

# The Wellington News

JULY  
2024

Assisted Living • Respite Care Services

## Activities

- Happy Birthday America! We look forward to viewing the Hartford fireworks at dusk on July 4th. Did you know that **Saturday, July 6th**, is National Cherry Pit Spitting Day? Hmmm, sounds like a fun contest we should try! On Monday, July 22nd, we will have an outing to Perk Place. They have the best lattes in town! As the weather becomes beautiful, we anticipate spontaneous outings to nearby parks.

## The Washington County Walk to End Alzheimer's fundraising event is September 14, 2024, in West Bend.

Save the Date to Join us for the Washington County, Walk to End Alzheimer's - Saturday, September 14th, West Bend!



## Craft Ideas for Independence Day

**FORK FIREWORK PAINTING** – *Supplies needed: paper, paint and plastic forks. Optional: brushes and glitter.* Dip the back of a plastic fork into the paint. Press the fork onto the paper to create a in a circular pattern to make a firework effect. Experiment to create unique firework bursts with the tines. Add glitter to the wet paint for extra sparkle.

**FLAGS** – Color a picture of the flag on a piece of paper or make one from cut paper and glue. Then attach one side of the flag to a popsicle stick for a pole and you will have a great looking flag to wave!

**STARS** – Decorate paper stars on the front and the back in a wide range of designs. Anything goes! Red, white and blue work best. Then, place a small hole through the top of each and string them together. You can hang these at your 4th of July celebration for a great way to celebrate.



## Wellington Place at Hartford

615 Hilldale Drive, Hartford, WI 53027  
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Monica Rakowski, 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.

Please call our office.



**Wisconsin Illinois**  
SENIOR HOUSING INC.

[WellingtonPlaceHartford.org](http://WellingtonPlaceHartford.org)

WE ACCEPT CREDIT CARDS

## WISH LIST

If you have any unused craft items, we may like to use them! There is always a call out for craft supplies, from empty baby food jars, yarn, colorful buttons, clear glue, wooden cut outs, colored tissue paper, small diamond craft kits, Sharpie markers, small pompoms and anything in-between.

# Mix Up Your Mac & Cheese

It's no surprise hot dogs are a summertime favorite, but macaroni and cheese is a commonly served summer side at picnics, gatherings, and reunions. Between the sauce, seasonings, cheese selection, and the way it's cooked, there's a chance for you to try something new with each variation. Here are a few tasty options you can try this summer:

**Veggie Delight:** Vegetables are an excellent way to add nutrients to your mac & cheese, and creates a healthy spin on a classic dish. Veggies also add a splash of color with peas and carrots.

**Spice it Up:** Add a splash or two of your favorite hot sauce or spicy seasonings like smoked paprika, red paper flakes, or Cajun powder.

**Protein Power:** Add bacon bits, pulled pork, brisket, ham, or sausage for some added flavor and a boost of protein.

**Say Cheese:** One of the best parts of a mac and cheese meal is the cheese itself! Enjoy adding some out-of-the-box cheeses you might like feta, colby jack, or gouda.

**BBQ:** BBQ sauce enriches mac and cheese with a unique flavor pairing of sweet and savory. Grab your favorite BBQ sauce and drizzle it over top of the dish to enjoy a delicious combo!

**Oodles of Noodles:** Add more variety to your mac and cheese dish by trying out three or four different types of pasta! A few varieties to try are rigatoni, penne, cavatappi, shells, and elbow macaroni. Don't be shy to mix and match the pasta, and experiment with a few different combinations to create your perfect dish.

# WiCAL

Wisconsin Center for Assisted Living

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# Activity and Photo Highlights



*We had a Blast playing Song Burst while enjoying root beer floats during Happy Hour in June.*



*We love our Friday happy hours! This time we had lip smackin' freshly picked strawberries while Victoria attempted to fly a kite – LOL!*



*Crafty Christine's bottle art!*



*"Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people."*

*- Roy T Bennett*

*Learn more about our Core Values on our website.*