

WELLINGTON MANOR MEMORY CARE

December 2022



Thursday, December 1,

8:30 – Morning Inspiration
8:40- Morning Walk
10:00- Family Feud
2:00- Craft with Cindy (wreath)

Friday, December 2,

8:30- Morning Inspiration with Kathy
8:40-Chair exercise
9:30- Step On It Program with Angie
2:00- Balloon ball game

Saturday, December 3

8:30-Morning Inspiration
8:40-Morning Walk
10:00-Manicures
2:00- Matching Game

Sunday, December 4

8:30- Morning Inspiration
8:40- Focus on Fitness
10:00- Hand massages
2:00- Coloring and puzzle activity

Monday, December 5

8:30- Morning Inspiration
8:40- Morning Walk
10:00- The Thing Game
2:00- Craft with Cindy

Tuesday, December 6,

8:30 – Morning Inspiration
8:40- Chair Exercise
10:00- Balloon swat
1:15- Name that sound

Wednesday, December 7

8:30-Morning Inspiration
8:40- Chair Exercise
10:00-What did it cost?
1:00- Penny Auction
3:00- Group game

Thursday, December 8

8:30-Chair Exercise
8:40- Morning Walk
10:00- Dan Hill Devotion
2:00- Bible Trivia
4:15-Newport Cheer & Dance

Friday, December 9,

8:30-Morning Inspiration
8:40- Focus on fitness
10:00- Name that Tune
2:00- Bowling
3:00-Finish the Phrase

Saturday, December 10

9:30- Morning Inspiration
8:40- Morning Walk
10:00-Manicures
2:00-Bean bag toss
3:00-Mind joggers

Sunday, December 11

8:30-Morning Inspiration
8:40- Chair Exercise
10:00- Family Feud
1:15- Ball toss
3:00- Name that tune
3:30-Mulberry Gap UMC
Christmas Program
6:00- Southside Baptist Church
Service

Monday, December 12

8:30- Morning Inspiration
8:40-Morning walk
10:00-Word game
1:15- Where are they now?
3:00- Social Hour

Tuesday, December 13

8:30-Morning Inspiration
8:40- Exercise
10:00- Say It
2:00 Craft with Cindy (Nativity)
3:00-Calming Music

Wednesday, December 14

8:30- Morning Inspiration
8:40- Chair Exercise
10:00- Calming Music
1:15-Finish the lyric
2:30- Banjo Man

Thursday,

December 15

8:30-Morning Inspiration
8:40- Morning Walk
10:30- Softball with balloons
2:00- Craft

Friday, December 16

8:30- Morning Inspiration with Kathy
8:40- Focus on Fitness
11:00- Music with Jesse
1:00- Santa's Workshop with refreshments

Saturday, December 17

8:30- Morning inspiration
8:40- Morning Walk
10:00- Manicure
2:00- Bowling
3:00 Craft

Sunday, December 18

8:30 Morning Inspiration
8:40- Chair exercise
10:00-Prices Right
1:15-Old Christmas Memories
3:00- Finish that song

Monday, December 19

8:40- Morning walk
10:30: Curt Mathson
Entertainment
1:15- Bean bag toss
3:00 Social Hour

Tuesday, December 20

8:30- Morning Inspiration
8:40-Morning walk
10:00-Blast from the past
5:00- Holiday Family Time

Wednesday,

December 21

8:30- Morning Inspiration
8:40- Chair Exercise
10:00- Balloon Toss
1:15- Where are they now?
3:00- Chair Drums

Thursday,

December 22

8:30- Morning Inspiration
8:40-Focus on Fitness
10:00- Devotions with Dan Hill
1:15-Bean bag toss
3:00-Golf in the Hall

Friday, December 23

8:30-Morning Inspiration with Kathy
8:40- Morning Walk
10:00-Comedy/the Perk
1:15- Balloon toss
3:00- Finish the Lyric

Saturday, December 24

8:30- Morning Inspiration
8:40- Chair exercise
11:00- Making Christmas
Memories/ The Story of
Jesus Birth
2:00- Mike Sutherland Service

Sunday, December 25

8:30- Morning Inspiration
8:40- Focus on fitness
10:00-Calming Music
1:00-Karaoke
2:00- Gather Round the Tree

Monday, December 26

8:30- Morning Inspiration
8:40-Morning walk
10:00- The thing game
1:15-Bean bag toss
3:00-Mind joggers

Tuesday, December 27

8:30- Morning Inspiration
8:40-Morning walk
10:00- Gospel Music
1:15-Ball toss
3:00-Movie night

Wednesday,

December 28

8:30- Morning Inspiration
8:40- Chair exercise
10:00- Word games
1:15-Drums
3:00- Fun Facts

Thursday,

December 29

8:30- Morning Inspiration
8:40-Morning Walk
10:00- Church Service
1:15-Bowling
3:00- Craft

Friday, December 30

8:30-Morning Inspiration
8:40- Chair Exercise
10:00-Craft/painting
3:00- Fun Facts about New
Year's Day
5:30 Gospel music

Saturday, December 31

8:30- Morning Inspiration
8:40- Morning Walk
10:00-Manicures
1:15- New Year's Day Around
the World
3:00-Bowling

