

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



December 2017



Regency Retirement Village - Seasons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Waking Up w/ Dancercise 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 11:30 Lunch out to Big Spring Cafe 1:30 Vanessa Hill Concert – 2FL 2:30 Ring Toss 3:00 Crafts or Painting - Orange **FUNtastic Fri: Wizard of Oz**	2 9:00 Bible Study—SR Center Grove Methodist Church 1:00 Quarter Bingo with Donna-SR 2:15 Card Games - SR 2:30 Jigsaw Puzzle—GR 5:30 Nicole with the Sigma Alfa Iota Sorority in Concert - SR
9:30 to 10:15 Ascension Worship Service - SR 10:30 Catholic Communion—SR 1:30 Chase Park Worship—SR 2:15 Brownsboro Baptist Church Children in Concert - SR 3:00 Lily Lloyd Valley Conservatory with Christmas Spirit	4 Make-over Mondays thru the day 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: Green ***Color of the Week: Green ***	5 9:30 Morning Stroll 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:00 Christmas Decorating ~ Starting at Sun Room **Color of the Week: Green ***	6 9:30 Sit & Be Fit Exercises 9:45 Group Music Therapy 10:00 Trinity Methodist Hand Bells-SR 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:30 Luanas Wahines Hula Troup-SR 2:00 Bean Bag Toss 3:00 Craft Time ***Color of the Week: Green ***	7 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 2:30 Basketball or Air Hockey 3:00 Music Sing-a-Long ***Color of the Week: Green ***	8 9:30 Sit & Be Fit Exercises 9:45 Walking Club 10:00 Current Events Discussion 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:30 Magazine & Book Reading 2:00 Food Show – Christmas Cookies & Hot Chocolate 3:00 Hangman	9 9:00 Bible Study—SR Center Grove Methodist Church 10:00 Don't Forget Me Singers - SR 1:00 Volunteer Quarter Bingo-SR 2:15 Adonai School of Ballet - SR 2:30 Jigsaw Puzzle—GR 3:30 Mrs. Godwin and Youth in Concert - SR 5:30 Dominos - SR
9:30 to 10:15 Ascension Worship Service - SR 10:30 Catholic Communion—SR 1:30 Chase Park Worship—SR 2:00 Games & Cards—GR & L 2:30 Sunday Movie—SR	11 Make-over Mondays thru the day 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	12 9:30 Morning Stroll 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 LL 2:00 Kickball 3:00 Beading & Crafts 4:00 Christmas Open House-1st <small>First Day of Hanukkah</small>	13 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 Larry & Garnetta - 2 nd Floor 2:00 Employee Birthday & Town Hall 3:00 Table Games with staff	14 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	15 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 1:30 Bean Bag Toss 2:00 Adult Coloring 2:15 Coffee & Donuts Treat 3:00 Bingo for Prizes	16 9:00 Bible Study—SR Center Grove Methodist Church 10:15 HSV Dream Center with fellowship, fun & games – SR 1:00 Quarter Bingo with Donna-SR 2:15 Whitesburg Baptist/Pulaski Pike Carolers - SR 5:30 Dominos - SR
9:30 to 10:15 Ascension Worship Service - SR 10:30 Catholic Communion—SR 1:30 Chase Park Worship—SR 2:00 Games & Cards—GR & L 2:30 Sunday Movie—SR 4:00 Ardella Vance with Michael on piano and viola – 1DR	18 Make-over Mondays thru the day 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	19 9:30 Morning Stroll 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 Employee Christmas Party-1st 2:00 Kickball 3:00 Checkers	20 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 Shady Grady in Concert – 2nd 3:00 Crafts or Painting	21 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 <small>Winter Begins</small>	22 9:30 Parachute Exercise 9:45 Sit & Be Fit Exercise 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:30 Christmas Party – 5th 3:00 Hangman	23 9:00 Bible Study—SR Center Grove Methodist Church 1:00 Volunteer Quarter Bingo-SR 2:30 Raul Mejia in Concert - SR 3:30 Cards—L 5:30 Dominos - SR
9:30 to 10:15 Ascension Worship Service - SR 10:30 Catholic Communion—SR 1:30 Chase Park Worship—SR 2:00 Games & Cards—GR & L 2:30 Sunday Movie—SR	25 Make-over Mondays thru the day 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 <small>Grounds Day</small>	26 9:30 Morning Stroll 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 <small>Kwanzaa Begins</small>	27 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	28 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	29 9:30 Parachute Exercise 9:45 Sit & Be Fit Exercise 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 2:00 New Year's Eve Party 3:15 Michael Havron in Concert	30 9:00 Bible Study—SR Center Grove Methodist Church 1:00 Volunteer Quarter Bingo-SR 2:30 Jigsaw Puzzle—GR 3:30 Cards—L 5:30 Dominos - SR
9:30 to 10:15 Ascension Worship Service - SR 10:30 Catholic Communion—SR 1:30 Chase Park Worship—SR 2:00 Games & Cards—GR & L 2:30 Sunday Movie—SR <small>New Year's Eve</small>						

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.