



Upcoming Event >>>

- Tue 1:** 10:00 Patio Time – Short stories/10:45 Worship/ 1:30 Bingo/ 5:15 Puzzle
 - Wed 2:** 10:30 Fun & Fitness/ 11:00 Finish the Phrase/ 1:00 Farkle
 - Thu 3:** 10:00 Patriotic Sing along/ 1:30 Patriotic Bingo/ 5:15 Puzzle
 - Fri 4:** Independent Activities in Activity Room
 - Sat 5:** Independent Activities in Activity Room
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- Sun 6:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9
 - Mon 7:** AM visits /10:30 Patio Time & Art/ 1:30 Patriotic Lotto Game
 - Tue 8:** 10:00 Patio Time Reminisce/ 10:45 Worship/ 1:30 Bingo/ 5:15 Puzzles
 - Wed 9:** 10:30 Fun & Fitness/ 11:00 Word Games/ 1:30 Farkle
 - Thu 10:** 9:30 Hair Salon/ 10:00 Manicures/1:30 Bingo/5:15 Puzzles
 - Fri 11:** 10:00 Visits/ 10:30 Let’s Bake/ 1:30 Music w/Ryan H.
 - Sat 12:** Independent Activities in Activity Room
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- Sun 13:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9
 - Mon 14:** AM visits/10:30 Patio Time-Music w/Amy /1:30 Farkle
 - Tue 15:** 10:45 Worship/ 1:30 Bingo/ 5:15 Puzzles
 - Wed 16:** 10:30 Fun & Fitness/ 11:00 Name 5/ 1:00 Yahtzee
 - Thu 17:** 9:45 Road Trip to Nevada/ 1:30 Bingo/ 5:15 Puzzles
 - Fri 18:** Independent Activities in Activity Room
 - Sat 19:** Independent Activities in Activity Room
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- Sun 20:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9
 - Mon 21:** AM visits/ 10:30 Patio Time-News/ 1:30 Music w/John L.
 - Tue 22:** 10:45 Worship/ 1:30 Bingo/ 5:15 Puzzles
 - Wed 23:** 10:30 Fun & Fitness/ 11:00 Trivia/ 1:30 Resident Council
 - Thu 24:** 9:30 Hair Salon/ 10:00 Manicures/ 1:30 Bingo/ 5:15 Puzzles
 - Fri 25:** AM visits/ 10:30 Farkle/ 1:30 Movie & Popcorn
 - Sat 26:** Independent Activities in Activity Room
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- Sun 27:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch 9
 - Mon 28:** AM visits/ 10:30 Patio Time & Brain Fitness/ 1:30 Farkle
 - Tue 29:** 10:45 Worship/ 1:30 Bingo/ 5:15 Puzzles
 - Wed 30:** 10:30 Fun & Fitness/ 11:00 Word Clues/ 1:00 Crafts
 - Thu 31:** 9:45 Road Trip to Yellowstone Pokeno/ 1:30 Bingo/ 5:15 Puzzles

Daily Mail Pass and Visits 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

How to Keep Seniors Cool in Hot Weather

In hot weather, it’s best for older adults to stay indoors and avoid strenuous activities because:

- Their bodies don’t adjust as well to sudden changes in temperature.
- Chronic medical conditions can change their body responses to heat.
- Prescription medicines can impair the body's ability to regulate temperature or could actually prevent sweating.

10 ways to keep seniors cool in hot weather

1. Drink plenty of cool water throughout the day (don’t wait until they feel thirsty) and avoid alcohol and caffeine.
2. Eat cooling snacks like homemade popsicles that are light on sugar (Tip: catch drips with a cupcake liner), frozen peas, or slightly frozen grapes.
3. Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast.
4. Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel.
5. Sit with feet in a pan of cool (but not too cold) water.
6. Keep the house as cool as possible by keeping shades closed during the hottest part of the day and/or using inexpensive mylar solar curtains to reduce the amount of sunlight coming in.
7. Wear layers of lightweight clothing in light-colored, breathable fabrics like cotton so it’s easy to adjust to the temperature throughout the day by removing or adding layers.
8. Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall.
9. Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.
10. Cover up with a flexible ice blanket – but always use a thin towel to protect fragile senior skin from direct contact with the ice.



Let's play! Word Scramble: Summer Time

1. ACOTNIAV _____
2. CNSURESNE _____
3. GOLGESG _____
4. BRBERLUSEEI _____
5. LOTFA _____
6. BUCETK _____
7. BAHEC _____
8. FPACEMIR _____
9. AENCO _____
10. CIE CRMEA _____
11. CGINPMA _____
12. TEOLW _____
13. PFIL FOLPS _____
14. HLVOSE _____
15. ERORKSWIF _____
16. DASN ESLCTA _____



Employee Birthdays

- Amy S., July 09
- Kylie M., July 12
- Brenda K., July 26
- Katie M., July 29
- Aimee W., July 29



2025 Fun & National Holidays!

- ▶ Jul 1 International Joke Day
- ▶ Jul 1 Postal Worker Day
- ▶ Jul 2 Disco Day
- ▶ Jul 2 I forgot Day
- ▶ Jul 3 Compliment Your Mirror Day
- ▶ Jul 4 **Independence Day**
- ▶ Jul 5 Workaholics Day
- ▶ Jul 7 Rock & Roll Day
- ▶ Jul 7 World Chocolate Day
- ▶ Jul 8 Freezer Pop Day
- ▶ Jul 8 Math 2.0 Day
- ▶ Jul 9 Sugar Cookie Day
- ▶ Jul 10 Teddy Bears' Picnic Day
- ▶ Jul 10 Clerihew Day
- ▶ Jul 11 Blueberry Muffin Day
- ▶ Jul 12 Simplicity Day
- ▶ Jul 14 Pandemonium Day
- ▶ Jul 15 Gummi Worm Day
- ▶ Jul 16 Corn Fritters Day
- ▶ Jul 17 Lottery Day
- ▶ Jul 17 Emoji Day
- ▶ Jul 18 Caviar Day
- ▶ Jul 19 Stick Out Your Tongue Day
- ▶ Jul 20 Ice Cream Day
- ▶ Jul 21 Junk Food Day
- ▶ Jul 23 Gorgeous Grandma Day
- ▶ Jul 23 Vanilla Ice Cream Day
- ▶ Jul 24 Prent Appreciation Day
- ▶ Jul 25 Carousel Day
- ▶ Jul 26 Uncle and Aunt Day
- ▶ Jul 28 Milk Chocolate Day
- ▶ Jul 29 Lasagna Day
- ▶ Jul 30 National Cheesecake Day
- ▶ Jul 31 International Friendship Day

Meet our Team >>>

LuAnn H.
CNA



- Tell us about your Job.
I've been CNA for 20 plus years.
- Tell us about your family.
I have two kids and two grandkids.
- What are your outside Interests?
I love fishing and walking my dog.
- Something not everyone may know about you.
I can't think of anything.
- Favorite Sports Team.
Chicago Bears.

Testimonial >>>



"I needed a placement in Bloomer, closer to family. The main thing was the help from Social Services. All the questions we had especially knowing that this was a difficult admission for our family. Our biggest concern was the transition of being away from home. It helped that Social Services talked with us and gave us information for appropriate placement and settings. We are so appreciative for answering all of our questions with this transition. We have to say that Social Service helped us so much." - Sharon V. - Resident



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Contact us at **715-568-2503**
www.meadowbrookbloomer.com/



Also, July is...

- National Picnic Month
- Social Wellness Month