

The Wellington News

OCTOBER
2025

Happy Birthday

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

Residents

Terry G.

Assisted Living • Respite Care Services

Photo Highlights

Upcoming Events

We have been enjoying ice cream from Kelley's Creamery, long drives in this beautiful area to see the fall colors, an outing at Cabela's and Holy Hill, live music, a magician and additional bingo with high school students!



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

SAVE THE DATE

Our Holiday Party will be December 12th.

Also, we are looking for Halloween candy donations
for the children coming to Trick or Treat.



Prioritize Your Well-Being

October is Emotional Wellness Month, a reminder to check in with yourself and make time for the habits that support your overall well-being. **World Mental Health Day** is also on October 10, a day dedicated to raising awareness and encouraging conversations about mental health worldwide. Together, they highlight the importance of caring for both body and mind. There are many positive steps we can take every day:

 Practice self-care by doing activities that bring you peace or joy, whether it's reading, listening to music, enjoying nature, or exploring a favorite hobby.

 Stay connected with friends, family, and community. Sharing time and conversation often brings comfort and reduces feelings of loneliness.

 Care for your body with regular exercise, balanced meals, and plenty of rest. Movement and nutrition support not just physical health, but emotional health too.

 Manage stress through breathing exercises, meditation, prayer, or quiet reflection. Stepping away from news or screens for a while often helps refresh your mind.

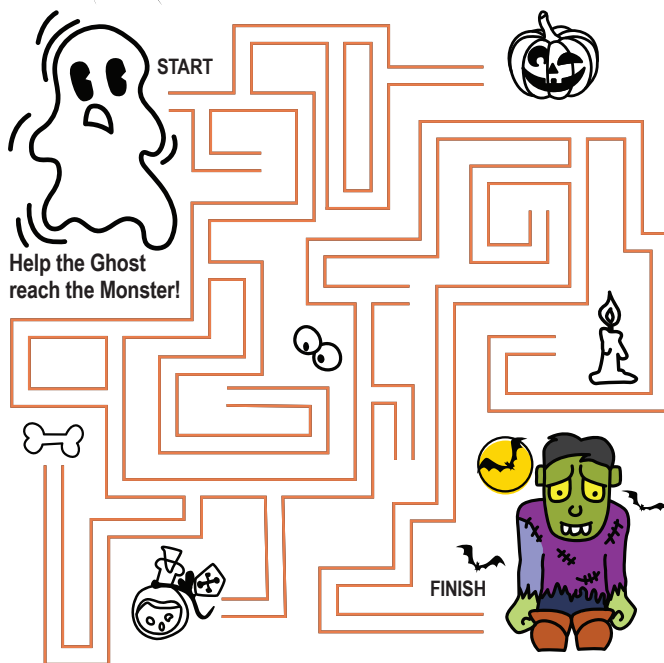
 Remember you're not alone. Sharing with a loved one, doctor, or counselor often brings comfort during overwhelming times.

This month, allow yourself to slow down, recharge, and make space for what helps you feel good. Even small steps can create a stronger foundation for emotional wellness.

WiCAL

Wisconsin Center for Assisted Living

SPOOKTACULAR ACTIVITIES



UNSCRAMBLE the letters below to reveal the Halloween-themed words.

KBALC TAC

BOESN

DNTEHUA SHEOU

KAJC O LTARENN

VAENR

IAVMREP

TWICH

IEOZBM

**Bat
Candy
Ghost
Monster
Pumpkin
Scary
Spooky
Treat
Trick**

Circle the nine hidden words, forwards, backwards, or diagonal.

P	E	S	T	W	S	G	K
U	R	A	P	C	R	T	C
M	B	E	A	O	R	O	I
P	L	R	T	E	O	M	R
K	Y	S	A	S	U	K	T
I	X	T	Q	T	N	B	Y
N	T	S	O	H	G	O	G
Y	D	N	A	C	M	T	M