



MEADOWBROOK
—CHETEK—

Upcoming Event >>>

Mon 1: Weekly BOGGLE/ 2:00 Balloon/Noodle-Exercise/ 6:00 Assort. Games in Family Room

Tue 2: Pastor Letters-Treats/ 2:00 Bingo

Wed 3: Room Visits/Beauty Shop Open/1:15 Movie & Popcorn

Thu 4: Room Visits/ 2:00 Outdoor Group/ 6:00 Movie

Fri 5: Room Visits/ 2:00 WFW AUX Bingo

Sat 6: Room Visits/ Morning on SCU / 2:00 Bingo

Sun 7: 2:00 Activity Staff

Mon 8: Weekly BOGGLE/ 2:00 Balloon/Noodle-Exercise/ 6:00 Assort. Games in Family Room

Tue 9: Room Visits/ Pastor Letters-Treats/ 2:00 Bingo

Wed 10: Room Visits/Beauty Shop Open/1:15 Movie & Popcorn

Thu 11: Room visits/ 2:00 Catapulting Frogs

Fri 12: Room Visits / 2:00 Bingo

Sat 13: Room Visits/ Morning on SCU / 2:00 Bingo

Sun 14: 2:00 Advent Christian Church

Mon 15: Weekly BOGGLE/ 2:00 Balloon/Noodle- Exercise/ 6:00 Assort. Games in Family Room

Tue 16: Room Visits/ Pastor Letters-Treats/ 2:00 Bingo

Wed 17: Room Visits/Beauty Shop Open/1:15 Movie & Popcorn

Thu 18: Room Visits/ 2:00 Pizza Party

Fri 19: Room Visits/ 10:00 Communion Serv/ 2:00 Bingo

Sat 20: Room Visits/ Morning on SCU / 2:00 Bingo

Sun 21: 2:00 Freedom Community

Mon 22: Weekly BOGGLE/ 2:00 Balloon/Noodle-Exercise/ 6:00 Assort. Games in Family Room

Tue 23: Room Visits/Pastor Letters-Treats/ 1:00 Resident Council/ 2:00 Bingo

Wed 24: Inservice/ Room Visits/Beauty Shop/1:15 Movie & Popcorn

Thu 25: Room Visits/ 2:00 Brown Bag Auction

Fri 26: Room Visits / 10:00 Catholic Mass/ 2:00 Bingo

Sat 27: Room Visits/ Morning on SCU/ 2:00 Bingo

Sun 28: 2:00 Chetek Dovre Lutheran Church

Mon 29: Weekly BOGGLE/ 2:00 Balloon/Noodle-Exercise/ 6:00 Assort. Games in Family Room

Tue 30: Room Visits/ Pastor Letters-Treats/ 2:00 Bingo

Wed 31: Room Visits/Beauty Shop Open/1:15 Movie & Popcorn

** Activity Calendar is subject to change**

Newsletter

Seated tai chi for seniors improves health

Tai chi is a gentle exercise that improves balance and reduces fall risk. It consists of making slow, graceful movements while breathing deeply. It's relatively easy to follow because the movements are done so slowly.

Seated tai chi is a great exercise option for frail seniors or those with limited mobility. It helps older adults get the health and wellness benefits of tai chi without the fall risk.

Here are some of the benefits of this ancient Chinese form of exercise:

- ▶ Relieves physical effects of stress
- ▶ Promotes deep breathing
- ▶ Reduces bone loss in menopausal women
- ▶ Improves lower body and leg strength
- ▶ Helps with arthritis pain
- ▶ Reduces blood pressure
- ▶ Requires mind and body integration through mental imagery
- ▶ Accumulates energy by releasing endorphins rather than depleting it
- ▶ Enhances mental capacity and concentration
- ▶ Improves balance and stability by strengthening ankles and knees
- ▶ Promotes faster recovery from strokes and heart attacks
- ▶ Improves conditions of Alzheimer's, Multiple Sclerosis and Parkinson's

Go slow and modify to avoid pain or injury

Staying safe while exercising is the number one priority.

When trying new exercises or movements, it's wise to go slow and not push to a point of discomfort.

Some people have arthritis, knee issues, or other physical conditions that limit their range of motion. Be flexible and feel free to modify if necessary.

Over time, their body will get used to the movements and their abilities or flexibility will likely improve.

References:

<https://dailycaring.com/seated-tai-chi-for-seniors-3-simple-routines-improve-flexibility-and-well-being-video/>

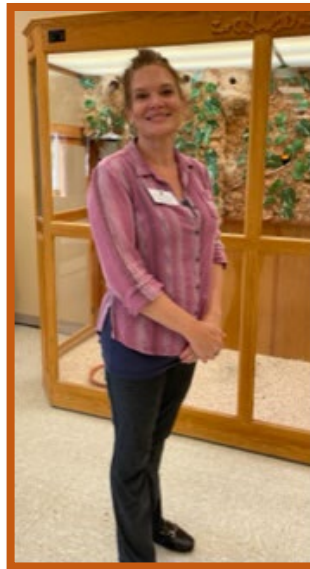


123 Sudoku Puzzle Level Medium

1	5		2		9			4
	4				6			
				4			6	3
	7					8		6
6								5
2		8					1	
4	6			8				
			6				7	
8			5		1		4	9

Meet our Team >>>

Mary Ann Kahl Activity Aide



Hometown: Las Vegas, Nevada

Tell us about your Job?

I am the new Activity Aide.

Tell us about your family?

I am married with two children and five grands.

What are your outside Interests?

Spending time with family and friends.

Something not everyone may know about you

I love all animals.

Favorite sport team

The Packers!



Employee Birthdays

Kely C., August 03

Linda H., August 17

Sarah B., August 18

Cassandra M., August 27

Alexandra W., August 31

Lillie G., August 31



HaPpy BiRthDay AUGUST Born

1. **They need their space.** Since they are very private people, they prefer to have their "me-time."
2. **Always Right.** They can't let you go off without having the last word, they are too stubborn for that.
3. **They are Expressive.** Happiness, excitement, love, sadness, anger, disgust will be shown all over their face.
4. **Great Writers.** They do have the tendency of channeling their thoughts and feelings in words. It is their favorite way to pass time as well.
5. **They are Picky.** You might find them annoying or selfish, but they only get close to people who they think deserve to be their friends.
6. **Money-smart.** They are very good with their finances, so you will never see them in debt. They will only buy something if they think they really need it.
7. **Perfectionist.** People born in August have a little bit of an OCD trait in them. They want everything in its place, perfect and the way they want it.
8. **They get Bored Easily.** Not everything interests them so you will have to find a very creative way to get them to listen to you.
9. **They are Stubborn.** Being intuitive and good at reading people, August-borns are often stubborn. They think that their opinions matter the most, and surprisingly, they are right most of the times. They tend to protect their pride to stop people from seeing their sensitive side.
10. **Easily Irritated.** They get annoyed at the smallest things and will not hesitate to show it.



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Contact us at **715-924-4891**

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<https://www.dazzling.news/a681/10-traits-august-borns-are-known-for>