



Upcoming Event >>>

Sat 1: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 2: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 3: 10:00 Joy Visits/11:00 Patio Time/1:30 Jewelry Art/ 6:00 Word Search

Tue 4: 10:30 Hymns/ 10:45 Church/1:30 Bingo/ 6:00 Puzzles

Wed 5: 10:30 Fitness Fun/11:15 Trivia/1:00 Bible study/ 2:15 Farkle

Thu 6: 10:00 Patio Time/ 1:30 Bingo/ 3:45 Joy Visits/ 6:00 Crosswords

Fri 7: 10:30 Sensory Circle/ 11:00 Exercise/ 1:30 Granny Pants/ 6:00 Nature Video

Sat 8: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 9: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 10: 10:00 Joy Visits/ 11:00 Memory Lane/ 1:30 Campfire Songs & S'mores/ 6:00 Word Search

Tue 11: 10:15 Hymns/ 10:45 Church/1:30 Bingo/ 6:00 Puzzles

Wed 12: 10:30 Fitness Fun/ 11:15 Name 5/ 1:00 Bible study/ 2:15 Crafts & Vinyl Records

Thu 13: 10:00 Manicures/ 1:30 Bingo/ 3:45 Joy Visits/ 6:00 Crossword

Fri 14: 10:30 Sensory Circle/ 11:00 Exercise/ 1:30 Board Games/ 6:00 Nature Video

Sat 15: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 16: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 17: 10:00 Joy Visits/ 11:00 Name that Tune/ 1:30 Armchair Travel/ 6:00 Word Search

Tue 18: 10:15 Hymns/ 10:45 Church/1:30 Bingo/ 6:00 Puzzles

Wed 19: 10:30 Fitness Fun/ 11:15 Hangman/ 1:00 Bible Study/ 2:15 Outdoor Water Art

Thu 20: 10:00 Patio Time/1:30 Bingo/ 3:45 Joy Visits/6:00 Crosswords

Fri 21: 10:30 Sensory Circle/ 11:00 Exercise/ 1:30 Banana Splits/ 6:00 Nature Video

Sat 22: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 23: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 24: 10:00 Joy Visits/11:00 Wheel of Fortune/1:30 Card Game/ 6:00 Word Search

Tue 25: 10:15 Hymns/ 10:45 Church/1:30 Bingo/ 6:00 Puzzles

Wed 26: 10:30 Fitness Fun/11:15 Word Games/12:30 Resident Council RCAC/ 1:00 Bible study/ 2:15 Resident Council -SNF

Thu 27: 10:00 Manicures/ 1:30 Bingo/ 3:45 Joy Visits/6:00 Crosswords

Fri 28: 10:30 Sensory Circle/ 11:00 Exercise/ 1:30 Tae Party & Harp Music/ 6:00 Nature Video

Sat 29: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 30: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 31: 10:00 Joy Visits/11:00 Trail Mix/1:30 Dice/6:00 Word Search

*Activities are subject to change.

*Mail Pass is done daily.

* Hair Salon by appointment. Schedule with Activity Director

Newsletter

Stay Safe and Healthy This Summer

Summer is a wonderful time to enjoy sunshine, fresh air, and outdoor activities. However, warmer temperatures can pose unique health risks for older adults. Taking a few simple precautions can help everyone stay safe while making the most of the season.

Stay Hydrated: As we age, our sense of thirst decreases, making us more likely to become dehydrated. Drink water regularly throughout the day, even if you don't feel thirsty. Foods with high water content, such as watermelon, cucumbers, oranges, and strawberries, can also help keep you hydrated.

Dress for the Weather: Choose lightweight, loose-fitting, and light-colored clothing to stay cool. A wide-brimmed hat and sunglasses provide extra protection from the sun, while sunscreen with SPF 30 or higher helps prevent sunburn.

Avoid Peak Heat: Try to schedule outdoor activities during the early morning or evening when temperatures are cooler. If you need to be outside during the hottest part of the day (typically between 10:00 a.m. and 4:00 p.m.), take frequent breaks in the shade or indoors.

