

The Wellington News

APRIL
2025

Assisted Living • Respite Care Services



Happy Birthday

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

Residents

Kelly

02/04



Corn Syrup Shamrock Painting

Activity Highlights

In March we celebrated Marti Gras in style! We wore feathered masks and beads, enjoyed beignets and mock hurricanes and listened to Cajun music as everyone had a whack at a pinata! Residents also made a unique shamrock banner with corn syrup and food coloring paint.



The Garland We Made



Laurie



Marti Gras Fun



Shay, Don & Kim

Wellington Place at Hartford

615 Hilldale Drive, Hartford, WI 53027
262.673.3544

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

Upcoming Events

We look forward to celebrating Spring. We have live music and a group of high school students sharing an entire morning with us in April.

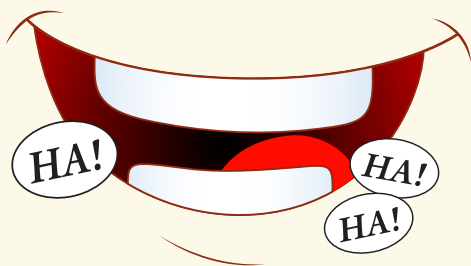
Laughter: A Simple Remedy for Stress

Stress is a part of life, but humor can help lighten the load. While it may not eliminate stress entirely, laughter triggers brain chemicals that boost mood and promote relaxation.

Make it a habit to laugh often—whether through TV, movies, online videos, or jokes. Humor is personal, so find what genuinely makes you laugh, even if others don't share your sense of humor. With endless sources of comedy online, from memes to funny stories, a daily dose of laughter is always within reach.

Surround yourself with things that bring joy, like joke-a-day calendars, funny T-shirts, or lighthearted stickers. Keep a “humor file” filled with comics, memes, and jokes for an instant mood boost—one you can also share with others who might need a lift.

Best of all, laughter requires no prescription and has no side effects. But if stress feels overwhelming, consult a physician to rule out underlying health concerns and explore additional ways to manage it.

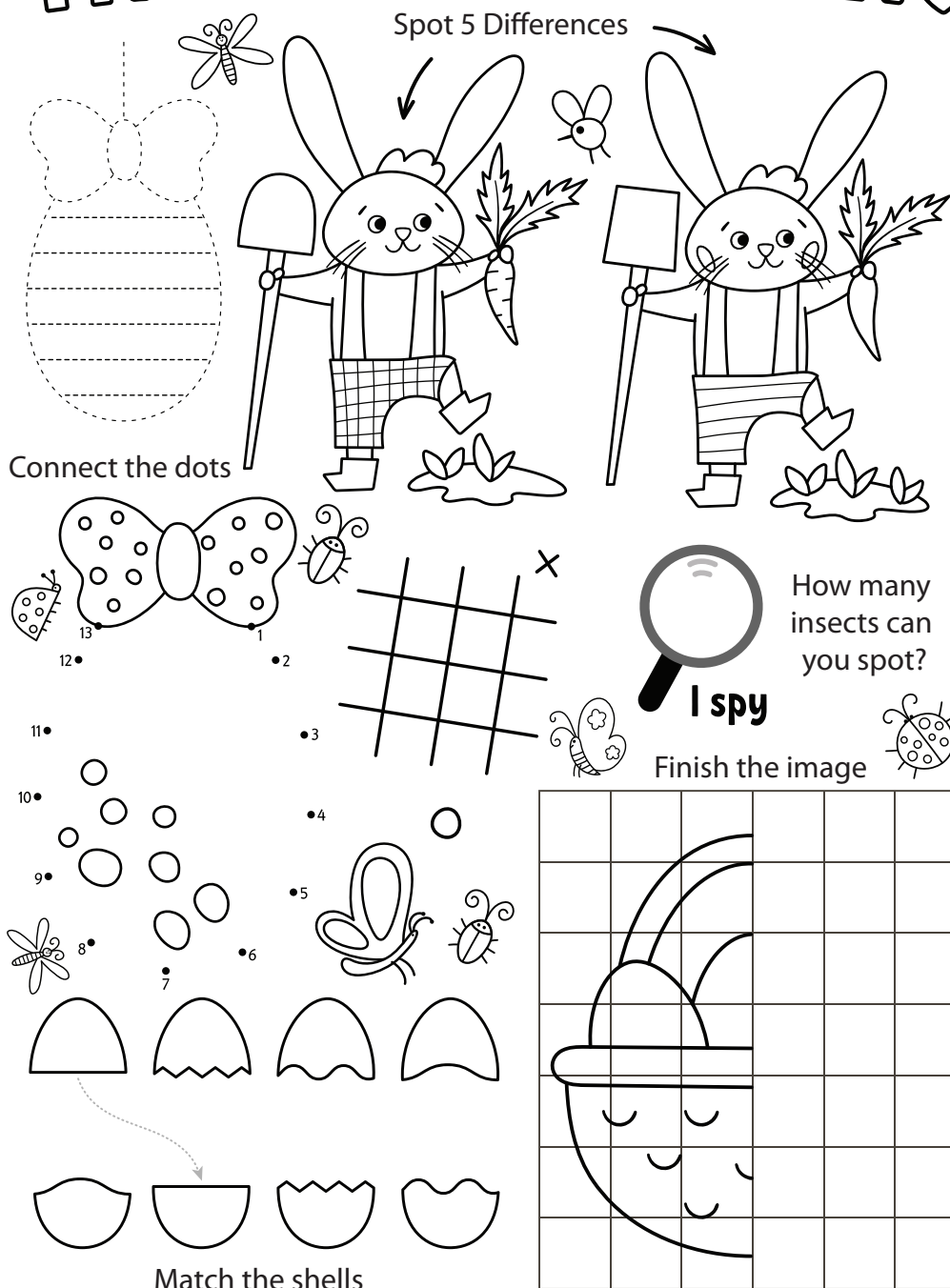


WiCAL

Wisconsin Center for Assisted Living

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HAPPY EASTER



FIND PURPOSE, SHARE JOY!

Volunteer with us and make a difference in the lives of our residents. Whether a few hours a week or more, your time brings friendship, fun, and plenty of smiles.

Contact us today!