

# The Wellington News

JANUARY  
2026

Assisted Living • Respite Care Services

## 10 Simple Resolutions for a Happy, Healthy New Year!

Kick off the New Year with small goals that bring joy, energy, and balance—whether you do them alone or with loved ones.

**Here are 10 easy resolutions to inspire a fresh start:**



### **Spend Time With Others:**

Join a game night, craft group, or lunch outing—or simply make more time for chats and visits.

**Move Every Day:** Short walks, gentle stretching, or seated exercises can boost energy and balance.

### **Stay on Top of Appointments:**

Schedule wellness check-ups, dental visits, and vision exams to stay your healthiest.

**Refresh Your Space:** Declutter a drawer, shelf, or corner. Small tidy-ups can feel surprisingly energizing.

**Try a New Hobby:** Explore painting, puzzles, gardening, knitting, music, or online classes to keep your mind active.

**Read for Fun:** Books, magazines, or audiobooks—set aside a few minutes each day to enjoy something new.

### **Add Color to Your Plate:**

Fruits, vegetables, whole grains, and lean proteins make meals both nourishing and vibrant.

**Reach Out With Kindness:** Send a note, check in on a neighbor, or offer a friendly hello—small gestures brighten days.

**Prioritize Self-Care:** Listen to music, enjoy a favorite show, work on a craft, or spend time outdoors.

**Celebrate Every Win:** Acknowledge each small step and let it inspire your next success.

**Small, realistic goals make resolutions stick. Focus on what feels right for you, take it one step at a time, and enjoy the fresh start the New Year brings.**

*Always check with your physician before making changes to your diet or exercise routine.*

## Wellington Place at Rib Mountain

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## Creativity Knows No Age

Imagination Day is a celebration of creativity, curiosity, and dreaming big—no matter your age! It's a chance for seniors, families, and friends to explore new ideas, tell stories, and bring a little magic into everyday life.

### **Ways to Celebrate Together or Solo:**

**Write a Short Story or Poem** – Share memories, invent a new adventure, or craft a story for grandchildren.

**Paint, Draw, or Color** – Use watercolors, colored pencils, or even simple doodles to express your imagination.

**Imaginative Games** – Invent a new board game, play charades, or create a “what if?” scenario to spark laughs and creativity.

### **Mini Crafts –**

Build with clay, recycled materials, or nature objects.

### **Why Imagination Matters:**

**Imagination keeps the mind active, sparks joy, and strengthens connections.**

Sharing creative moments with family or friends brings laughter, inspiration, and memories that last.



## Popcorn Fun Facts to Snack On

Popcorn isn't just a tasty treat—it's a snack with a story. Here are some bite-size kernels of trivia to munch on:

Americans enjoy about **13 billion quarts** of popcorn every year, more than any other country!

**Nebraska**, part of the Corn Belt, **leads the nation in popcorn production.**

The word **“corn”** originally meant **“grain”** in Old English. When Native Americans introduced maize to early Europeans, they simply called it “corn.”

Popcorn has been around for thousands of years—**archaeologists have found kernels over 5,000 years old!**

**Popcorn pops because each kernel contains a tiny bit of water.** When heated, the water turns to steam, building pressure until the kernel bursts open. Some kernels even jump as they pop!

**Charles Cretors invented the steam-powered popcorn machine,** revolutionizing the snack world.

Movie theaters popularized popcorn thanks to **Glen W. Dickson, who placed machines inside his theaters**—making it an instant and affordable hit.

Popcorn isn't just for afternoon matinees or cozy movie nights—when enjoyed plain or lightly seasoned, it's **a light, fiber-rich snack that can be a healthier option.**

From classic butter and kettle corn to chocolate-drizzled, caramel, spicy cheddar, truffle, or even birthday cake flavors, popcorn offers something for every taste.



## Winter Maze Activity

Exercise your brain by guiding the skier through the forest to reach the finish line. Once you've found your way, use markers, crayons, or colored pencils to color and complete the scene.

