

The Wellington News

JANUARY
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Assisted Living • Respite Care Services

Draw a Dinosaur Activity

Tired of too many jigsaw puzzles?
Bored of binging television and
movies? Don't feel like reading, but
still looking for something fun to do?

**Draw a Dinosaur Day on January
11 is a colossally creative way to
chase away those winter blues!**

Will your prehistoric creation have
wings, spikes, horns or scales? Will it
have a long neck, short forearms and
a long tail? Will it be green, brown,
blue or pink? Or maybe your dinosaur
will wear jewelry, a tuxedo or Hawaiian
shorts? Could your dinosaur
be the studious
type with glasses
and shoes?



**Use your imagination
and have a dino-mite day!**

Honoring MLK Jr. on January 20

Please join us as we celebrate
the life and legacy of Dr. Martin
Luther King Jr. on Monday, January
20, 2025. This federal holiday
honors Dr. King's remarkable
achievements, including his
leadership in nonviolent activism
and his pivotal role in fighting
racial discrimination across the
United States. His contributions
to equality and justice continue to
inspire generations. Looking for
meaningful ways to celebrate?

Here are some ideas:

- **Community Service:** Organize a
small act of kindness, like making
care packages for those in need.

- **Watch & Reflect:** Watch a
video or read excerpts from Dr.
King's famous speeches, such
as his "I Have a Dream" speech.
Afterward, encourage a group
discussion about his equality and
peace messages and what they
mean and apply today.

- **Create Art:** Color the activity
below or make your own peace-
themed art. Write messages of
hope and unity on cards, notes,
or rocks to share with others.

By participating in these activities,
we not only celebrate Dr. King's
legacy but also promote the values
of unity, equality, and peace that
he worked so hard to inspire.

Wellington Place at Rib Mountain

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thank you for supporting our mission of
service to seniors through tax-deductible
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**Wisconsin Illinois
SENIOR HOUSING INC.**

WellingtonPlaceRibMountain.org

WE ACCEPT CREDIT CARDS





Discover a New Hobby this January


Did you resolve to try something new this year? January is National Hobby Month—the perfect time to explore hobbies that bring joy, relaxation, and a sense of purpose. Hobbies not only to fill extra time, especially for seniors, but may also positively affect mood and well-being.

Here are some hobby ideas to inspire you:

 **Creative Crafts:** Try sewing, needlepoint, quilting, or painting. Creating something with your hands brings a sense of accomplishment, and your finished pieces can make heartfelt gifts or donations to those in need.

 **Games & Puzzles:** Enjoy crosswords, cards, or jigsaw puzzles to keep your mind sharp. Prefer tech? Online games on tablets and smart phones are great for mental stimulation, especially during National Puzzle Month!

 **Book Clubs:** Reading is a great leisure activity, and joining a group to discuss books can add a social element and spark meaningful conversations.

 **Music Appreciation:** Enjoy listening to your favorite tunes on the radio or join a group sing-along. Music is a wonderful way to relax, lift your spirits, and connect with others. Hobbies add meaning and joy to life. Which one will you try this month?

WiCAL

Wisconsin Center for Assisted Living

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Popcorn Mix-In Ideas

Popcorn is the ultimate **easy snack—quick to make, endlessly customizable, and perfect for sharing!** Whether you love it plain or loaded with flavors, National Popcorn Day (January 19) is the perfect time to get creative with your kernels.

No-Frills Classic: Drizzle melted butter over freshly popped popcorn and sprinkle with a touch of salt. Sometimes simple is best!

Sweet Treats: Mix in Reese's Pieces, M&Ms, or mini chocolate or white chocolate chips.

Fun and Fruity: Add dried fruits like raisins, cranberries and apricots.

Cheesy Goodness: Sprinkle grated Parmesan or your favorite cheese powder for a savory twist.

Crunchy Nuts: Add roasted peanuts, cashews, or walnuts for texture and flavor.

Spicy Kick: Try cayenne pepper, garlic powder, black pepper, or wasabi peas for heat.

Seasoned Snacks: Enhance with garlic powder, black pepper, Italian herbs, or taco seasoning.

Sticky Sweet: Mix in melted marshmallows or a drizzle of honey, or make kettle corn by adding sugar and salt during popping.

Sweet & Savory: Combine your favorite chocolate and nuts together.

With so many options, popcorn can be as simple or as bold as you like. Mix, match, and enjoy!