Stay in an air-conditioned place: Use fans or air conditioning when possible. Close blinds or curtains during the hottest part of the day to reduce indoor temperatures. If your home becomes too warm, consider visiting a local library, community center, or another air-conditioned public space.

Know the Signs of Heat-Related Illness: Watch for symptoms such as dizziness, headache, nausea, excessive sweating, muscle cramps, confusion, or unusual fatigue. If these symptoms occur, move to a cooler place, drink water, and seek medical attention if symptoms worsen or do not improve.

Eat Light and Fresh: Enjoy seasonal fruits and vegetables and choose lighter meals that are easier to digest. Avoid excessive alcohol and limit sugary drinks, which can contribute to dehydration.

Stay Active Safely: Continue exercising but adjust your routine to the weather. Walking indoors, participating in group exercise classes, or swimming are excellent ways to stay active while avoiding excessive heat.

Enjoy Summer Safely! A little planning goes a long way. By staying hydrated, protecting yourself from the sun, and recognizing the signs of heat-related illness, you can enjoy all the benefits of summer while staying healthy and comfortable.

Summer Safety Tips



Sun protection



Stay hydrated



Wear hat and sunglasses



Avoid heat at midday

Let's play! Word Scramble: Hobbies

1. HSFINGI _____
2. SALITPE _____
3. TNRICGHECO _____
4. GENRIAD _____
5. GNIEWS _____
6. IIWRTGN _____
7. IKINGH _____
8. RPOTOYHPGHA _____
9. GTNAIIPN _____
10. ISCON _____
11. UIGNTNH _____
12. SAPMST _____
13. ITNIGKNT _____
14. ETVNGRALI _____
15. GNRDWAI _____



Employee Birthdays

Tim H., Aug 1

Geralyn F., Aug 31



2026 Fun & National Holidays!

- ▶ Aug 1 Girlfriends Day
- ▶ Aug 2 Ice Cream Sandwich Day
- ▶ Aug 2 Sisters Day
- ▶ Aug 3 Watermelon Day
- ▶ Aug 4 Chocolate Chip Cookie Day
- ▶ Aug 6 Root Beer Float Day
- ▶ Aug 7 International Beer Day
- ▶ Aug 7 Lighthouse Day
- ▶ Aug 7 Water Balloon Day
- ▶ Aug 8 Happiness Happens Day
- ▶ Aug 9 Book Lovers Day
- ▶ Aug 9 Rice Pudding Day
- ▶ Aug 10 Lazy Day
- ▶ Aug 10 S'mores Day
- ▶ Aug 11 Son and Daughter Day
- ▶ Aug 12 Middle Child Day
- ▶ Aug 12 Vinyl Record Day
- ▶ Aug 13 Left Handers Day
- ▶ Aug 14 Creamsicle Day
- ▶ Aug 15 Relaxation Day
- ▶ Aug 16 Tell a Joke Day
- ▶ Aug 17 Thrift Shop Day
- ▶ Aug 17 Pineapple Juice Day
- ▶ Aug 18 Mail Order Catalog Day
- ▶ Aug 19 World Photo Day
- ▶ Aug 19 Bacon Lovers Day
- ▶ Aug 20 Chocolate Pecan Pie Day
- ▶ Aug 21 Senior Citizens Day
- ▶ Aug 22 Be An Angel Day
- ▶ Aug 24 Waffle Day
- ▶ Aug 25 Banana Split Day
- ▶ Aug 26 Dog Appreciation Day
- ▶ Aug 28 Bow Tie Day
- ▶ Aug 31 Eat Outside Day
- ▶ Aug 31 Trail Mix Day

Also, August is...

International Peace Month
Wellness Month

Meet our Team >>>

Hometown: Toronto, Canada

Tell us about your family.

I have a husband and 2 kids, ages 7 and 10.

What are your outside Interests?

I love to read, go to museums, and garden.

Something not everyone may know about you.

I am from another country, Canada!

Favorite sport team

I am Toronto Blue Jays fan

Caroline L.
Registered Nurse



1840 Priddy St.

Bloomer, WI 54724

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

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