



MEADOWBROOK
—BLOOMER—



Upcoming Event >>>

Wed 1: 9:30 Devotions/ 10:30 Fitness Fun / 11:00 Reminisee/ 1:30 Sing along/ 3:30 Chit Chats

Thu 2: 9:30 Manicures/ 11:00 Chair Yoga/ 1:30 Bingo / 3:30 Chit Chats/ 5:30 UNO

Fri 3: 9:30 Coffee Clutch/ 10:30 Good Friday Church Serv/ 1:30 Farkle/ 3:30 Funny Videos

Sat 4: 10:00 Word Finds/ 1:30 Puzzles/ 3:30 Independet Games

Sun 5: 9:30 Catholic Church/ 10:00 Lutheran Church Ch. 9/ 1:30 Movie

Mon 6: 9:30 Devotions/ 10:30 Garden Club/ 1:30 Rummy / 3:30 Puzzles

Tue 7: 10:15 Hymn Sing/ 10:45 Church/ 1:30 Bingo/ 3:30 Chit Chats/ 5:30 Trivia

Wed 8: 9:30 Devotions/ 10:30 Fitness Fun/ 11:00 Name that Tune/ 1:30 Farkle/ 3:30 Chit Chats

Thu 9: 9:30 Manicures/ 11:00 Chair Yoga/ 1:30 Bingo/ 3:30 Chit Chats/ 5:30 LCR Dice

Fri 10: 9:30 Nature Videos/ 10:30 Let's Bake/ 1:30 Crafts/ 3:00 Puzzles

Sat 11: 9:30 Exercises/ 1:30 Bingo/ 3:30 Coloring

Sun 12: 9:30 Catholic Church/ 10:00 Lutheran Church Ch. 9/ 1:30 Trivia

Mon 13: 9:30 Devotions/ 10:30 Farkle/ 1:30 Sing along/ 3:30 Coloring

Tue 14: 10:15 Hymn Sing/ 10:45 Church/ 1:30 Bingo/ 3:30 Chit Chats/ 5:30 Yahtzee

Wed 15: 9:30 Devotions/ 10:30 Fitness Fun/ 11:00 Finish Phrase/ 1:30 Armchair Travel/ 3:30 Puzzles

Thu 16: 9:30 Manicures/ 11:00 Chair Yoga/ 1:30 Bingo/ 3:30 Chit Chats/ 5:30 Kings in the Korner

Fri 17: 9:30 Coffee Clutch/10:30 Book Club/1:30 Rummy/3:30 Old time TV

Sat 18: 10:00 Crosswords/ 1:30 Puzzles/ 3:30 Independet Games

Sun 19: 9:30 Catholic Church / 10:00 Lutheran Church Ch. 9/ 1:30 Movie

Mon 20: 9:30 Devotions/ 10:30 Rummy/1:30 Karaoke/ 3:30 Root beer Floats

Tue 21: 10:15 Hymn Sing/ 10:45 Church/ 1:30 Bingo/ 3:30 Chit Chats/ 5:30 Trivia

Wed 22: 9:30 Devotions/ 10:30 Fitness Fun/ 11:00 Hangman/ 1:30 Crafts/ 3:30 Western TV

Thu 23: 9:30 Manicures/11:00 Chair Yoga/1:30 Bingo/3:30 Chit Chats / 5:30 Farkle

Fri 24: 9:30 Bucket Lists/ 10:30 Card Games 1:30 Armchair Travel/ 3:30 Puzzles

Sat 25: 9:15 Exercises/ 1:30 Bingo/ 5:30 Coloring

Sun 26: 9:30 Catholic Church/ 10:00 Lutheran Church Ch. 9/ 1:30 Board Games

Mon 27: 9:30 Devotions/ 10:30 Farkle/ 1:30 Pokeno/ 3:30 Coloring

Tue 28: 10:15 Hymn Sing/ 10:45 Church/ 1:30 Bingo/ 3:30 Chit Chats/ 5:30 Card Game

Wed 29: 9:30 Devotions/ 10:30 Fitness Fun/ 11:00 Wheel of Fortune/ 1:30 Resident Council RCAC/ 2:00 Resident Council SNF

Thu 30: 9:30 Manicures/ 11:00 Chair Yoga/ 1:30 Bingo / 3:30 Chit Chats/ 5:30 Yahtzee

*Activities are subject to change. *Mail Pass is done daily.

