

Wellington Park Calendar of Events-January 2026



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

CALENDAR COLORS:		CALENDAR KEY:				
Black: Assisted Living Activities		1F: AL First Floor Common Area				
Green: Fitness Class		2F: AL Second Floor Common Area				
Red: Special Events		WP: Wellington Park				
Purple: Outings		CA: Creative Arts Studio				
		FS: Fitness Studio				
		IH: Inverness Hall				
		BW CR: Bridgewater Room				
						
4	5	6	7	8	9	10
10:00 AM Protestant Church Service (IH) 10:30 AM Catholic Church Service (CA) 2:00 PM Grab a Friend & Play a Game! (1 & 2F) 5:00 PM Sunday Series w/ Bob & Dorothy (DT)	9:00 AM Pool Aerobics (DP) 9:00 AM Stretching w/Sydney (1F) 9:30 AM Walmart Trip 10:00 AM Word Scramble (WP Studio) 1:00 PM Publix Trip 1:30 PM Hand & Foot (WP Studio) 2:30 PM Chair Exercise w/Christy (1F) 3:00 PM Pianist Kathy O’Conner (IH)	9:00 AM Pool Volleyball (DP) 9:00 AM Stretching w/Sydney (1F) 10:00 AM Brain Games (WP Studio) 1:30 PM Crafting w/Traci (WP Studio) 1:30 PM Vanilla Shortbread Milkshakes (Bistro) 2:00 PM Just Dance (FS) 3:00 PM Prize Bingo w/Sydney (2F) 5:30 PM Julie Steele’s 90th Birthday Celebration (IH) 6:00 PM Game Time (2F)	9:00 AM Pool Aerobics (DP) 9:00 AM Stretching w/Sydney (1F) 9:30 AM Bank Trip 10:00 AM Bible Study w/Pastor Trey (2F) 1:30 PM Hobby Lobby Trip 2:00 PM Root Beer Floats (1F) 2:30 PM AL Chair Exercise w/ Select Rehab (1F) 3:00 PM Learn to Play Bridge (WP Studio) 3:30 PM Wii Bowling (FS)	9:00 AM Pool Volleyball (DP) 9:00 AM Stretching w/Sydney (1F) 10:00 AM Rummikub (1F) 1:00 PM Manicures w/Jamie (1F) 2:00 PM Lecture Series (WP Studio) 2:30 PM Basement Band Performs (Atrium) 3:30 PM Stability Class (FS) 6:00 PM Game Time (2F)	9:00 AM Water Arthritis (DP) 9:00 AM Stretching w/Sydney (1F) 10:00 AM Rook Card Game (WP) 10:00 AM Shopping/Lunch Outing” The Galleria *SIGN-UP* 1:30 PM Candy Bingo w/Sydney (2F) 2:00 PM Walgreens Trip 2:00 PM Bridge Card Game *SIGN-UP* (BW CR) 2:30 PM AL Chair Exercise w/ Select Rehab (1F) 3:00 PM Pictionary w/Sandy Green (Bistro)	10:00 AM Bible Study (IH) 10:00 AM Rosary (CA) 1:30 PM Grab a Friend & Play a Game! (1 & 2F) 6:30 PM Saturday Night Movie: “Overcoemr” (DT)
11	12	13	14	15	16	17
10:00 AM Protestant Church Service (IH) 10:30 AM Catholic Church Service (CA) 1:30 PM Grab a Friend & Play a Game! (1 & 2F) 3:00 PM Three Hearts for Christ Performance (IH) 5:00 PM Sunday Series w/ Bob & Dorothy (DT)	9:00 AM Pool Aerobics (DP) 9:00 AM Stretching w/Sydney (1F) 9:30 AM Walmart Trip 10:00 AM Crosswords & Coffee (WP Studio) 1:00 PM Publix Trip 1:30 PM Hand & Foot (WP Studio) 2:30 PM Chair Exercise w/Christy (1F) 3:00 PM Books to You w/Pam Bainter “World Fairs in the US” (IH)	9:00 AM Pool