



Upcoming Event >>>

- Thu 1:** Room Visits/Menu/ 2:00 Tree Trimming/ Let the Christmas Begin!
- Fri 2:** Room Visits/Menu / 2:00 VFW AUX Bingo/ 6:30 Scout Christmas visit cookies & caroling
- Sat 3:** Room Visits/ Menu /SCU until noon/ 2:00 Bingo
- Sun 4:** 2:00 Church/ Activity Staff
- Mon 5:** Weekly BOGGLE/ Pass Out Christmas Cards
- Tue 6:** Room Visits/Menu/ Pastor Letters-Treats/ 2:00 Bingo
- Wed 7:** Room Visits/Beauty Shop Open/ 1:15 Christmas Movie
- Thu 8:** Room Visits/Menu/ Christmas Fair/ 9:30-12 & 12:30-2:30 Resident Shopping Day in Activity Room
- Fri 9:** Room Visits/Menu/ Mail our Christmas Cards to Snowflake California/ 2:00 Bingo
- Sat 10:** Room Visits/ Menu /SCU until noon/ 2:00 Bingo
- Sun 11:** 2:00 The Refuge Church
- Mon 12:** Weekly BOGGLE/2:00 Gingerbread house construction
- Tue 13:** Room Visits/Menu/ Pastor Letters-Treats/ Cocoa Day with Candy cane/ 2:00 Bingo
- Wed 14:** Room Visits/Menu/10:00 Christmas Party SCU/ 2:00 Christmas Party
- Thu 15:** Room Visits/Menu/ 12:00 Noon Dining Room Christmas/ Harp Music/ 2:00 Happy Hour
- Fri 16:** Room Visits/Menus/ Ugly Sweater Contest/ 10:00 Communion Service/ 2:00 Christmas Bingo
- Sat 17:** Room Visits/ Menu /SCU until noon/ 2:00 Bingo
- Sun 18:** 2:00 Faith Baptist Church
- Mon 19:** Weekly BOGGLE/ 2:00 Dick Hinke Entertains
- Tue 20:** Pastor Letters-Treats/ 1:00 Res Council/ 2:00 Bingo
- Wed 21:** Room Visits/Menu/ 2:00 Brown Bag Auction
- Thu 22:** Room Visits/Menu/ Tic-Tac Trivia/ 2:00 Happy Hour/ 6:00 Movie in Family Room
- Fri 23:** Room Visits/Menus/ 10:00 Catholic Mass/ 2:00 Bingo
- Sat 24:** Room Visits/ Menu /SCU until noon/ 2:00 Bingo
- Sun 25:** 2:00 Church/ Activity Staff
- Mon 26:** Weekly BOGGLE/ 2:00 Dice
- Tue 27:** Room Visits/ Pastor Letters-Treats/ 2:00 Bingo
- Wed 28:** Room Visits/Beauty Shop Open/1:15 Movie/Popcorn
- Thu 29:** 10:00 Card Club/ 2:00 Happy Hour/ 6:00 Movie
- Fri 30:** Room Visits/Menu / 2:00 Bingo
- Sat 31:** Room Visits/ Menu /SCU until noon/ 2:00 Bingo/ 6:00-8:00 **New Year Eve** Party

**** Activity Calendar is subject to change****

Newsletter

Holiday Healthy Tips for Seniors

To help keep you healthy, reduce stress and avoid the holiday blues, you may consider implementing the following tips the next time you find yourself celebrating with family and friends.