Newsletter

The Magic of "Remember When": Why Reminiscing is Good for the Soul

As the flowers begin to bloom this April, it's a natural time to think about growth, history, and the journeys that brought us here. For many of us, looking back isn't just about "the good old days"—it's a powerful way to stay connected to who we are today.



More Than Just a Memory

Mental health experts often call this "Reminiscence Therapy," but we just call it good storytelling. Sharing memories does more than pass the time; it actually reduces stress, boosts self-esteem, and helps keep our minds sharp. When we revisit a favorite memory, our brains release feel-good chemicals that can improve our mood for the entire day.

Ways to Spark a Story

You don't need a reason to take a trip down memory lane, but sometimes a little nudge helps:

- **The Power of Music:** Hearing a song from your teenage years can instantly transport you back to a specific dance, a car ride, or a summer night.
- **Sensory Scents:** The smell of fresh-cut grass, lilac, or a specific family recipe can unlock "hidden" memories that words alone can't reach.
- **Photo Power:** Flipping through an old album isn't just a solo activity—it's an invitation for others to learn about your adventures.

Share Your Spark

This month, we encourage you to share one "first" with a neighbor or a staff member. Was it your first car? Your first job? Or perhaps the first time you saw a spring bloom in your childhood backyard?

Your stories are the heartbeat of our community. By sharing them, you aren't just looking backward—you're helping us all grow closer together.

Let's play! Word Scramble: Spring Time

1. BBUSL _____
2. TBUESTRCPU _____
3. SSBLSOOM _____
4. RSRAPTELACIL _____
5. IRNPGS ENGRSE _____
6. DSODFILFA _____
7. FULATEBUI _____
8. ADESSII _____
9. KCISCH _____
10. BUDNGID _____
11. LGBAIMN _____
12. RSIDB _____
13. IRBSK _____
14. EESB _____



Employee Birthdays

Mya S., Apr 6
 Desiree W., Apr 12
 Caleigh B., Apr 19
 Mozelle W., Apr 19
 Denise C., Apr 22



2026 Fun & National Holidays!

- ▶ Apr 1 April Fool Day
- ▶ Apr 2 Burrito Day
- ▶ Apr 3 Good Friday
- ▶ Apr 3 Caramel Day
- ▶ Apr 5 Happy Easter!
- ▶ Apr 6 Caramel Popcorn Day
- ▶ Apr 7 World Health Day
- ▶ Apr 10 Siblings Day
- ▶ Apr 11 Pet Day
- ▶ Apr 12 Grilled Cheese Day
- ▶ Apr 13 Scrabble Day
- ▶ Apr 14 Gardening Day
- ▶ Apr 15 Banana Day
- ▶ Apr 16 Eggs Benedict Day
- ▶ Apr 16 Wear Pajamas to Work Day
- ▶ Apr 17 Cheeseball Day
- ▶ Apr 18 Exercise Day
- ▶ Apr 20 Volunteer Recognition Day
- ▶ Apr 20 Look Alike Day
- ▶ Apr 22 Earth Day
- ▶ Apr 22 Jelly Bean Day
- ▶ Apr 23 Take a Chance Day
- ▶ Apr 23 World Book Day
- ▶ Apr 24 Bucket List Day
- ▶ Apr 25 DNA Day
- ▶ Apr 26 Pretzel Day
- ▶ Apr 27 Administrative Professional Day
- ▶ Apr 27 Gummi Bear Day
- ▶ Apr 28 Superhero Day
- ▶ Apr 29 Zipper Day
- ▶ Apr 30 Honesty Day

Also, April is...

Stress Awareness Month
 Occupational Therapy Month

Meet our Team >>>

Hometown: Chippewa Falls, WI
Tell us about your family.
 I have been married to my husband Kevin for almost 30 years. We have one amazing son, Jordan. We have a golden retriever, Lucy.

What are your outside Interests?
 I enjoy playing my guitar and piano. I also enjoy going to concerts. I love to take walks in nature and reading!

Something not everyone may know about you.
 I adopted my son from the Philippines at the age of two. It has been the most awesome experience in my life!

Favorite sport team
 Packers!!!

Amy S
 Activity Director



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