

Spread Joy and Say Something Nice Day

Say Something Nice Day, June 1 is the perfect opportunity to bring a smile to someone's face. A kind word or two can truly go a long way and make a positive impact on others.

♥ **Compliments:** If you see something you admire about someone, make sure you say something!

💬 **Put Yourself Out There:** Don't be afraid to say something nice to someone you don't know. You never know how a kind word might brighten someone's day.

👏 **Acknowledge Other's Efforts:** Is there a staff member who always goes above and beyond? Be sure to say something nice to that person.

Smile! Celebrating Selfie Day on June 21

Smile big and show the world who you are today! Capture a special moment or share one of your favorite selfies. All selfies have a story that goes with them. Share your stories on social media or in person with friends and family.

Memory Lane Selfie Tour: Take a walk down memory lane and snap selfies with items or places that hold special meaning, such as the house they grew up in or a favorite local landmark. It's fun to reminisce about our favorite memories while taking fun selfies along the way.

Pet Selfies: Show off your favorite furry friends by asking friends and family to take selfies with their pets. Whether it's a cute cat, lovable dog, or scaly iguana take selfies with your pets and share them! It's a great way to bond over a shared love of animals.

Virtual Selfie Challenge: For seniors, a virtual selfie challenge may be a fun way to stay connected with friends and family. Challenge your loved ones to take selfies in different locations or with different objects, and share them via text, email or social media. It's a fun way for generations to stay engaged and connected.

There's no denying that selfies have become a cultural phenomenon. **But National Selfie Day isn't just about showing off your best angle, it's about celebrating the power of self-expression and individuality.**

So grab your smartphone or tablet and strike a pose, get goofy, squeeze in close with friends and family, 'say cheese' and – CLICK and SHARE! Make this National Selfie Day memorable and the best one yet!

Wellington Place at Rib Mountain

149500 County Rd. NN
Wausau, WI 54401
715.842.5000

Bonnie Pluger, Administrator

📘 [Like Us On Facebook](#)

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

Please call our office.



Wisconsin Illinois
SENIOR HOUSING INC.

WellingtonPlaceRibMountain.org

WE ACCEPT CREDIT CARDS



Get active in the outdoors

During National Great Outdoors Month, there are numerous events and activities that take place throughout the country. Whether a lunchtime cookout, sitting on the porch in a rocker, or even a simple walk in the park, enjoy the wonders of the great open air. The best way to start celebrating is by making a list of fun things to do outside.

Try some of these light activities:

- Practice yoga or light stretching on the lawn
- Visit a local park to birdwatch or fly a kite
- Take a walk with a friend
- Tend to a flower box, herb or vegetable garden.
- Play chess or cards on the porch or enjoy lawn games
- Read or enjoy a rocking chair leisurely in the sun
- Host or attend an outdoor cookout, lunch or picnic
- Visit a local zoo, park or nature preserve

Feeling more ambitious?

Try these activities:

- Go fishing or golfing
- Go for a swim in an outdoor pool or lake
- Go boating or kayaking,
- Go for light to moderate hike with friends

WiCAL

Wisconsin Center for Assisted Living

Newsletter Production by PorterOneDesign.com

Word Search



Find and circle the 20 words listed. The words are hidden diagonally, across, and up and down. All words are forward-reading. Good luck!



BARBECUE
FAMILY
FISHING
FLOWERS
FRIENDS

FUN
HOT
HOTDOGS
HYDRATION
ICE CREAM

LEMONADE
PICNIC
SANDALS
SUMMER
SUNGLASSES

SUNHAT
SUNSHINE
TOGETHER
WATER
WATERMELON



NATIONAL
CNA WEEK
IS JUN 13-19

Whether it's a caring deed, a warm smile, or a moment of connection, CNAs make our residents' lives better. Thank you to all CNAs for the dedicated work you do.