



Upcoming Event >>>

- Sun 1: 9:00 Heart Talks/ 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9/ 10:30 Farkle/ 1:30 Trivia
 - Mon 2: 10:30 Nature Videos/ 1:30 Yahtzee/ 3:30 Beading
 - Tue 3: 10:45 Worship/1:30 Bingo/3:30 Heart Talks/5:15 Reminisce
 - Wed 4: 10:30 Chair Yoga/ 1:30 Crafts/ 3:30 Bowling Table/ 5:15 Trivia
 - Thu 5: 10:3 Puzzles/ 1:30 Bingo / 3:30 Farkle/ 5:15 UNO
 - Fri 6: 10:30 Rummy 500/ 1:30 Bingo/ 3:30 Yahtzee
 - Sat 7: 10:30 Movie & Popcorn/ 1:30 Adult Coloring/ 3:30 Cards Games / 5:15 Independent Games
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- Sun 8: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9/ 10:30 Music & Memories/ 1:30 Manicures/ 5:30 Super Bowl
 - Mon 9: 10:30 & 3:30 Adult Coloring / 1:30Rummy 500
 - Tue 10: 10:45 Worship/ 1:30 Bingo/ 3:30 Heart Talks/ 5:15 Farkle
 - Wed 11: 10:30 Chair Yoga /1:30 Crafts/3:30 Experiment/5:15 Trivia
 - Thu 12: 10:30 Board Games/ 1:30 Bingo/ 3:30 Sip & Paint/ 5:15 L-C-R
 - Fri 13: 10:30 Yahtzee/ 1:00 Valentine Party/ 3:00 Adult Coloring
 - Sat 14: 9:00 Heart Talk/ 10:30 Love Bug Bingo/ 1:30 Yahtzee/ 5:15 Independent Games
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- Sun 15: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9/ 10:30 Heart Talk/ 1:30 Trivia/ 5:15 Independent Games
 - Mon 16: 10:30 Nature Video/ 1:30 Musical Crossword/ 3:30 Puzzles/
 - Tue 17: 10:45 Worship/1:30 Bingo/ 3:30 Heart Talk/5:15 Current event
 - Wed 18: 10:45 Ash Wed/ 1:30 Craft/ 3:30 Experiment/5:15 Trivia
 - Thu 19: 10:30 Puzzles/ 1:30 Bingo/ 3:30 Wheel of Fortune/ 5:15 Reminisce
 - Fri 20: 8:30 Muffin/ 10:30 Rummy 500/ 1:30 Bingo
 - Sat 21: 10:30 Movie & Popcorn/ 1:30 Nature Video/ 3:30 Adult Coloring/ 5:15 Independent Games
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- Sun 22: 9:30 Catholic Church Ch. 9/ 10:00 Lutheran Church Ch. 9/ 10:30 Rummy 500/ 1:30 Independent Games
 - Mon 23: 10:30 Yahtzee/1:00 Resd. Council RCAC/3:30 Adult Coloring
 - Tue 24: 10:45 Worship/ 1:30 Bingo/ 3:30 Resident Council SNF/ 5:15 Trivia
 - Wed 25: 10:30 Crafts/ 1:30 Birthday Party/ 3:30 Jeopardy/ 5:15 Farkle
 - Thu 26: 10:30 Board Games/ 1:30 Bingo/ 3:30 Sip & Color/ 5:15 Rummy 500
 - Fri 27: 10:30 Memorial Service/ 1:30 Movie & Popcorn/ 3:30 Reminisce
 - Sat 28: 9:00 Donut Cart/ 10:30 Bingo/ 1:30 L-R-C/ 5:15 Independent Games

Mondays & Fridays-Independent Games at 5:00 PM

* Calendar is subject to change without notice *

Newsletter

The Importance of Blood Pressure Checks

February is American Heart Month, a time to focus on heart health and the small steps that make a big difference. One of the most important and simple ways to protect heart health is regular blood pressure monitoring.

Blood pressure measures how strongly blood pushes against the walls of the arteries as the heart pumps. When blood pressure is too high (high blood pressure or hypertension), it forces the heart to work harder and can quietly damage the body over time.