Volleyball (DP) 9:00 AM Stretching w/Sydney (1F) 10:00 AM Scrabble (WP Studio) 1:00 PM Prize Bingo w/Sydney (2F) 2:00 PM Name That Tune w/a Twist (FS) 2:30 PM Hand in Paw Dog Visit (Atrium) 3:30 PM Community Council (IH) 6:00 PM Game Time (2F)	9:00 AM Pool Aerobics (DP) 9:00 AM Stretching w/Sydney (1F) 9:30 AM Bank Trip 10:00 AM Bible Study w/Pastor Trey (2F) 11:30 AM Lunch & Learn w/Encompass Health “Hip Fractures/Fall Prevention” *SIGN-UP* 1:30 PM Dollar Tree Trip 2:00 PM Strawberry Ice Cream Milkshakes (1F) 2:30 PM AL Chair Exercise w/ Select Rehab (1F) 3:00 PM AL Town Hall (1F) 3:30 PM Wii Bowling (FS)	9:00 AM Pool Volleyball (DP) 9:00 AM Stretching w/Sydney (1F) 10:00 AM Music Therapy w/Allison (2F) 1:30 PM Outreach Program—Paint Bird-houses for Skilled Nursing (WP Studio) 2:00 PM Noodle Hockey (FS) 3:00 PM Rummikub (1F) 6:00 PM Game Time (2F)	9:00 AM Water Arthritis (DP) 9:00 AM Stretching w/Sydney (1F) 10:00 AM Rook Card Game (WP) 11:00 AM Lunch Outing: Chez Fonfon *SIGN-UP* 1:30 PM Candy Bingo w/Sydney (2F) 2:00 PM Walgreens Trip 2:00 PM Bridge Card Game *SIGN-UP* (BW CR) 2:30 PM AL Chair Exercise w/ Select Rehab (1F) 3:30 PM Fellowship Friday w/Christy (FS)	10:00 AM Bible Study (IH) 10:00 AM Rosary (CA) 1:30 PM Grab a Friend & Play a Game! (1 & 2F) 6:30 PM Saturday Night Movie: “The Hill” (DT)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 <u>World Snow Day</u> 10:00 AM Protestant Church Service (IH) 10:30 AM Catholic Church Service (CA) 1:30 PM Grab a Friend & Play a Game! (1 & 2F) 5:00 PM Sunday Series w/ Bob & Dorothy (DT)	19 <u>MLK Day</u> 9:00 AM Pool Aerobics (DP) 9:00 AM Stretching w/Sydney (1F) 9:30 AM Walmart Trip 10:00 AM Word Scramble (WP Studio) 1:00 PM Publix Trip 1:30 PM AL Shopping Outing: Painted Tree *SIGN-UP* 2:15 PMK Speaker, Niki Sepsas "MLK & The Civile Rights Movement" (IH) 2:30 PM Chair Exercise w/Christy (1F) 3:00 PM Hand & Foot (WP Studio)	20 <u>National Popcorn Day</u> 9:00 AM Pool Volleyball (DP) 9:00 AM Donuts & Coffee (1F) 9:15 AM Stretching w/Sydney (1F) 10:00 AM Brain Games WP Studio) 1:00 PM Prize Bingo w/Sydney (2F) 2:00 PM Fresh Popcorn Bar (Bistro) 2:00 PM Just Dance (FS) 2:30 PM Sunrise Package Quartet (IH) 6:00 PM Game Time (2F)	21 7:30 AM Men's Breakfast (IH) 9:00 AM Pool Aerobics (DP) 9:00 AM Stretching w/Sydney (1F) 9:30 AM Bank Trip 10:00 AM Bible Study w/Pastor Trey (2F) 1:30 PM Aldi Shopping Trip 2:00 PM AL January Birthday Celebration (2F) 2:30 PM AL Chair Exercise w/ Select Rehab (1F) 3:00 PM Learn to Play Bridge (WP Studio)	22 9:00 AM Pool Volleyball (DP) 9:00 AM Stretching w/Sydney (1F) 10:00 AM Rummikub (WP Studio) 1:00 PM Manicures w/Jamie (1F) 2:30 PM Hoss Carl & Perry Perform (Atrium) 3:30 PM Stability Class (FS) 6:00 