



MEADOWBROOK
—BLOOMER—



October Activities >>>

Thu 1: 10:30 Manicure/11:00 Relax Music/1:30 Bingo/6:00 Word Srch.

Fri 2: 11:00 Chair Yoga/ 1:30 Just Us Band/ 2:00 Mocktails/ 6:00 Nature Video

Sat 3: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 4: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 5: 10:30 Sensory Circle/11:00 Name 5/ 1:30 Sing Along/ 6:00 Word Search

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

Wed 7: 10:30 Fitness Fun/11:00 Trivia/ 1:00 Bible study/6:00 MusicTV

Thu 8: 10:30 Coffee time/ 11:00 Devotions/1:30 Bingo/ 6:00 Word srch

Fri 9: 10:30 Chair Yoga/11:00 Devotions/ 1:30 Farkle/ 6:00 Nature vid.

Sat 10: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 11: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 12: 10:30 Sensory Circle/ 11:00 Word games/ 1:30 UNO/ 6:00 Word Search

Tue 13: 10:15 Hymns/ 10:45 Church/1:30 Bingo/ 6:00 Puzzles

Wed 14: 10:30 Fitness Fun/ 11:00 Hangman/ 2:00 Bible Study/ 6:00 MusicTV

Thu 15: 10:30 Cheese Tasting/ 11:00 Cheese Talk/ 1:30 Bingo/ 6:00 Word Search

Fri 16: 10:30 Chair Yoga/ 11:00 Stories/1:30 Crafts/ 6:00 Nature Video

Sat 17: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 18: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 19: 10:30 Sensory Circle/ 11:00 Name that Tune/1:30 Let's Bake Pumpkin Bars/ 6:00 Word Search

Tue 20: 10:15 Hymns/ 10:45 Church/1:30 Bingo/ 6:00 Puzzles

Wed 21: 10:30 Fitness Fun/ 1:30 Music w/Rich/ 2:00 Mocktails/ 6:00 MusicTV

Thu 22: 10:30 Teatime/11:00 Reminisce/ 1:30 Bingo/ 6:00 Word search

Fri 23: 10:30 Chair Yoga/ 11:00 Devotions/1:30 Movie Time/ 6:00 Nature Video

Sat 24: 9:30 Puzzles/ 1:30 Adult Coloring

Sun 25: 9:30 Church Ch. 9/ 1:30 Movie Time

Mon 26: 10:30 Pumpkin Art/ 12:30 Resident Council RCAC/ 1:30 Resident Council SNF/ 6:00 Word Search

Tue 27: 10:30 Hymns/ 10:45 Church/1:30 Bingo/ 6:00 Puzzles

Wed 28: 10:30 Fitness Fun/ 11:00 Word Games/ 2:00 Bible study/ 6:00 MusicTV

Thu 29: 10:30 Decorate Cookies/ 11:00 Relaxing Music/ 1:30 Bingo/ 6:00 Word Search

Fri 30: 10:30 Be Kids Sing/ 11:00 Calendar Pass/ 1:30 Candy Bingo/ 2:15 Halloween Treat Social/ 6:00 Nature Video

Sat 31: 9:30 Puzzles/ 1:30 Adult Coloring

*10:00 Joy Visits daily

*Mail Pass daily.

*Activities are subject to change.

* Hair Salon by appointment. Schedule with the Activity Director

Newsletter

Preventing "Fall" Slips in Fall: Staying Steady and Safe

Autumn brings beautiful changes, but the turn of the season also brings a timely reminder about a different kind of "fall." As the weather cools and we spend more time indoors, prioritizing our balance, mobility, and safety is more important than ever.

Simple Tips for Staying Steady

Staying safe on your feet doesn't mean slowing down. In fact, it means the opposite! Keep these quick tips in mind as you move about your day:

- **Choose the Right Footwear:** As you transition to your autumn wardrobe, ensure your shoes and slippers are supportive. Look for footwear with enclosed heels, flat soles, and sturdy, non-slip rubber grips on the bottom. Avoid loose slippers or walking in thin socks.
- **Keep Your Living Space Clear:** A tidy room is a safe room. Make sure walkways are completely clear of clutter, phone charging cords, or extra blankets. If you notice a spill, a loose rug, or an item out of place in a common area, please notify a staff member right away.
- **Use the "Call Light" Before You Rise:** Your safety is our number one priority. If you ever feel dizzy, tired, or unsteady when getting out of bed or a chair, please don't hesitate to press your call light. Our nursing team is always here and happy to assist you.
- **Light the Way:** As the days get shorter and the afternoons get darker, remember to turn on your bedside lamps and overhead lights before moving around your room.

