



Upcoming Event >>>

- Thu 1:** 10:30 Pir Social Hour/ 1:00 Wii Games/ Natl Pie Day!
- Fri 2:** 10:30 Fritters & Coffee Social Hour/ 1:00 Jeopardy
- Sat 3:** Wii Games in Act. Room

- Sun 4:** 10:30 Cookie Social Hour! Noon Packer Game
- Mon 5:** 10:30 Wii Games/ 1:30 Bingo/ 7:15 Night Football
- Tue 6:** 10:30 Christmas Activity Sheets/ 1:30 Live Music in Dining Room St Nick!
- Wed 7:** 10:00 Therapy Group/10:45 True & False/ 1:30 Board games
- Thu 8:** 10:30 Wacky Wordies/ 2:00 Brownie Social Hour
- Fri 9:** 10:30 Make Christmas Cards/ 1:30 Movie & Popcorn
- Sat 10:** Spend time decorating activity room tree

- Sun 11:** NFL Sunday Football in Living Room
- Mon 12:** 10:30 Make own Ornament/ 1:30 Decorate Gingerbread House/ Gingerbread House Day!
- Tue 13:** 10:30 Reminisce Hour Christmas/ 1:30 Hot Cocoa Social
- Wed 14:** 10:00 Therapy Group/ 10:45 Guess that Decade/1:30 Bingo
- Thu 15:** 10:30 Group Mad Libs w/cupcakes/ 1:30 Cribbage Group
- Fri 16:** 10:30 Chocolate Fountain Treat/ 2:00 Band Music School
- Sat 17:** Board Games in Activity Room.

- Sun 18:** NFL Sunday Football in Living Room
- Mon 19:** 10:30 True & False Trivia/ 1:30 Resident Council/ 7:15 Packer Games
- Tue 20:** 10:30 Hidden Pictures/ 1:00 School choir Caroling in DR
- Wed 21:** 10:00 Therapy Group/ 10:45 Crossword Sheets/ 1:30 Bingo
- Thu 22:** Enjoy cookies from Staff/ 2:00 Christmas movie & Popcorn
- Fri 23:** 10:30 Wacky Wordies/ 1:30 Wii games
- Sat 24:** **Christmas Eve!**

- Sun 25:** **Merry Christmas!**
- Mon 26:** Resident Christmas Party!
- Tue 27:** 10:30 Cut Out Snowflakes/ 12:30 Resident Birthday Party
- Wed 28:** 10:00 Therapy Group/ 10:45 Card Games/ 1:30 Bingo
- Thu 29:** 10:30 True & False Trivia/ 2:00 Christmas Movie
- Fri 30:** Resident New Year Party!
- Sat 31:** **New Year Eve!**

Daily Activity: 5 AM – 9 AM Good Day Wisconsin in Living Rm. Mail will be delivered daily by Whitney. Snack/Hydration Station 3:30 Daily M-F along with daily Exercise. Nightly Movies at 7 PM in Living Rm. Activities may change, look for changes on the Hallway Calendar.

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	

Meet our Team >>>

*Cayla Piehl
Administrator*



Hometown: Appleton, WI

How long have you been working at Meadowbrook?

My First day was October 17th

Tell us about your family?

I am the older of 4, with a younger brother and twin sisters.

What is something you would like to achieve?

Have a family of my own.

What is your favorite vacation spot?

I love to Travel! Some of my favorite spots are Peru, Switzerland, and Jamacia.



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www.meadowbrookappleton.com/



Employee Birthdays

- Dominique S., December 05
- Brandi S., December 08
- Karina R., December 14
- Shaw V., December 17
- Will J., December 18
- Merredith G., December 19
- Rachelle N., December 24



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.

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