

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>1 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 New Year's Day</p>	<p>2 9:30 Morning Stroll 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 6:00 Aromatherapy</p>	<p>3 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</p>	<p>4 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 6:00 Aromatherapy</p>	<p>5 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</p>	<p>6 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</p>
<p>7 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 ***Color of the Week: White**</p>	<p>8 Make-over Mondays thru the day 9:00 Pet Therapy/Raleigh&Gooch 9:30 Sit & Be Fit Exercises 9:45 Kick Ball Exercise 10:00 Current Events/Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:30 Puzzle Solving 2:00 Flyswatter Ping Pong 3:00 Art Set-up – Color: White 6:00 Aromatherapy</p>	<p>9 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... 1:30 Lavender Lotion 2:00 Kickball 3:00 Beading & Crafts 6:00 Aromatherapy ***Color of the Week: White**</p>	<p>10 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 3:00 Table Games 6:00 Aromatherapy ***Color of the Week: White**</p>	<p>11 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 ***Color of the Week: White**</p>	<p>12 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 Kris Pierce in Concert - SR 2:00 Food Show – Ham & Cheese Melts 3:00 Hangman 6:00 Aromatherapy ***Color of the Week: White**</p>	<p>13 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</p>
<p>14 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</p>	<p>15 Make-over Mondays thru the day 9:00 Pet Therapy/Raleigh&Gooch 9:30 Morning Stroll 9:45 Sit & Be Fit Exercises 10:00 Kathryn Music Therapy 2FL 11:00 Kathryn Music Therapy 5FL 11:00 Music Therapy 11:30 Gentlemen's Outing - SR 1:30 Pokeno 2:00 Flyswatter Ping Pong 3:00 Musical Movements</p>	<p>16 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 2:00 Live Comedy Show – 1DR 3:00 Checkers 6:00 Aromatherapy</p>	<p>17 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 6:00 Aromatherapy</p>	<p>18 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</p>	<p>19 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 2:30 Wayne Abbott in Concert - SR 3:00 Bingo for Prizes 6:00 Aromatherapy</p>	<p>20 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</p>
<p>21 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</p>	<p>22 Make-over Mondays 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</p>	<p>23 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 6:00 Aromatherapy</p>	<p>24 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</p>	<p>25 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</p>	<p>26 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 Craft Time 2:30 Bible Devotions 3:00 Hangman 6:00 Aromatherapy Australia Day</p>	<p>27 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</p>
<p>28 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</p>	<p>29 9:00 Pet Therapy/Raleigh&Gooch 9:00 Kick Ball Exercise 9:30 Sit & Be Fit Exercises 10:00 Current Events/Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:00 Chix Soup for the Soul 1:30 Bible Devotions 2:00 Bean Bag Toss 3:00 Hangman 6:00 Aromatherapy</p>	<p>30 9:00 Morning Stroll 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:00 Mani-Spa treatments with... 1:00 Lavender Lotion 1:30 Newman Evans in Concert -SR 2:00 Walking Club 2:30 Basketball 3:00 Bracelet Making & Beading 6:00 Aromatherapy</p>	<p>31 9:00 Sit & Be Fit Exercises 9:30 Group Music Therapy 10:00 Current Events or Brain Games 10:30 Show & Tell (Reminiscing) 11:00 Music Therapy 1:00 Bible Trivia 2:00 Bean Bag Toss 3:00 Puzzle Play 6:00 Aromatherapy</p>	<div style="text-align: center;">  <p>January 2018 Regency Retirement Village - Memory Care</p> </div>		

Green activities are "mind"; yellow activities are "spirit"; and blue activities are "body". Activities are subject to change. Please forgive any scheduling errors; staff plans to assist when needed.