Keep Moving with Therapy and Activities!

Our muscles naturally weaken as we age, and our sense of balance becomes less dependable. Engaging in regular physical activity helps counteract these age-related changes. Strong muscles provide better support to joints and bones, reducing the risk of stumbling or falling.

We highly encourage everyone to attend our daily morning exercise groups, chair yoga sessions, and afternoon social activities. Staying active keeps your confidence high and your balance sharp!



Let's play! Word Scramble: At the Pumpkin Patch



1. ANEORG _____
2. EDFIL _____
3. HSVATER _____
4. NEAOLLHEW _____
5. BTSEKA _____
6. URODG _____
7. RACTORT _____
8. VSLAEE _____
9. DESSE _____
10. UTSNDO _____
11. GIWEH _____
12. TMNUUA _____
13. MKIPPUN _____
14. PPELAS _____
15. OCNR MEAZ _____



Employee Birthdays

Taylor R., Oct 18

Nancy P., Oct 23

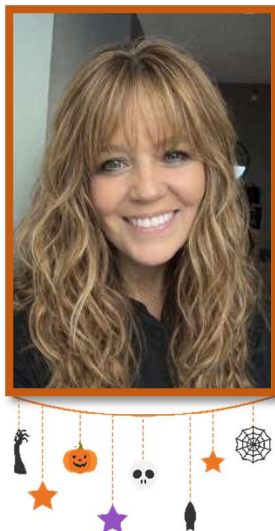


2026 Fun & National Holidays!

- ▶ Oct 1 International Coffee Day
- ▶ Oct 1 Homemade Cookies Day
- ▶ Oct 2 World Smile Day 😊
- ▶ Oct 3 Card Making Day
- ▶ Oct 4 Taco Day
- ▶ Oct 4 Cinnamon Bun Day
- ▶ Oct 5 Chic Spy Day
- ▶ Oct 7 Frappé Day
- ▶ Oct 7 Coffee with a Cop Day
- ▶ Oct 8 Pierogi Day
- ▶ Oct 9 Curious Events Day
- ▶ Oct 10 World Mental Health Day
- ▶ Oct 12 Columbus Day
- ▶ Oct 13 International Skeptics Day
- ▶ Oct 14 Dessert Day
- ▶ Oct 15 Cheese Curd Day
- ▶ Oct 16 Dictionary Day
- ▶ Oct 17 Pasta Day
- ▶ Oct 17 Sweetest Day
- ▶ Oct 18 Chocolate Cupcake Day
- ▶ Oct 20 International Sloth Day
- ▶ Oct 21 Apple Day
- ▶ Oct 22 Caps Lock Day
- ▶ Oct 23 World Mole Day
- ▶ Oct 24 Bologna Day
- ▶ Oct 25 Sourest Day
- ▶ Oct 26 Pumpkin Day
- ▶ Oct 27 American Beer Day
- ▶ Oct 28 International Animation Day
- ▶ Oct 29 Cat Day
- ▶ Oct 29 Internet Day
- ▶ Oct 30 Candy Corn Day
- ▶ Oct 31 Halloween

Meet our Team >>>

Stacy W.
Medical Records



Hometown: Eau Claire, WI

Tell us about your family.

I have a Fiancé Tom; my daughter Courtney, who is a cardiac nurse; and my son Hunter, who is a Marine.

What are your outside Interests?

I love hiking, fishing, 4-wheeling, kayaking, traveling, and reading!

Something not everyone may know about you.

I watch planes, trains, and automobiles every year with my family at Thanksgiving Time.

Favorite sport team

Packers and Brewers!



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Contact us at **715-568-2503**
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Find us on
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Also, October is...

Breast Cancer Awareness Month
National Healthcare Food Service Week
Oct 04-10