# The Wellington News

Assisted Living • Respite Care Services



#### Residents

Inga K.

Laurie R.

#### **Upcoming Events**

**Trivia with Scott** 

**Live Music by the Singing Pianist** 

**Accordion Music by Mike** 

# Wellington Place at Hartford

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Monica Rakowski, Administrator

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WellingtonPlaceHartford.org

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# **Activity Highlights**

We have many December events to look forward to! We will be attending the Falls Patio Players production of A Christmas Carol, the Washington County Festival of Trees and the Shalom Wildlife Zoo. Our holiday party with live music by Dulce Duo is sure to be a lot of fun.

## **Candy Canes are Festive and Fun**

Candy canes are a favorite holiday treat. Their versatility makes them perfect for all kinds of edible and decorative uses! Plastic versions work great for décor purposes too and can be reused each year!

Here are eight festive ways to use candy canes this season:

- **1.** Enjoy them as a festive treat. Savor the traditional minty flavor or try new fruit flavors.
- Stir your hot cocoa or coffee with a candy cane to add a touch of minty sweetness to your favorite warm beverages.
- Attach candy canes to gifts as decorative and edible embellishments.
- 4. Create festive holiday decorations. Add them to wreaths, trees or hang them around your house.
- **5.** Incorporate crushed candy canes into your desserts or baking, using them as a crunchy topping for ice cream, brownies, cookies, or cupcakes.
- **6.** Use candy canes as stir sticks for holiday-themed cocktails or mocktails, adding a seasonal twist to your beverages.
- **7.** Create candy cane-themed gift packages by bundling them with hot cocoa mix or other holiday treats.
- **8.** Crush candy canes and mix them into homemade trail mix for a sweet and minty twist on a classic snack.

No matter how or which candy canes you enjoy (traditional peppermint, fruit, or cinnamon), they are sure to make your holiday celebrations much more delightful.



### **A Sweet Tradition: Gingerbread Houses**

Looking for something sweet to make your winter season complete? On December 12. bake up some fun on Gingerbread House Day!

Whether it's home-baked, a purchased kit, or made with graham crackers designing a tasty cottage can make for a fun

and satisfying day.

Want to involve more friends and family in the fun? Take part in a local gingerbread house competition or hold one of your own! Share a picture of your tasty, architectural creation with friends on social media so everyone can enjoy it! Let your social media family decide the winner by asking them to cast their votes.

Fun Tip: Unsure what kind of gingerbread house to make? Try to recreate a local or famous architectural landmark with gingerbread.

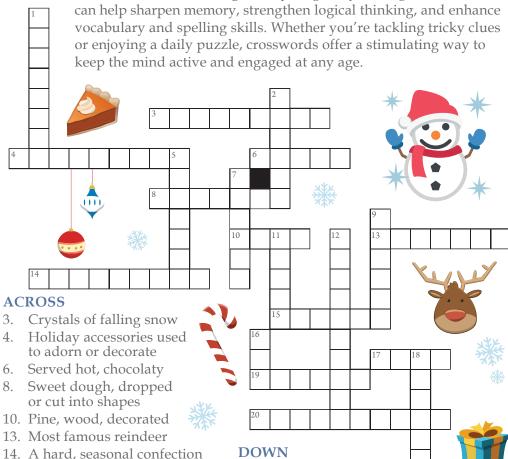




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#### Winter-Themed Crossword

December 21 is National Crossword Puzzle Day – a perfect time to celebrate the benefits of this fun and brain-boosting activity! Regularly solving crosswords



- 15. Horse-drawn vehicle for snow
- 17. Something given, wrapped

with a curve at one end

(two words, no space)

- 19. A drink made of eggs, milk or cream; sugar, liquor is optional
- 20. A holiday plant with bright scarlet, pink, or white leaves

#### **Crossword Answers**

Flip the page upside down for answers

eggnog, 20. poinsettia DOWN: I. December, 2. carols, 5. snowman, 7. winter, 9. wreath, 11. elves, 12. traditions, 16. pie, 18. family trimmings, 6. cocoa, 8. cookies, 10. tree, 13. Rift, 19. Rudolph, 14. candycane, 15. sleigh, 17. gift, 19. ACROSS: 3. snowflake, 4. ornaments or

#### **DOWN**

- 1. 12th month of the year
- A medley or collection of festive songs, sung aloud in a group
- 5. Figure of a person made of packed snow
- Cold season between autumn and spring 7.
- Circular band of flowers/ foliage hung during the holidays
- 11. Small humans in folklore, pointed ears
- 12. Long-established customs that are passed on for generations
- 16. Circular baked good with a filling of meat or fruit
- 18. Any persons closely related or that comprise a single unit

