

Assisted Living • Respite Care Services

## Fun and Easy Mardi Gras Celebration Ideas

**Mardi Gras (February 13), French for “Fat Tuesday,” is a time for revelry, music, and indulgence.** Embrace the festive spirit of Mardi Gras with family and friends with these simple celebration ideas:

**Decorate Masks:** Host a mask-making craft project. Create masks from paper plates or cardboard. Use feathers,



sequins, glitter, markers, and other craft supplies to decorate.

**Enjoy Mardi Gras Music:**

Create a playlist of lively Mardi Gras music, including jazz and traditional New Orleans tunes. Music can bring a sense of joy and nostalgia to seniors.

**Festive Food/Drinks:** Eating good food is one of the biggest Mardi Gras indulgences.

Whether you're taste-testing a traditional King Cake, enjoying a blend of seafood, Cajun jambalaya, or sipping Bloody Mary or mint julep mocktails, everyone is sure to try something delicious or new.

**Mardi Gras Parade:** If space allows, arrange a mini-Mardi Gras parade. Decorate hallways, doors, wheelchairs or walkers with purple, green, and gold balloons, streamers, and beads. Go the extra mile and dress up in your best attire!

**Storytelling Session:**

Share stories and traditions associated with Mardi Gras. Reminisce about your Fat Tuesday experiences.

**No matter how you choose to celebrate or indulge this Mardi Gras, you are sure to have a good time surrounded by family and friends.**

## Wellington Place at Rib Mountain

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Rouhan Richardt, Administrator

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Please call our office.



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SENIOR HOUSING INC.

[WellingtonPlaceRibMountain.org](http://WellingtonPlaceRibMountain.org)

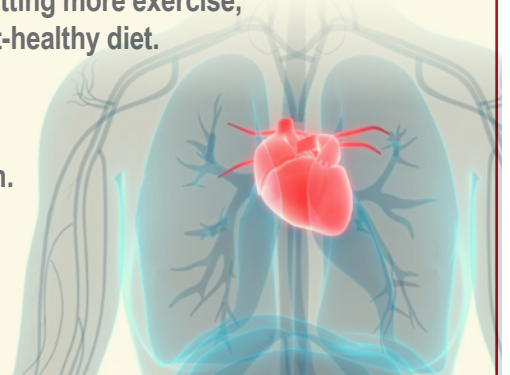
WE ACCEPT CREDIT CARDS

## Help Heal Your Heart with the Cardiac Rehab

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery.

**Benefits of Cardiac Rehab:**

- Strengthening your heart and body after a heart attack.
- Relieving symptoms of heart problems, such as chest pain.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Reducing stress.
- Improving your mood.
- Increasing your energy and strength.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease. *Source: cdc.gov*



# The Joys of Send a Card to a Friend

There is something special about receiving a greeting card. They are thoughtful keepsakes of the relationships in your life. There may be no better way to let a loved one know how much they mean to you or that you're thinking about them than by sending a card.

The best thing about greeting cards is that you can find them for almost any situation you can think of, and for some that you may have never thought of before. Or if you're looking for something fun and creative to do, you can make your own.

Create a card from construction paper, stickers, and markers and add a heartfelt message for your recipient. They're sure to appreciate your handmade efforts. While it is great to get a greeting card for a special occasion, like a birthday, Valentine's Day, or other life event, it is even better when it is a surprise! Remember how good surprise mail makes you feel and return the favor to a special some one.



# WiCAL

Wisconsin Center for Assisted Living

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# Word Search

Find and circle the 16 words listed. Find words straight across, up and down, and diagonally. All words are forwards reading only.

- |                  |                  |                |                  |
|------------------|------------------|----------------|------------------|
| <b>CANDY</b>     | <b>GROUNDHOG</b> | <b>MITTENS</b> | <b>SWEET</b>     |
| <b>CHOCOLATE</b> | <b>HEART</b>     | <b>PINK</b>    | <b>VALENTINE</b> |
| <b>FEBRUARY</b>  | <b>JEWELRY</b>   | <b>RED</b>     | <b>WHITE</b>     |
| <b>FLOWERS</b>   | <b>LOVE</b>      | <b>ROSES</b>   | <b>WINTER</b>    |

S P V X T G G Q  
 T Y C W K V O O E L W T  
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 Y L Q C A N D Y Z Q R A  
 M L C Y P Q D Y L U  
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 T K E E  
 J F

Do you know someone who'd be a good addition to our team?

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