

# WELLINGTON MANOR KNOXVILLE

## JANUARY 2025



### **Wednesday, 1/1**

10:00 – Devotions & Sing Along  
11:00 – Chair Aerobics  
2:00 – The No Name Band Performance  
3:00 – Walking Warriors  
4:00 – Balloon Bop

### **Thursday, 1/2**

10:00 – Devotions  
11:00 – Dancing to the Oldies  
2:00 – I Love Lucy  
4:00 – Family Feud  
6:00 – Gilead Baptist Church w/Pastor Rick

### **Friday, 1/3**

9:30 – Bible Study w/Brother Steve  
11:00 – Listening to the Oldies  
2:00 – Sweet Treats  
3:30 – Bowling  
4:30 – Walking Warriors

### **Saturday, 1/4**

10:00 – Devotions  
11:00 – Chair Yoga  
2:00 – Sweet Treats  
3:00 – Afternoon Stroll  
4:00 – Music & Memories

### **Sunday, 1/5**

10:00 – Finish Bible Quotes  
11:00 – Sittercise  
2:00 – Sweet Treats  
3:00 – Temple Baptist Church  
4:00 – This Day in History

### **Monday, 1/6**

10:00 – Remember When  
10:30 – Sittercise  
2:00 – Steve Carr Performance  
3:30 – Movers & Groovers Walking Club  
4:00 – Back Patio Relaxation  
“Bird Watching”

### **Tuesday, 1/7**

10:00 – Devotions & Sing Along  
11:00 – Puzzle Pals  
2:00 – I Love Lucy  
3:00 – Walking the Community  
4:00 – Mindful Meditations

### **Wednesday, 1/8**

10:00 – News, Views & Coffee Brews  
1:00 – Chair Yoga  
2:00 – Sweet Treats  
3:00 – Balloon Bop  
4:00 – Movers & Groovers Walking Club

### **Thursday, 1/9**

10:00 – Devotions  
11:00 – Sweating to the Oldies  
2:00 – Arts & Crafts  
3:00 – Making Hot Chocolate  
4:00 – The Heartland Series

### **Friday, 1/10**

10:00 – Devotions  
11:00 – Sit N’ Be Fit  
1:30 – Memory Game  
2:30 – Walking Warriors

### **Saturday, 1/11**

10:00 – News, Views & Coffee Brews  
11:00 – Manicures & Music  
2:00 – Sweet Treats  
3:00 – Balloon Bop  
4:00 – Relax & Re-set

### **Sunday, 1/12**

10:00 – Finish Bible Verses  
11:00 – Sweating to the Oldies  
2:00 – Game Shows  
3:00 – Temple Baptist Church  
4:00 – Music & Memories

### **Monday, 1/13**

10:00 – News, Views & Brews  
11:00 – Dancing to the 50’s  
1:00 – Movers & Groovers Walking Club  
3:00 – Word Search  
4:00 – Bird Watching

### **Tuesday, 1/14**

10:00 – Devotions & Sing Along  
11:00 – Chair Yoga  
1:00 – Making Birdfeeder Christmas Ornaments  
2:30 – Puzzles & Pals  
4:00 – Ernest Saves Christmas & Popcorn

### **Wednesday, 1/15**

10:00 – Devotions & Doughnuts  
11:00 – Twist & Shout!  
1:00 – Filling up Bird Feeders  
3:00 – Sweet Treats  
4:00 – Bird Watching

### **Thursday, 1/16**

10:00 – Devotions & Old Baptist Hymns  
11:00 – Dancing to the Oldies  
1:00 – Making Candy  
3:00 – Working Puzzles  
4:00 – Listening to Music

### **Friday, 1/17**

10:00 – Devotions  
11:00 – Noodle Volleyball  
1:00 – Cruising the Neighborhood  
2:00 – Show & Tell  
4:00 – Town Hall

### **Saturday, 1/18**

10:00 – Devotions  
11:00 – Sweating to the Oldies  
2:00 – Sweet Treats  
3:00 – Bowling  
4:00 – Afternoon Relaxation

### **Sunday, 1/19**

10:00 – News, Views, & Coffee Brews  
11:00 – Chair Yoga  
2:00 – Sweet Treats  
3:00 – Temple Baptist Church  
4:00 – Afternoon Stroll

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

10:00 – Devotions & Sing Along  
11:00 – Sweating to the Oldies  
2:00 – Balloon Bop  
3:00 – Story Telling by the Fireplace  
3:30 – Movie Night

### **Tuesday, 1/21**

10:00 – Devotions & Doughnuts  
11:00 – Chair Exercises to 50’s Music  
1:00 – Back Patio Sitting  
2:00 – Sweet Treats & Cocoa  
3:00 – Read Aloud Readers Digest

### **Wednesday, 1/22**

10:00 – Coffee, Cocoa  
11:00 – Sit N’ Be Fit  
1:00 – Game Shows  
2:00 – Sweet Treats  
3:00 – Andy Griffith

### **Thursday, 1/23**

10:00 – News, Views & Coffee Brews  
11:00 – Sweating to the Oldies  
1:00 – Walking Warriors  
2:00 – Sweet Treats  
3:00 – Bingo

### **Friday, 1/24**

10:00 – Devotions & Sing Along  
11:00 – Chair Yoga  
1:00 – Gun Smoke  
2:00 – Welcome to Wellington Manor Party  
3:00 – Coffee & Chat

### **Saturday, 1/25**

10:00 – Devotions  
11:00 – Sweating to the Oldies  
1:00 – Scavenger Hunt  
2:00 – Sweet Treats  
3:00 – Walking Warriors

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

10:00 – Devotions & Sing Along  
11:00 – Sweating to the Oldies  
1:30 – Music & Memories  
2:30 – Sweet Treats  
3:00 – Temple Baptist Church

### **Monday, 1/27**

10:00 – Devotions  
11:00 – Chair Aerobics to the Oldies  
1:00 – Sweet Treats  
2:00 – Coffee, Crosswords & Conversations  
3:00 – Back Patio Bird Watching

### **Tuesday, 1/28**

10:00 – Devotions  
11:00 – Sit N’ Be Fit  
1:00 – Coffee & Conversations  
2:00 – Sweet Treats  
3:00 – I Love Lucy

### **Wednesday, 1/29**

10:00 – Devotions & Sing Along  
11:00 – Sweating to the Oldies  
2:00 – Sweet Treats  
3:00 – Balloon Bop  
4:00 – Bird Watching

### **Thursday, 1/30**

10:00 – News, Views & Coffee Brews  
11:00 – Chair Yoga  
2:00 – Sweet Treats  
3:00 – Gun Smoke  
4:00 – Walking the Neighborhood

### **Friday, 1/31**

10:00 – Devotions & Doughnuts  
11:00 – Sittercise  
2:00 – Sweet Treats  
3:00 – Coke Floats  
4:00 – Movie Night Residents Choice