



MEADOWBROOK

—BLOOMER—

Upcoming Event >>>

- Thu 1:** Happy New Year! Independence Games
- Fri 2:** 10:30 Coffee & Reminiscence / 1:30 Movie / 5:15 Puzzles
- Sat 3:** 10:30 Bingo

- Sun 4:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9
- Mon 5:** 10:30 Puzzles/Games/ 1:30 Beading
- Tue 6:** 10:45 Worship/ 1:30 Bingo/ 3:30 Sip & Color/ 5:15 Puzzles
- Wed 7:** 10:30 Chair Yoga/ 1:30 Jeopardy/ 3:30 Heart Talks/ 5:15 Rummy 500
- Thu 8:** 10:30 Crafts / 1:30 Bingo / 5:15 Independence Games
- Fri 9:** 10:30 Trivia / 1:30 Movie & Popcorn
- Sat 10:** 10:30 Bingo

- Sun 11:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9
- Mon 12:** 10:30 Nature Film / 1:30 Rummy 500
- Tue 13:** 10:45 Worship/ 1:30 Bingo/ 3:30 Heart Talks/ 5:15 UNO
- Wed 14:** 10:30 Chair Yoga / 1:30 Crafts/ 3:30 Experiment/ 5:15 Heart Talks
- Thu 15:** 10:30 Snowman/ 1:30 Bingo/ 3:30 Trivia/ 5:15 Farkle
- Fri 16:** 10:30 Coffee & Reminiscence/ 1:30 Movie & Popcorn
- Sat 17:** 10:30 Bingo/ 1:30 Crafts

- Sun 18:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9
- Mon 19:** 10:30 Wheel of Fortune/ 1:30 Beading
- Tue 20:** 10:45 Worship/1:30 Bingo/3:30 Sip&Painting/5:15 Puzzles
- Wed 21:** 10:30 Chair Yoga/ 1:30 Rummy 500/ 3:30 Experiment/5:15 Adult Coloring
- Thu 22:** 10:30 Crafts/ 1:30 Bingo/ 3:30 Heart Talks/ 5:15 Farkle
- Fri 23:** 10:30 Trivia/ 1:30 Movie & Popcorn
- Sat 24:** 10:30 Bingo/ 1:30 Yahtzee

- Sun 25:** 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9
- Mon 26:** 10:30 Nature Film/ 1:30 Resident Council/Review
- Tue 27:** 10:45 Worship/ 1:30 Bingo/ 3:30 Heart Talks/ 5:15 Puzzles
- Wed 28:** 10:30 Chair Yoga/ 1:30 Birthday Party/ 5:15 Reminiscence
- Thu 29:** 10:30 Farkle/ 1:30 Bingo/ 3:30 Crafts/ 5:15 Trivia
- Fri 30:** 10:30 Memorial Service/ 1:30 Movie & Popcorn
- Sat 31:** 10:30 Bingo/ 1:30 Crafts

* Calendar is subject to change without notice *
 Sunday activities will be posted the morning of the activities.

Newsletter

The Importance of Activities for Seniors

Staying active—socially, mentally, and physically—is essential at every stage of life. However, for seniors, purposeful daily activities carry unique and powerful benefits that help protect independence, self-esteem, and overall health. As the aging population continues to grow, so does the need to understand how meaningful engagement improves quality of life for older adults—whether they live at home, with family, or in long-term care communities.



Physical Benefits: Regular physical activity helps seniors maintain strength, flexibility, and balance, reducing the risk of falls and mobility loss. Even low-impact exercises, such as walking, stretching, chair yoga, or tai chi, can improve heart health, support weight management, and increase energy levels.

Cognitive Benefits: Activities that stimulate the brain—puzzles, reading, music, learning new skills, or participating in group discussions—help slow cognitive decline and support memory function. Continued mental stimulation encourages problem-solving, creativity, and curiosity, all of which protect the brain from deterioration associated with aging conditions such as dementia.

Emotional and Social Benefits: Social isolation is a major concern for older adults and can lead to depression, anxiety, and feelings of loneliness. Group activities, social outings, clubs, and volunteer opportunities help seniors build relationships, find purpose, and strengthen emotional well-being.

Sense of Purpose and Identity: Engaging in hobbies, community involvement, or creative projects allows seniors to continue expressing their individuality and strengths. Activities such as gardening, crafting, music therapy, or storytelling empower seniors to remain contributors rather than observers.

