

The Wellington News

JANUARY
2025

Assisted Living • Respite Care Services



Happy Birthday

Best wishes to our residents and staff celebrating birthdays this month.

Residents

Don B.
Keith L.

Gerri T.
GiGi N.



Activity Highlights

Our holiday season began with a full week of outings. In December we were fortunate to have beautiful weather during a trip to Shalom Wildlife Zoo in West Bend. Next, we attended the Festival of Trees to be amazed at the creativity of our community. We also saw a live performance of A Christmas Carol in Menominee Falls. We were entertained here by young Christmas carolers and we decorated cookies while live music played.



Wellington Place at Hartford

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Monica Rakowski, 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.


WellingtonPlaceHartford.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!