Why Regular Checks Matter

High blood pressure is often called the “**silent killer**” because it usually has **no warning signs**. Many people feel fine even when their numbers are too high. Regular checks help:

- Detect problems early
- Reduce the risk of heart attack and stroke
- Protect the brain, kidneys, and eyes
- Ensure medications are working properly

Blood Pressure & Older Adults

As we age, blood vessels naturally become less flexible, which can increase blood pressure. That’s why frequent monitoring is especially important for older adults. Routine checks allow the care team to:

- Track trends over time
- Adjust treatment if needed
- Support overall wellness and safety

Healthy Habits That Support Good Blood Pressure

In addition to monitoring, these daily habits help support heart health:

- Eating balanced, low-salt meals
- Staying physically active as recommended
- Drinking enough fluids
- Managing stress
- Taking medications exactly as prescribed

A Simple Check, A Powerful Impact

A quick blood pressure check can help prevent serious health complications. This February, we encourage residents and families to join us in prioritizing heart health because a healthy heart supports a healthier, happier life.



Let's play! Word Scramble: Cardio Health



1. HYALETH TDEI _____
2. OLW MUISDO _____
3. ETAWR _____
4. BOOLD EPUSESRR _____
5. VCDAOAO _____
6. ODAMLNS _____
7. RTSPYENIHONE _____
8. REAHT HLHETA _____
9. SHIF ILO _____
10. AHRET TCAAKT _____
11. ATSF _____
12. SHLORTELEOC _____
13. WOL DUOMSI _____
14. RIOABEC ECXIEESR _____
15. BIREF _____

A BREWtiful Day
in WISCONSIN



MEADOWBROOK
—SENIOR LIVING AT BLOOMER—

Savor a scone and
a medium black
coffee on us!

Feb 23, 2026
May 25, 2026
Aug 31, 2026
Nov 30, 2026
8:00 AM - 11:00 AM

Employee Birthdays

Mackenzie S., Feb 01 Stephanie D., Feb 23
Dawn P., Feb 09
Pam Z., Feb 11
McKenna H., Feb 16
Miranda H., Feb 16
Erika A., Feb 22



2026 Fun & National Holidays!

- ▶ Feb 2 Ground Hog Day
- ▶ Feb 3 Carrot Cake Day
- ▶ Feb 4 Thank Your Mailman Day
- ▶ Feb 4 Homemade Soup Day
- ▶ Feb 5 National Weatherpersons Day
- ▶ Feb 5 Chocolate Fondue Day
- ▶ Feb 6 Bubblegum Day
- ▶ Feb 6 Ice Cream for Breakfast Day
- ▶ Feb 7 Send a Card to a Friend Day
- ▶ Feb 8 SUPER BOWL
- ▶ Feb 8 Pizza Day
- ▶ Feb 9 Bagel and Lox Day
- ▶ Feb 10 Umbrella Day
- ▶ Feb 11 Make a Friend Day
- ▶ Feb 13 World Radio Day
- ▶ Feb 14 Library Lovers Day
- ▶ Feb 14 Valentine's Day
- ▶ Feb 15 Gumdrop Day
- ▶ Feb 16 President's Day
- ▶ Feb 17 Random Act of Kindness Day
- ▶ Feb 17 Mardi Grass
- ▶ Feb 18 Ash Wednesday
- ▶ Feb 19 Chocolate Mint Day
- ▶ Feb 20 Muffin Day
- ▶ Feb 22 Single Tasking Day
- ▶ Feb 22 Be Humble Day
- ▶ Feb 23 Dog Biscuit Appreciation Day
- ▶ Feb 24 Tortilla Chip Day
- ▶ Feb 26 Pistachio Day
- ▶ Feb 26 Chili Day
- ▶ Feb 27 Retro Day

Meet our Team >>>

Sam V.
Activity Aide



Hometown: Rice Lake, WI

Tell us about your Job.

I work in the Activity Department

Tell us about your family.

I live with my mom and dad, I have one sister, and a dog.

What are your outside Interests?

I enjoy fishing, camping, hiking and working out.

Something not everyone may know about you.

I can wiggle my ears

Favorite sport team

Minnesota Vikings



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Also, February is...
American Heart Month
Black History Month
Pride in Foodservice Week – Feb 02-06