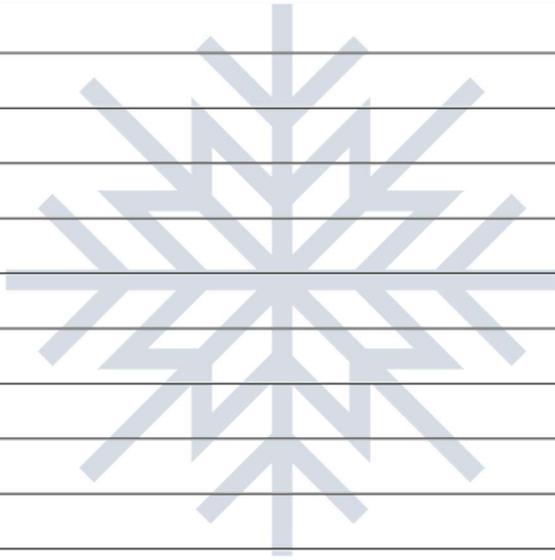
Support for Memory Care Residents: For seniors living with Alzheimer’s disease or other forms of dementia, activities play a therapeutic role. Structured tasks, familiar routines, and sensory-based programs can reduce agitation, improve focus, and evoke positive memories.

Community Engagement and Belonging: Whether offered through senior centers, nursing homes, assisted living communities, or local organizations, group activities build a sense of community. Events such as game nights, exercise groups, book clubs, or spiritual gatherings encourage friendships and reduce feelings of isolation.

Supporting seniors in staying engaged is one of the most effective ways to promote health, happiness, and dignity throughout the aging journey.

Let's play! Word Scramble: Winter

1. RNAAYUJ	_____
2. OECKHY	_____
3. EOZRFN	_____
4. SCSKO	_____
5. ICCLIE	_____
6. SNWO	_____
7. SOOTB	_____
8. DOOW	_____
9. KAETS	_____
10. TNSEIMT	_____
11. LERIAFECF	_____
12. EIC	_____
13. ODCL	_____



Meet our Team >>>

Breanna S.
CNA



Hometown: Winona, MN

Tell us about your Job.

I am a Certified Nursing Assistant.

Tell us about your family.

I have two sisters, three nieces, two nephews, and one beautiful daughter.

What are your outside Interests?

I enjoy fishing, hiking and camping on my free.

Favorite sport team

Brewers



Employee Birthdays

Kelsey K., Jan 01

Ellen J., Jan 05

Ronda H., Jan 09

Brook J., Jan 25



2026 Fun & National Holidays!

- ▶ Jan 1 **New year Day!**
- ▶ Jan 2 **Buffet Day**
- ▶ Jan 3 **Fruitcake Toss Day**
- ▶ Jan 4 **Trivia Day**
- ▶ Jan 5 **Bird Day**
- ▶ Jan 6 **Bean Day**
- ▶ Jan 7 **Old Rock Day**
- ▶ Jan 8 **Winter Skin Relief Day**
- ▶ Jan 9 **Law Enforcement Appreciation Day**
- ▶ Jan 12 **Clean Off Your Desk Day**
- ▶ Jan 12 **Marzipan Day**
- ▶ Jan 13 **Make Dreams Come True Day**
- ▶ Jan 14 **Organize Your Home Day**
- ▶ Jan 15 **Bagel Day**
- ▶ Jan 16 **Nothing Day**
- ▶ Jan 17 **Benjamin Franklin Day**
- ▶ Jan 17 **Kid Inventors Day**
- ▶ Jan 17 **New Years Resolution Day**
- ▶ Jan 17 **Soup Swap Day**
- ▶ Jan 18 **Thesaurus Day**
- ▶ Jan 19 **MLK Day**
- ▶ Jan 19 **Popcorn Day**
- ▶ Jan 21 **Granola Bar Day**
- ▶ Jan 22 **Hot Sauce Day**
- ▶ Jan 23 **Pie Day**
- ▶ Jan 24 **Compliment Day**
- ▶ Jan 24 **Macintosh Computer Day**
- ▶ Jan 25 **Opposite Day**
- ▶ Jan 26 **Spouses Day**
- ▶ Jan 27 **Chocolate Cake Day**
- ▶ Jan 29 **Puzzle Day**
- ▶ Jan 30 **Croissant Day**
- ▶ Jan 30 **Fun at Work Day**
- ▶ Jan 31 **Hot Chocolate Day**

Also, January is...

Activity Professionals Week-Jan 26-30



1840 Priddy St.

Bloomer, WI 54724

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

www.meadowbrookbloomer.com/

