WELLINGTON

MARCH 2025

Saturday, 3/1

10:00 - The Heartland Series 11:00 - Walking Club 1:30 – Game Shows 3:30 – Book Club 4:00 – Front Porch Sitting

Sunday, 3/2

10:00 – News, Views, & Coffee Brews 11:00 - Listening to the Oldies 1:30 – Front Porch Sitting 2:00 – Temple Baptist Church 3:30 - Hallmark Movie Residents Choice

Monday, 3/3

10:00 - Clear Springs Baptist Church 11:00 – Chair Exercises 1:00 – Front Porch Sitting 2:00 - Irish Arts & Crafts 3:30 – Bingo

Tuesday, 3/4

National Mardi Gras Day

10:00 - Devotions & Sing Along 11:00 - Chair Aerobics to the Oldies 1:30 – Front Porch Sitting 2:00 – Mardi Gras Party 3:30 - Bingo

Wednesday, 3/5

10:00 – BINGO at Halls Senior Center 11:00 - Chair Exercises w/ Brandon from UT 1:30 – Front Porch Sitting 2:00 - The No Name Band 3:30 - Bingo

Thursday, 3/6

10:00 - Devotions & Sing Along 11:00 - Chair Yoga 1:30 – Front Porch Sitting 2:30 - Irish Coffee & Cream 3:00 – Bingo

Friday, 3/7

10:00 - Devotions 11:00 - Workout w/Me 1:00 – Front Porch Sitting 1:30 - Making Shamrock Shakes 2:30 – Movie Night "Indiana Jones & The Dial Of Destiny"

Saturday, 3/8

10:00 - News, Views, & Coffee Brews 11:00 – Movers & Groovers Walking Club 1:30 – Sit N' Be Fit 2:00 – Word Search & Crossword Puzzles 3:00 – America's Got Talent

Sunday, 3/9

10:00 - The Heartland Series 11:00 – Walking Warriors 1:00 – Resident Lead Bible Study 2:00 - Temple Baptist Church 3:30 - Puzzles

Monday, 3/10

10:00 - Clear Springs Baptist Church 11:00 - Focus on Fitness 1:30 – Puzzle Working 2:00 – Remember & Reminisce about a Vacation 3:30 - Bingo

Tuesday, 3/11

10:00 - Devotions 11:00 – Sit N' Be Fit 1:00 – Strawberry Plains Bingo "Outing" 1:30 – Spiritual Highway 3:30 – Coffee & Chit Chat while Puzzle Working

Wednesday, 3/12

10:00 - Devotions 11:00 - Chair Exercises with Brandon from UT 1:30 – Front Porch Sitting 2:30 – Sweet Treats & Story Telling 3:30 - Bingo

Thursday, 3/13

10:00 - Devotions 11:00 - Chair Exercises 1:00 – Front Porch Sitting 1:30 – Cornhole Practice 2:00 - SUPER Bingo

Friday, 3/14

10:00 - Devotions & Old Baptist Sing Along 11:00 – Sit N' Be Fit 1:30 – Balloon Bop 2:00 – Town Hall 3:30 – The movie "Up" & popcorn/soda

Saturday, 3/15

10:00 - News, Views & Coffee Brews 11:00 – Movers & Groovers Walking Club 2:00 - Baby's Funniest Videos 3:00 – Front Porch Sitting 3:30 – Checkers & Chit Chat

Sunday, 3/16

10:00 - The Heartland Series 11:00 - Movers & Groovers Walking Club 1:30 – Front Porch Sitting 2:00 - Temple Baptist Church 3:00 – Word Search

Monday, 3/17

HAPPY ST. PATRICK'S DAY "Wear GREEN" 10:00 – Clear Springs Baptist Church 11:00 - Chair Exercises to the Oldies 1:00 – Front Porch Sitting 2:00 – St. Patricks Day Party 3:30 – Pot of Gold Bingo

Tuesday, 3/18

10:00 – Devotions 11:00 – Chair Yoga 1:00 – Front Porch Sitting 2:30 – Cornhole Tournament Practice 3:30 - Bingo

Wednesday, 3/19

10:00 – Devotions & old Baptist Sing Along 11:00 - Chair exercises w/ Brandon UT 1:30 – Andy Griffith Trivia 2:00 - Painting 101 3:30 – Bingo

Thursday, 3/20

SPRING BEGINS 10:00 - Devotions 11:00 – Sit N' Be Fit 1:30 – Checkers & Conversations 2:00 – Meet Me in St. Louis & Popcorn 3:30 - Bingo

Friday, 3/21

10:00 – Devotions & Old Baptist Sing Along 11:00 – Chair Yoga 1:30 – Cornhole Practice 2:00 – Welcome to Wellington Manor Party 3:30 - Bingo

Saturday, 3/22

10:00 - News, Views, & Coffee Brews 11:00 – Sweating to the Oldies 2:30 - Walking Warriors 3:00 – Sweet Treats 4:00 – Baby's Funniest Videos

Sunday, 3/23

10:00 – Bible Study 11:00 – Senior Steppers residents

Monday, 3/24

10:00 - Clear Springs Baptist Church 11:00 – Chair Aerobics to the Oldies 1:30 – Front Porch Sitting 2:30 – Cornhole Practice 3:00 – Bingo

Tuesday, 3/25

10:00 – Devotions 11:00 – Chair Yoga to the Oldies 1:00 – Front Porch Sitting 2:00 – Ball Toss Game 3:30 – Bingo

Wednesday, 3/26

10:00 - Devotions 11:00 - Workout w/Brandon UT 1:30 – Front Porch Sitting 2:00 – Jenga & Jokes 3:30 – Bingo

1:30 – Front Porch Sitting 2:00 – Temple Baptist Church 3:30 - Cub Scouts volunteer w/

Thursday, 3/27

10:00 – Devotions 11:00 - Sweating to the Oldies 1:30 - Board Games Residents Choice 2:00 – Followers of Jesus 3:30 – Bingo

Friday, 3/28

10:00 – Devotions & Sing Along 11:00 – Exercise with Me 1:30 – Game Show Trivia 2:30 - Coke Floats 3:30 – Movie Night Residents Choice

Saturday, 3/29

10:00 – Coffee & Conversations 11:00 – Chair Yoga 1:30 – Hangman JFK Edition 2:00 – Walking Club 3:00 – Hallmark Movie

Sunday, 3/30

10:00 - News, Views, & Coffee Brews 11:00 - Sweating to the Oldies 1:30 – Walking Club 2:00 – Temple Baptist Church 3:00 – Baby's Day Out Movie

Monday, 3/31

10:00 - Clear Springs Baptist Church 11:00 – Chair Exercises to the 50's 1:30 – Front Porch Sitting 2:30 – Balloon Bop 3:00 - Bingo



Wellington Manor Knoxville Assisted Living