PM Game Time (2F)	23 9:00 AM Water Arthritis (DP) 9:00 AM Stretching w/Sydney (1F) 10:00 AM 1:30 PM Candy Bingo w/Sydney (2F) 11:00 AM Lunch Outing: Jim N' Nicks *SIGN-UP* 1:00 PM Rook Card Game (WP) 2:00 PM Walgreens Trip 2:00 PM Bridge Card Game *SIGN-UP* (BW CR) 2:00 PM January Birthday Celebration w/ Chocolate Cream Pie Milkshakes (Bistro) 2:30 PM AL Chair Exercise w/ Select Rehab (1F) 3:00 PM Embroidery Hoop Decorating (WP)	24 10:00 AM Bible Study (IH) 10:00 AM Rosary (CA) 1:30 PM Grab a Friend & Play a Game! (1 & 2F) 6:30 PM Saturday Night Movie: "Family Switch" (DT)
25 10:00 AM Protestant Church Service (IH) 10:30 AM Catholic Church Service (CA) 1:30 PM Grab a Friend & Play a Game! (1 & 2F) 5:00 PM Sunday Series w/ Bob & Dorothy (DT)	26 9:00 AM Pool Aerobics (DP) 9:00 AM Stretching w/Sydney (1F) 9:30 AM Walmart Trip 10:00 AM Crosswords & Coffee (WP Studio) 11:00 AM Outing: Jeff State Luncheon *SIGN-UP* 1:00 PM Publix Trip 1:30 PM Hand & Foot (WP Studio) 2:00 PM Hoover Public Library Bookmobile Visit (Atrium) 2:30 PM Chair Exercise w/Christy (1F) 3:00 PM Mexican Train Dominoes (WP Studio)	27 9:00 AM Pool Volleyball (DP) 9:00 AM Stretching w/Sydney (1F) 10:00 AM Scrabble (WP Studio) 1:30 PM Prize Bingo w/Bobbi (IH) 2:00 PM Name That Tune w/a Twist (FS) 2:30 PM Winter Picture Frame Decorating (WP Studio) 6:00 PM Game Time (2F) 6:30 PM Let's Dance w/DJ Russ Randolph (IH)	28 9:00 AM Pool Aerobics (DP) 9:00 AM Stretching w/Sydney (1F) 9:30 AM Bank Trip 10:00 AM Bible Study w/Pastor Trey (2F) 11:30 AM New Resident Luncheon *SIGN-UP* 1:30 PM Arts & Crafts for the inexperienced *SIGN-UP* (CA) 1:30 PM Yogurt Parfaits (1F) 2:30 PM AL Chair Exercise w/ Select Rehab (1F) 3:00 PM Danberry Dollar Redemption (PDR)	29 <u>National Puzzle Day</u> 9:00 AM Pool Volleyball (DP) 9:00 AM Stretching w/Sydney (1F) 10:00 AM Rummikub (WP Studio) 1:30 PM Outreach Program—Paint Birdhouses for Skilled Nursing (SP Studio) 2:00 PM Noodle Hockey (FS) 3:00 PM Penny Auction (1F) 6:00 PM Game Time (2F) 6:15 PM Tim the Piano Man Performs (IH)	30 9:00 AM Water Arthritis (DP) 9:00 AM Stretching w/Sydney (1F) 10:00 AM Rook Card Game (WP) 9:45 AM Outing: Coffee Concert *SIGN-UP* 1:30 PM Candy Bingo w/Sydney (2F) 2:00 PM Walgreens Trip 2:00 PM Bridge Card Game *SIGN-UP* (BW CR) 2:30 PM Ultimate Team Trivia (Bistro) 2:30 PM AL Chair Exercise w/ Select Rehab (1F) 3:00 PM Yahtzee (WP Studio)	31 10:00 AM Bible Study (IH) 10:00 AM Rosary (CA) 1:30 PM Grab a Friend & Play a Game! (1 & 2F) 6:30 PM Saturday Night Movie: "Cheaper by the Dozen" (DT)

Happy Birthday!

01/24—Judy McRae

01/31—Betty Heise



Attention:

Calendars are subject to change. Please refer to your weekly runners for the most up to date information.