

The Wellington News

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Assisted Living • Respite Care Services

From the Corner Desk of Mary

Why should you avoid the stairs on April Fools' Day?

Because they're always up to something. Happy April Everyone! That's no joke either!

This year has been going by way too fast. This is finally the time of year where we can start getting outside and enjoying the weather without having to worry so much about the snow and ice. Just remember to dust off those spring jackets as we all know that April can be cool at times too.

This past month we have been working on a new craft that will take us probably about 3 to 4 weeks to complete. We had a few people donate hardcover books to do our Angel Book Craft. This craft consists of folding all the pages in the book in certain ways to make the wings and the dress. It's a very time-consuming project, after that we will be drawing a face on the head and then gluing hair on it. And of course, we cannot forget about the ribbon and a halo for her as well. We are all excited to see the finished project!

Since everyone loves bingo here so much, we decided to try a new version of bingo called Dice Bingo. Everyone seemed to love the new version that we will keep it on the schedule. We are always looking for something new and exciting to do.

This month we will also start our seeds for our outdoor garden! If there are any volunteers, please let me know! Looks like the next couple of months are gonna be blooming right along!

Wellington Place at Whiting

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Kristan Schaack, Administrator

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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.

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WellingtonPlaceWhiting.org

WE ACCEPT CREDIT CARDS

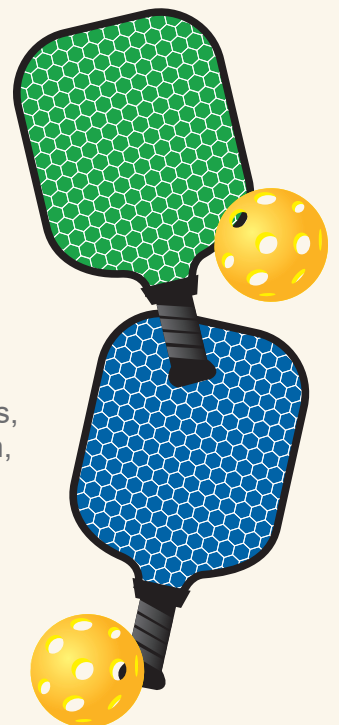
Learning About Pickleball

Have you heard of pickleball? The sport's name is said to have come from a dog named Pickles, who would chase after the ball. Over time, pickleball has evolved into one of the fastest-growing sports, but the name stuck.

Pickleball combines elements of tennis, badminton, and table tennis, played on a smaller court with a plastic ball and solid paddles. It's easy to learn, low-impact, and can be played indoors or outdoors.

Its popularity is soaring, especially among seniors, due to its social nature, health benefits, and accessibility. The game fosters connection, provides a joint-friendly workout, and requires minimal equipment and space, making it ideal for all ages.

With April being National Pickleball Month, there's no better time to try something new and get involved in this exciting and fast-growing sport!



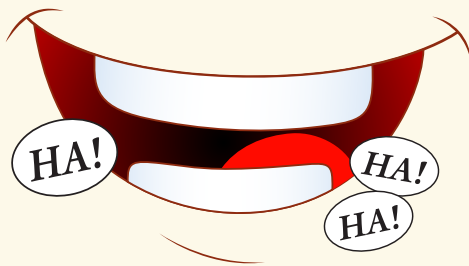
Laughter: A Simple Remedy for Stress

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.

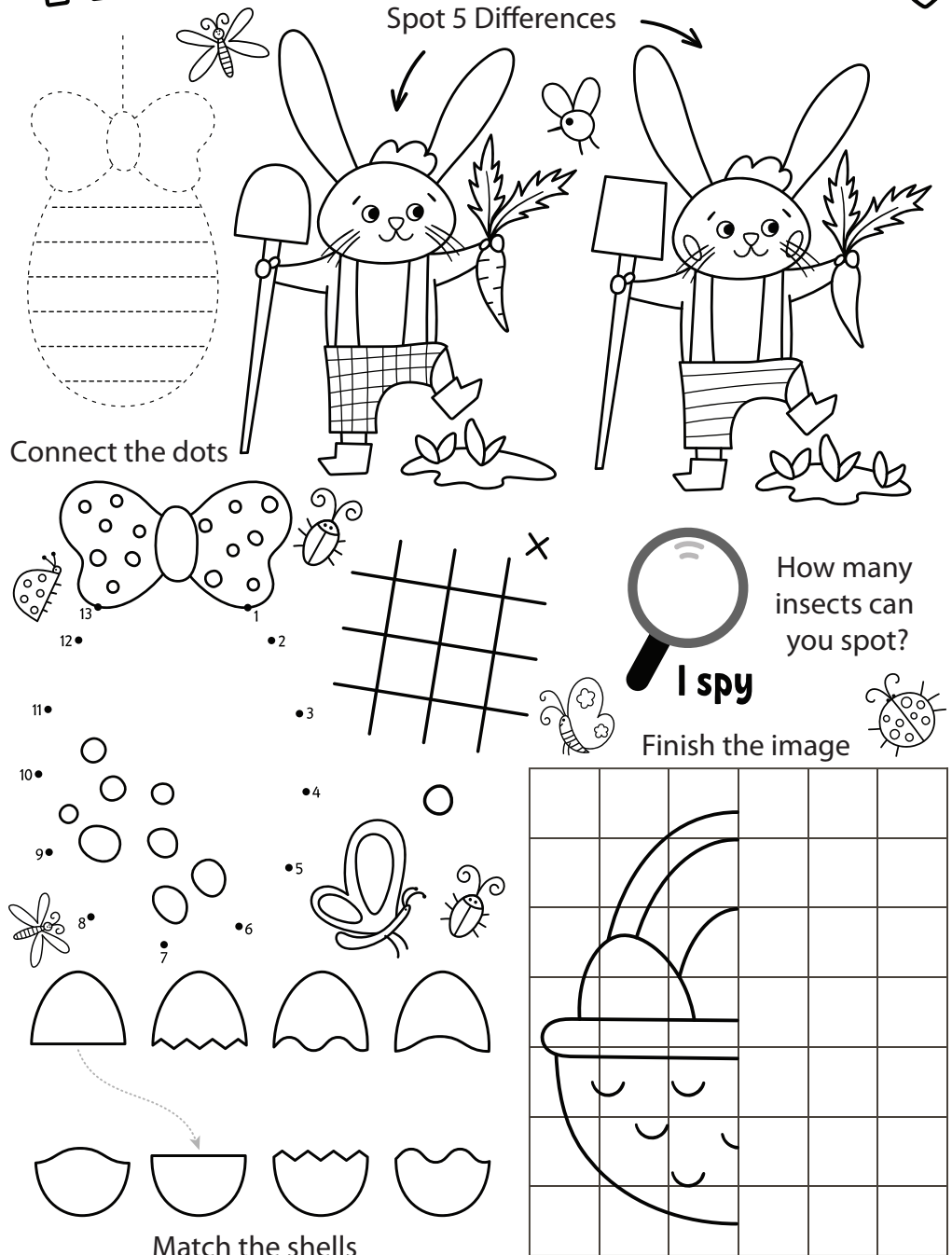


WiCAL

Wisconsin Center for Assisted Living

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HAPPY EASTER



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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!