# The Wellington News

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?



## 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 peacethemed 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

149500 County Rd. NN Wausau, WI 54401 715.842.5000 Bonnie Pluger, Administrator

f Like Us On Facebook

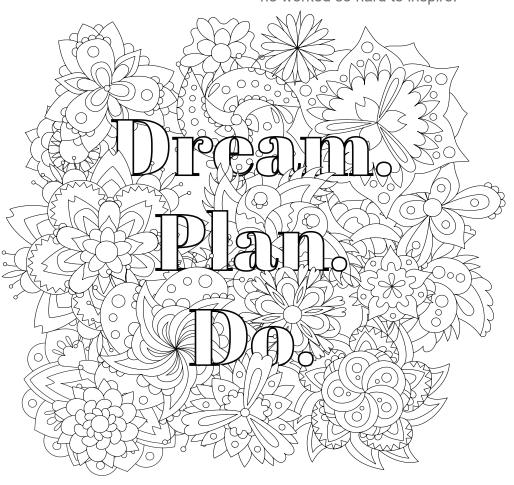
As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items. Please call our office.



Wisconsin Illinois SENIOR HOUSING INC.

WellingtonPlaceRibMountain.org

WE ACCEPT CREDIT CARDS



### 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?



Popcorn Mix-In Ideas

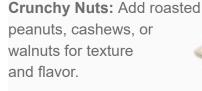
Popcorn is the ultimate easy snack—quick to make, endlessly customizable, and perfect for sharing! Whether you love it plain or loaded with flavors, National Popcorn Day (January 19) is the perfect time to get creative with your kernels.

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.



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!

