



MEADOWBROOK
— APPLETON —

Upcoming Event >>>

Mon 1: 10:00 Manicures/ 2:00 Current Events

Tue 2: 1:30 Wii Bowling/ 6:05 Brewers Game

Wed 3: 10:00 Bingo/ 3:30 Natl Watermelon Treat

Thu 4: 10:00 Balloon Swat/ 11:00 Chocolate Chip Cookie Day!

Fri 5: 1:30 Music in the Courtyard/ 3:30 Open Activities/ 6:00 Movie Night – Bad News Bears

Sat 6: 10:00 Crafts/ 3:00 Root Beer Float Day/ 6:15 Brewers Game

Sun 7: Brewers Game

Mon 8: 10:00 Manicures/ 2:00 Natl Frozen Custard Day

Tue 9: 10:30 Cornhole/ 3:30 Music & Memory/ 6:30 Board Games, Puzzles

Wed 10: 10:00 Bingo/ 3:30 Natl S'mores Day

Thu 11: 10:00 Stretching/ 2:00 Music in the Courtyard/ 6:00 Movie Night – Field of Dreams

Fri 12: 10:00 Current Events/ 10:30 Wii Bowling/ 2:30 Outdoor Gardening

Sat 13: 11:00 Adult Coloring/ 6:15 Brewers Game

Sun 14: 1:15 Brewers Game/ 3:00 Adult Coloring Painting

Mon 15: 10:00 Manicures/ 3:30 Crafting

Tue 16: 11:00 Board Games/ 2:30 Music & Memory

Wed 17: 10:00 Bingo/ 3:30 Resident Council

Thu 18: 10:00 Wii Bowling/ 3:00 Monthly Birthday Party

Fri 19: 11:00 Potato Toss/ 2:30 Coffee Clutch

Sat 20: 1:20 Brewers Game/ 6:00 Movie Night – A League of Their Own

Sun 21: 1:20 Brewers Game

Mon 22: 10:00 Manicures/ 2:30 Music & Memory

Tue 23: 10:00 Current Events/ 6:00 Movie Night – Major League

Wed 24: 10:00 Bingo/ 2:30 Adult Coloring, Crafting/ 6:00 Resident Choice TV Show

Thu 25: 2:30 Balloon Baseball/ 6:00 Current Events

Fri 26: 11:00 Current Events/ 2:30 Music & Memory

Sat 27: 11:00 Outdoor Games/ 2:00 Painting, Crafting/ 6:10 Brewers Game

Sun 28: 1:10 Brewers Game

Mon 29: 10:00 Manicures/ 11:00 Music & Memory

Tue 30: 11:00 Natl Beach Day - Cookout/ 3:30 Movie-The Sandlot

Wed 31: 10:00 Bingo/ 2:30 Curr. Events/ 6:00 Board Games, Puzzles

Exercise M/T/Th 11 AM; W/F 3 PM; Outdoor Activities Subject to Weather; Hydration Cart daily 3 PM; room visits

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 the 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

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|---|---|---|---|---|---|---|---|---|
| 1 | 5 | | 2 | | 9 | | | 4 |
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| 2 | | 8 | | | | | 1 | |
| 4 | 6 | | | 8 | | | | |
| | | | 6 | | | | 7 | |
| 8 | | | 5 | | 1 | | 4 | 9 |



Employee Birthdays

Brenna B., August 04
 Kaylee M., August 17
 Patricia C., August 18
 Magnum B., August 28



HaPpy BiRthDay AUGUST Born

- They need their space.** Since they are very private people, they prefer to have their "me-time."
- Always Right.** They can't let you go off without having the last word, they are too stubborn for that.
- They are Expressive.** Happiness, excitement, love, sadness, anger, disgust will be shown all over their face.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Easily Irritated.** They get annoyed at the smallest things and will not hesitate to show it.

Meet our Team >>>

Hometown: Menasha, WI

Tell us about your Job?

I am a CNA.

Tell us about your family?

I have two beautiful growing daughters and a lovely wife.

What are your outside Interests?

I like fitness, fishing & spending time with family.

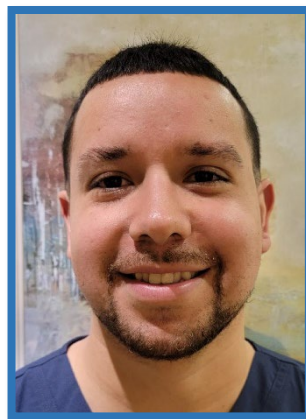
Something not everyone may know about you

I am bilingual Spanish/English.

Favorite sport team

Green Bay Packers.

Gerardo Aguilar
 Fernandez
 CNA



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