- **Walk after large meals.** We all know that feeling after we've eaten too much at a holiday brunch or dinner. While we might be tempted to nap after a large meal, taking a walk might be a better option. Moving our bodies, especially after a large meal, helps us digest our food and turn it into energy instead of storing it into fat cells.
- **Wash hands frequently.** As we gather inside for celebrations, it's not uncommon for colds and other wintertime illnesses to spread quickly. To decrease our risk of contracting the flu or common cold, make sure to wash your hands frequently using warm water and antibacterial soap. Alcohol-based hand sanitizer is a good option if you're traveling or don't have access to soap and water.
- **Stay hydrated.** Fancy cocktails are a fun holiday treat. However, it's best to drink in moderation and stay hydrated by drinking plenty of water. Alcohol based drinks can cause inflammation in the joints, which can cause pain and decreased mobility. Water helps flush out toxins and helps aids in digestion.
- **Get quality sleep.** Our bodies heal and replenish themselves while we sleep. Getting enough high-quality sleep supports basic body functions and is also important in maintaining our mental health. It's not uncommon to veer from our normal daily routines during the holiday season, however, it's important to maintain our sleep schedules when possible.
- **Maintain your exercise routine.** Exercise releases endorphins, which are our body's natural pain reliever and happiness booster. Exercise is also an important factor in maintaining balance, coordination and can help reduce healing time from injuries. So, bundle up for a walk outside or try an indoor workout you can do from the comfort of your own home.
- **Rest after traveling.** Traveling can become more difficult as we age. Road trips and airplane rides can take a lot of energy. Make sure to get adequate rest after a travel day. This might mean skipping out on the shopping and opting for some quiet time instead.
- **Prioritize healthy meal options.** Before you enjoy special holiday foods, make sure to consume vegetables and fruits which are high in nutrients and support optimal health.
- **Manage stress.** The holidays can be stressful! However, it's important to learn how to manage stress because too much of it can disrupt different function in the body including the immune and digestive systems.
- **Avoid contact with people who are sick.** In addition to washing your hands frequently, you should also do your best to avoid those who are sick with colds or the flu. You might consider avoiding crowded places when possible or protect yourself by wearing a face mask.

Reference: <https://mapleknoll.org/holiday-health-tips-for-seniors/>



Sudoku Puzzle Level: Hard

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



Employee Birthdays

Michelle R., December 08
 Aisha I., December 11
 Angela D., December 14
 Carmell H., December 17
 Bethany B., December 23
 Jade D., December 24
 Melissa S., December 28



HaPpy BiRthDay DECEMBER Born

- They are born Teacher.** People born in December simply love to share their knowledge and show others what to do. Very often they point when people are wrong and what to do to improve yourself or correct the mistakes.
- They are Honest.** They do not like games, lying or duplicity. They always try to be fair and loyal and they always stick true to their beliefs.
- They are very Active.** They are very energetic and devoted to everything they do. They engage in every social affair, sports, and local actions.
- They are Wise.** They are very intelligent, but they like to learn and deepen their knowledge. They like to meet new people, cultures and win new experiences.
- They are born Leaders.** As we have mentioned before, with such a knowledge and the devotion to actions, December borns are true leaders. They can manage a group and aspirate others to act.
- They are Kind.** are able to make any sacrifices to help others. They are helpful, kind and open-hearted.
- They are Reasonable.** They know exactly what they want from life but do not have high demands. Happiness for them is a family, close friends, love, and laughter.
- They are Stubborn.** As we mentioned before, they stick to the rules and beliefs and it is very hard to convince them to change it. They are very stubborn and won't listen to any other arguments if they will feel that it is not for them.
- They are Loyal.** If they love or are in friendship with someone they will do everything for them. You know that you can always count on people born in this month, and that will protect and support you no matter what. ay.
- They are Private.** They are sociable and like to help others, they do not like to talk about their feelings and problems with the people they don't know.

Meet our Team >>>

Hometown: Northlake, IL.

Tell us about your Job
I'm a Culinary Caregiver.

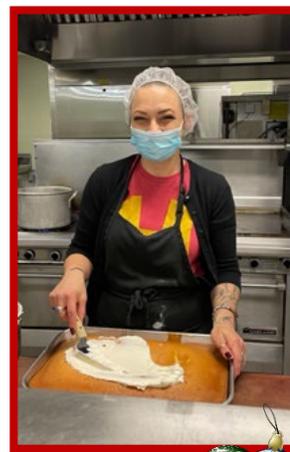
Tell us about your family
I have a 14-year-old daughter, Corrine and an ill-behaved kitten named Mae.

What are your outside Interests?
I love going to concerts and playing golf.

Something not everyone may know about you
I have been cooking for over 25 years.

Favorite sport team
It's tie between the Chicago CUBS and Chicago Bears.

Amie Fotiadis Cook



Testimonial >>>



"Meadowbrook was the only center to accept me. The stay was great. I loved it all. I would definitely come back if I needed to." Lorna L. - Resident



725 Knapp St
Chetek, WI 54728
Contact us at **715-924-4891**
www.meadowbrookchetek.com



<https://www.dazzling.news/a2733/10-traits-december-borns-are-known-for>