

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

# November 2017

## Regency Retirement Village - Memory Care

			<b>1</b> 9:30 Sit & Be Fit Exercises 9:45 Group Music Therapy 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:30 Bible Trivia 2:00 Bean Bag Toss 3:00 Craft Time 6:00 Aromatherapy	<b>2</b> 9:30 Parachute Exercises 9:45 Kick Ball Mania 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 11:00 Music & Memory Synch 1:30 Bingo for Prizes 2:00 Building Blocks 2:30 Basketball or Air Hockey 3:00 Music Sing-a-Long 6:00 Aromatherapy	<b>3</b> 9:30 Waking Up w/ Dancercise 9:45 Walking Club 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 11:30 Lunch out to Chow King 1:30 Vanessa Hill Concert – 2FL 2:30 Ring Toss 3:00 Crafts or Painting - Orange 6:00 Aromatherapy <b>**FUNtastic Fri: Stash Bash Day**</b>	<b>4</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Golden Oldies Music 1:00 One-To-One 2:00 Snacks 2:30 Show & Tell 5:00 Lawrence Welk [Ch 25] 6:00 Aromatherapy
<b>5</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Whitesburg Baptist Ch (TV) 1:00 One-To-One 2:00 Snacks 2:30 Hangman Challenge 5:00 I Love Lucy DVD 6:00 Aromatherapy <b>***Color of the Week: Red ***</b>	<b>6</b> <b>Make-over Mondays</b> thru the day 9:00 Pet Therapy/Raleigh&Gooch 9:30 Sit & Be Fit Exercises 9:45 Kick Ball Exercise 10:00 Kathryn Music Therapy 2FL 11:00 Music Therapy 1:30 Puzzle Solving 2:00 Flyswatter Ping Pong 3:00 Art Set-up – Color: Orange 6:00 Aromatherapy <b>***Color of the Week: Red ***</b>	<b>7</b> 9:30 Morning Stroll with.... 9:30 Gardening Club 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:00 Mani-Spa treatments with... 1:30 Lavender Lotion 2:00 Walking Club 2:30 Basketball 3:00 Bracelet Making & Beading <b>***Color of the Week: Red ***</b>	<b>8</b> 9:30 Parachute Exercise 9:45 Group Music Therapy 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:30 Horse Shoes 2:00 Employee Birthday & Town Hall 2:00 Food Show - Apple Turnovers 3:00 Table Games with staff.... 6:00 Aromatherapy <b>***Color of the Week: Red ***</b>	<b>9</b> 9:00 Morning Stroll 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 11:00 Music & Memory Synch 1:30 Bingo for Prizes 2:00 Kick Ball 2:30 Dancercise 3:00 Music Sing-along 6:00 Aromatherapy	<b>10</b> 9:30 Sit & Be Fit Exercises 9:45 Walking Club 10:00 Current Events Discussion 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:00 Veteran's Day Special – 1DR 1:30 Magazine & Book Reading 2:00 Ladderball 2:30 Walking Club 3:00 Hangman 6:00 Aromatherapy	<b>11</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Golden Oldies Music 1:00 One-To-One 2:00 Snacks 2:30 Show & Tell 5:00 Lawrence Welk [Ch 25] 6:00 Aromatherapy Veterans Day (US) Remembrance Day (Canada)
<b>12</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Whitesburg Baptist Ch (TV) 1:00 One-To-One 2:00 Snacks 2:30 Hangman Challenge 5:00 I Love Lucy DVD 6:00 Aromatherapy	<b>13</b> <b>Make-over Mondays</b> thru the day 9:00 Pet Therapy/Raleigh&Gooch 9:30 Kick Ball Exercise 9:45 Sit & Be Fit Exercises 10:00 Current Events/Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:30 Chix Soup for the Soul 1:45 Bible Devotions 2:00 Bean Bag Toss 3:00 Hangman 6:00 Aromatherapy	<b>14</b> 9:30 Morning Stroll with.... 9:30 Gardening Club 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 11:30 Purple Hat Society - SR 1:30 Mani-Spa treatments with... 1:30 Lavender Lotion 2:00 Kickball 3:00 Beading & Crafts 6:00 Aromatherapy	<b>15</b> 9:30 Morning Stroll 9:45 Group Music Therapy 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:30 Flyswatter Ping Pong 2:00 Larry & Garnetta - 2 <sup>nd</sup> Floor 3:00 Crafts or Painting 6:00 Aromatherapy	<b>16</b> 9:30 Dancercise 9:45 Move & Groove Fitness 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 11:00 Music & Memory Synch 1:30 Resident B-Day Party 3:00 Group music Sing-along 6:00 Aromatherapy	<b>17</b> 9:30 Sit & Be Fit Exercise 9:45 Morning Stroll 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 11:45 on 3 <sup>rd</sup> ; 12:00 on 2 <sup>nd</sup> Regency Thanksgiving Celebration - all seniors and families. Reserve at front desk. 1:30 Bean Bag Toss 2:00 Adult Coloring 2:15 Coffee & Donuts Treat 3:00 Bingo for Prizes	<b>18</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Golden Oldies Music 1:00 One-To-One 2:00 Snacks 2:30 Show & Tell 5:00 Lawrence Welk [Ch 25] 6:00 Aromatherapy
<b>19</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Whitesburg Baptist Ch (TV) 1:00 One-To-One 2:00 Snacks 2:30 Hangman Challenge 5:00 I Love Lucy DVD 6:00 Aromatherapy	<b>20</b> <b>Make-over Mondays</b> thru the day 9:00 Pet Therapy/Raleigh&Gooch 9:30 Morning Stroll 9:45 Sit & Be Fit Exercises 10:00 Current Events/Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 11:30 Gentlemen's Outing - SR 1:30 Pokeno 2:00 Flyswatter Ping Pong 3:00 Musical Movements	<b>21</b> 9:30 Morning Stroll with... 9:30 Gardening Club 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:30 Mani-Spa treatments with... 1:45 Lavender Lotion 2:00 Kickball 3:00 Checkers 6:00 Aromatherapy	<b>22</b> 9:30 Parachute Exercise 9:45 Group Music Therapy 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:00 Wolfgang – SR 1:30 Hymnal Music Therapy 2:00 Target Toss 3:00 Crafts or Painting 6:00 Aromatherapy	<b>23</b> 9:30 Dancercise 9:45 Move & Groove Fitness 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 11:00 Music & Memory Synch 1:30 Bingo for Prizes 2:00 Kick Ball 2:30 Dancercise 3:00 Music Sing-along 6:00 Aromatherapy	<b>24</b> 9:30 Parachute Exercise 9:45 Walking Club 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 11:00 Michael Havron Concert– 2nd 1:00 Michael Havron Concert – 3rd 1:30 Magazine & Book Reading 2:00 Ladderball 2:30 Walking Club 3:00 Hangman	<b>25</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Golden Oldies Music 1:00 One-To-One 2:00 Snacks 2:30 Show & Tell 5:00 Lawrence Welk [Ch 25] 6:00 Aromatherapy
<b>26</b> 9:00 Morning Exercise 10:00 Snacks 10:15 Whitesburg Baptist Ch (TV) 1:00 One-To-One 2:00 Snacks 2:30 Hangman Challenge 5:00 I Love Lucy DVD 6:00 Aromatherapy	<b>27</b> <b>Make-over Mondays</b> thru the day 9:00 Pet Therapy/Raleigh&Gooch 9:30 Parachute 9:45 Sit & Be Fit Exercises 10:00 Current Events/Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:30 Puzzle Solving 2:00 Horseshoes 3:00 Bible Talks 6:00 Aromatherapy	<b>28</b> 9:30 Morning Stroll with... 9:45 Gardening Club 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy with staff * 1:30 Mani-Spa treatments with... 1:30 Lavender Lotion 2:00 Horseshoes 2:30 Kickball 3:00 Checkers 6:00 Aromatherapy	<b>29</b> 9:30 Morning Stroll 9:45 Group Music Therapy 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:30 Flyswatter Ping Pong 2:00 Hymns and Music Sing-a-long 3:00 Crafts or Painting 6:00 Aromatherapy	<b>30</b> 9:30 Dancercise 9:45 Move & Groove Fitness 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 11:00 Music & Memory Synch 1:30 Kickball 3:00 Group music Sing-along 6:00 Aromatherapy		

Green activities are "mind"; yellow activities are "spirit"; and blue activities are "body". Activities are subject to change (we may also use resident suggestions). Please forgive any scheduling errors; staff plans to assist when needed.