## WELLINGTON KNOXVILLE

## **OVEMBER** 2024

#### **Friday, 11/1**

10:00 – Devotions & Sing Along 11:00 – Grooving to the Music Exercises 2:00 – Sweet Treats 2:30 – Movie "Coco" & Popcorn 4:00 – Reminisce about a favorite Thanksgiving

#### Saturday, 11/2

10:00 – News, Views, & Coffee Brews 11:00 - Chair Yoga 2:00 - Sweet Treats 3:00 – Look through old Photo Albums 4:00 – Back Patio Relaxation

#### **Sunday**, 11/3

10:00 – Devotions & Doughnuts 11:00 – Sweating to the Oldies 1:00 – Back Patio Sitting 2:00 – Sunday Football & Popcorn 3:00 – Temple Baptist Church

#### **Monday**, 11/4

10:00 – Devotions 11:00 – The Beverly Hillbillies 2:00 - Sweet Treats 2:30 – Back Patio Sitting 4:00 - Babies Funniest Videos

#### Tuesday, 11/5

National Doughnut Day 10:00 – Devotions & Doughnuts 11:00 – Listening to the Oldies 2:00 – Andy Griffith Show 3:00 - Coffee & Chat 4:00 - Back Patio Relaxation

#### Wednesday, 11/6

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, 11/7

10:00 – Devotions & Doughnuts 11:00 - Dancing to the Oldies 2:00 - Read Readers Digest Aloud 3:00 – Back Patio Relaxation 4:00 – The Beverly Hillbillies 6:00 – Giliad Baptist Church w/Pastor Rick

#### **Friday**, 11/8

10:00 - News, Views & Coffee Brews 11:00 – Listening to the Oldies 2:00 – Baby's Funniest Videos 3:00 – Sweet Treats 4:00 – Back Patio Sitting

#### Saturday, 11/9

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

#### Sunday, 11/10

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

#### Monday, 11/11

Happy Veterans Day 10:00 – Remember When 10:30 - Sittercise 2:00 – Steve Carr Performance 3:30 - Movers & Groovers Walking Club 4:00 – Back Patio Relaxation

#### **Tuesday**, 11/12

10:00 – Devotions & Sing Along 11:00 -Puzzle Pals 2:00 – Back Patio Sitting 3:00 – Noodle Volleyball 4:00 - Mindful Meditations

#### Wednesday, 11/13

10:00 – News, Views & Coffee Brews 1:00 - Chair Yoga 2:00 – Back Patio Sitting 3:00 - Welcome to Wellington Manor Party 4:00 - Movers & Groovers Walking Club

#### Thursday, 11/14

10:00 – Devotions 11:00 – Sweating to the Oldies 2:00 – SUPER Bingo 3:00 – Making Lemonade 4:00 – Back Porch Bird Watching

#### Friday, 11/15

10:00 - Devotions 11:00 – Gun Smoke 1:30 – Identifying States 2:00 – Sweet Treats 3:00 – Back Patio Relaxing

#### **Saturday**, 11/16

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

#### Sunday, 11/17

10:00 – Finish Bible Verses 11:00 – Sweating to the Oldies 2:00 – Back Patio Sitting 3:00 – Temple Baptist Church 4:00 - Music & Memories

#### **Monday**, 11/18

10:00 - News, Views & Brews 10:30 – Dancing to the Oldies 1:00 – Movers & Groovers Walking Club 3:00 – Town Hall Meeting 4:00 – Readers Digest Aloud

#### **Tuesday**, 11/19

10:00 – Devotions & Sing Along 11:00 – Chair Yoga 1:00 – Remembering Famous People 2:30 – Puzzles & Pals 4:00 - Balloon Bop

#### Wednesday, 11/20

10:00 - Devotions 11:00 - Twist & Shout! 1:00 – Filling up Bird Feeders 3:00 – Back Porch Sitting 4:00 – Bird Watching

# Baptist Hymns Watching

Thanksgiving Dinner

#### Friday, 11/22

10:00 – Devotions 11:00 – Noodle Volleyball 1:00 – Cruising the Neighborhood 2:00 – Show & Tell 3:00 – Untie Knots

## **Saturday**, 11/23

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

### Sunday, 11/24

Brews 11:00 - Chair Yoga 2:00 - Sweet Treats 4:00 - Afternoon Stroll

## Monday, 11/25

10:00 – Devotions & Sing Along 11:00 - Sweating to the Oldies 2:00 - Cooking Demo w/Chef Andy 3:00 – Bird Watching 4:00 – Back Porch Sitting

#### Thursday, 11/21

10:00 - Devotions & Old 11:00 - Dancing to the Oldies 1:00 – Fall Arts & Crafts 3:00 - Back Porch Sitting/Bird

4:00 – Funniest Home Videos 5:00-7:00 – Family Night

10:00 – News, Views, & Coffee

3:00 – Temple Baptist Church

#### **Tuesday**, 11/26

10:00 – Devotions & Doughnuts 11:00 – Chair Exercises to 50's Music 1:00 – Back Patio Sitting 2:00 – Sweet Treats 3:00 – Making Playdoh using V05, Cornstarch & Food Coloring

### Wednesday, 11/27

10:00 – Devotions & Sing Along 11:00 – Drumming Circle 1:00 – Game Shows & Popcorn 2:00 – Beverly Hillbillies 3:00 – Back Patio Sitting

#### Thursday, 11/28

Happy Thanksgiving 10:00 – Macy's Thanksgiving Day Parade 11:00 – Sweating to the Oldies 1:00 – Back Patio Sitting 2:00 – Sweet Treats 3:00 – Football Game

#### Friday, 11/29

10:00 – Devotions 11:00 – Chair Yoga 1:00 – Back Patio Relaxing 2:00 – Sweet Treats 3:00 – Fall Arts & Crafts

#### **Saturday**, 11/30

10:00 – Devotions 11:00 – Sweating to the Oldies 1:00 – Relax & Re-set 2:00 – Sweet Treats 3:00 – Back Patio Bird Watching



Wellington Manor Knoxville Memory Care