

The Villages

OF FARRAGUT

"Your life. Your way."

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2025

HAPPY NEW YEAR

January 2025

January Highlights

- Jan 6 Mighty Musical Monday, Tennessee Theatre
- Jan 7 Frank Galbraith- "Famous Tennesseans"
- Jan 8 Table Talk/Resident Council
- Jan 8 Elvis Impersonator-Elvis' Birthday
- Jan 15 Wendel Werner, Pianist
- Jan 20 Inauguration Day / Martin Luther King Day
- Jan 16 Hot Chocolate Bar
- Jan 21 Resident Birthday Party
- Jan 22 Lunch Bunch to Lakeside Tavern
- Jan 23 Creature Feature-Live Animals
- Jan 28 Whiskey Sour Cocktails and Cheese Tasting



ELVIS WILL BE IN THE BUILDING! Jan. 8th BYOB Social Hour

EMPOWER YOURSELF WITH THERAPY by ARIELLE KNELLER



Physical Therapist and Clinic Director Arielle Kneller instructs resident Marion Franks for strength and balance.

Arielle Kneller has worked for EmpowerMe Wellness as the supervising physical therapist and clinic director for the last 2.5 years. She achieved her doctorate in physical therapy at Misericordia University in Dallas, PA, graduating in 2019. Arielle loves to analyze someone's walking pattern and bring fun to each treatment session. She stated, "In this population, we take an activity or a movement, and help make that easier, less painful, or safer, keeping you independent for as long as possible."

Outside of PT, Arielle enjoys playing pickleball, tennis, running, and Face-Timing with her one-year-old nephew.

Arielle and her staff provide weekly group exercise classes, open to all residents, on Mondays and Wednesdays at 9:30 am. The EMW team invites you to come see them on the 3rd floor for a therapy consult or for any questions regarding insurance or therapy services.



Make new friends, but keep the old; those are silver, these are gold. New-made friendships, like new wine, age will mellow and refine.