, they treat you like a person, and they talk to you like a person." – Hannah B. - Resident



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Contact us at **715-568-2503**

www.meadowbrookbloomer.com/



Also, in January is...

The Activity Professional Week Jan 19-25