

### Happy New Year!!! 2025

### Wednesday, 1/1

10:00 - Health Checks

10:30 - Devotions

11:00 - Exercise w/Brandon UT

1:00 – Baby's Funniest Videos

2:00 - The No Name Band

### Thursday, 1/2

10:00 – Devotions & Old Baptist Singalong

11:00 - Exercise w/Me

1:30 – Jeopardy & Popcorn

3:30 – Bingo

6:00 – Gilead Baptist Church w/ pastor Rick

### Friday, 1/3

10:00 – Devotions with brother Steve

11:00 - Chair Yoga

11:30 – Remembering a New

Years Resolution

2:00 - Arts & Crafts

3:30 - Bingo

### Saturday, 1/4

10:00 - The Heartland Series

11:00 - Walking Club

1:30 – Game Shows & Popcorn

3:30 - Book Club

4:00 - Coffee & Conversations

### Sunday, 1/5

10:00 – News, Views, & Coffee Brews

11:00 - Sweating to the Oldies

1:30 - Walking Club

2:00 – Temple Baptist Church

3:30 – Hallmark Movie Residents Choice

## Monday, 1/6

10:00 - Clear Springs Baptist Church

11:00 – Chair Exercises with Brandon from UT

1:00 - Family Feud

2:00 - Steve Carr

3:30 - Bingo

## Tuesday, 1/7

10:00 - Devotions & Sing Along

11:00 - Chair Aerobics

1:30 – Senior Hula Dancers

3:00 – Balloon Bop

3:30 - Bingo

## Wednesday, 1/8

10:00 - Devotions

11:00 - Chair Exercises w/

Brandon from UT

1:30 – Dancing with the Stars

2:30 - Arts & Crafts

3:30 - Bingo

## Thursday, 1/9

10:00 - Devotions & Sing Along

11:00 - Chair Yoga

1:00 – Checkers, Coffee & Chit Chat

1:30 – Grumpy Old Men Movie & Cocoa

3:00 - Bingo

## Friday, 1/10

10:00 - Devotions

11:00 - Workout w/Me

11:30 – Balloon Bop

1:30 – Coffee & Conversations

2:00 – Movie Night "Indiana

Jones & The Dial Of Destiny"

#### Saturday, 1/11

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 – Americas Got Talent

## **Sunday**, 1/12

## **National Hot Tea Day**

10:00 - The Heartland Series & Hot Tea

11:00 – Walking Warriors

1:00 – Resident Lead Bible Study

2:00 - Temple Baptist Church

3:30 - Puzzles

## **Monday**, 1/13

10:00 - Devotions & Old Baptist Hvmns

11:00 - Focus on Fitness

1:30 – I love Lucy

2:00 – Remember & Reminisce about a favorite holiday

3:30 - Bingo

### Tuesday, 1/14

10:00 - Devotions

11:00 – Sit N' Be Fit

1:30 – Spiritual Highway

3:00 – Joyce Morris as "Patsy

Cline"

3:30 - Bingo

## Wednesday, 1/15

10:00 - Devotions

11:00 - Chair Exercises with

Brandon from UT

1:30 – "Name that Tune?!"

2:30 - Sweet Treats

3:30 - Bingo

### Thursday, 1/16

10:00 - Devotions

11:00 - Chair Exercises

11:00 – Listening to the Oldies

1:00 – Cornhole Practice

2:00 - SUPER Bingo

## **Friday**, 1/17

10:00 - Devotions & Old Baptist Sing Along

11:00 - Sit N' Be Fit

1:30 - Balloon Bop

2:00 - Town Hall

3:00 – The movie "Up" & Popcorn/soda

## Saturday, 1/18

10:00 - News, Views & Coffee Brews

11:00 – Movers & Groovers Walking Club

2:00 - Baby's Funniest Videos

3:00 – Memory Game

3:30 – Lavern & Shirley

## **Sunday**, 1/19

10:00 - The Heartland Series

11:00 - Movers & Groovers

Walking Club 1:30 – Americas Got Talent

2:00 - Temple Baptist Church

3:00 - Cornhole Practice

### **Monday**, 1/20

10:00 - Devotions & Sing Along

11:00 - Chair Exercises to the Oldies

1:30 – Sit by the Fireplace playing Scrabble

2:00 – Adult Coloring

3:00 - Bingo

## Tuesday, 1/21

10:00 – Devotions

11:00 – Chair Yoga

11:30 – Balloon Bop

2:30 - Cookies & Cocoa

3:30 - Bingo

## Wednesday, 1/22

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, 1/23

10:00 – Devotions with

Christmas Pie/Coffee 11:00 – Sit N' Be Fit

1:30 – Checkers & Conversations

2:00 - Meet Me in St. Louis & Popcorn

3:30 – Bingo

# **Friday**, 1/24

10:00 – Devotions & Old Baptist Sing Along

11:00 – Exercises with Brandon from UT

1:30 – Cornhole Practice

2:00 – Welcome to Wellington

Manor Party 3:30 - Bingo

**Brews** 

# Saturday, 1/25

10:00 - News, Views, & Coffee

11:00 – Sweating to the Oldies

2:30 – Walking Warriors 3:00 - Sweet Treats

4:00 – Babys Funniest Videos

#### **Sunday**, 1/26

10:00 – Bible Study

11:00 – Senior Steppers 1:30 - Coffee & Conversations

2:00 – Temple Baptist Church

3:30 - Cub Scouts to do activity w/residents

## **Monday**, 1/27

10:00 – Clear Springs Baptist

Church 11:00 - Chair Aerobics w/

Brandon UT

1:30 – Making Cherry Coke Floats

2:30 – Cherry Cokes & Chit Chat

3:00 – Bingo

# **Tuesday**, 1/28

10:00 – Devotions

11:00 – Chair Yoga to the Oldies

1:00 – Chit Chat by the Fireplace

2:00 - Arts & Crafts

3:30 - Bingo

### Wednesday, 1/29

10:00 – Devotions

11:00 - Workout w/Brandon UT

1:30 – Coffee & Conversations

2:00 - Family Feud 3:30 - Bingo

### Thursday, 1/30

10:00 – Devotions

11:00 – Sweating to the Oldies 1:30 - Board Games Residents

Choice

2:30 – I Love Lucy 3:30 - Bingo

## **Friday**, 1/31

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

**Wellington Manor Knoxville** 

Assisted Living