

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March</h1> <h2>2022</h2> <p>Regency – Independent Living</p>		<p>8:45 Resistance Bands and Lower Body Exercise – SR 9:00 Walmart and Dollar Tree 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Mardi Gras Party ~ Paczki Day with Paczkis ~ Randy Taylor and The Tea Time Band in Concert for Mardi Gras Music 3:30 One-on-One Visits</p>	<p>8:45 Weights &amp; Kinesthetics – SR 9:00 Kroger and Banks 10:15 Weights &amp; Kinesthetics –SR 12:45 Chaplin McClaney with CCare 1:30 Mike Cole in Concert – Sun Room 2:45 What's Cooking Wednesday and National Peanut Butter Lovers Day ~ Peanut Butter French Toast 3:30 One-on-One Visits</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 10:00 Donna and "Sam" Pet Visits with Therapy Partners 10:15 Resistance Bands and Lower Body Exercise – SR 12:45 Ascension Church with Bi-Weekly Devotion 1:30 Quarter Bingo – Lady Luck Style with Random Winners 2:45 Everyone Wins Bingo with Prizes</p>	<p>Popcorn 8:45 Weights &amp; Kinesthetics-SR 9:00 Walmart and Dollar Tree 10:00 Jennifer with Gooch &amp; Pippin 10:15 Weights &amp; Kinesthetics –SR 1:30 March's Craft ~ St. Patrick's Day Signs to decorate and hang in your apartment 3:30 One-on-One Visits</p>	<p>During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise 10:45 One on One Visits 1:30 Quarter Bingo – Lady Luck Style with Random Winners</p>
<p>8:30 One-on-One Visits 9:00 Our Lady Queen of the Universe - SR 9:45 Ascension Church – SR 12:45 Chase Park COC – SR 1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR 2:30 Show Time in Movie Room ~ Show up to vote on movie selection &amp; stay to watch</p>	<p>8:45 Weights &amp; Kinesthetics - SR 10:15 Weights &amp; Kinesthetics –SR 1:15 Blood Pressure Checks 1:30 Independent Living Birthday Party ~ Cake, goodies, and fun 2:00 Independent Living Council Meeting 3:30 One-on-One Visits 5:30 Josh Nichols and girls – Piano recital with new songs-SR</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 9:00 Walmart and Dollar Tree 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Frank Caravella in Concert 2:45 Zoe with Kindred Hospice with Bingo for Prizes 3:30 One-on-One Visits</p>	<p>8:45 Weights &amp; Kinesthetics - SR 9:00 Kroger and Banks 10:15 Weights &amp; Kinesthetics –SR 12:45 Chaplin McClaney with CCare 1:30 Bryan with Big Daddy Kingfish in Concert – SR ~ Regency with National Oreo Cookie Day • Oreo Cookie Sundaes 3:00 Beth with Earfinity for free cleanings &amp; batteries for hearing aids</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 10:00 Mt. Zion Senior Adult Choir in Concert 1:30 Employee Birthday Party 1:30 Al Mahan in Concert 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-One Visits</p>	<p>8:45 Weights &amp; Kinesthetics – SR 9:00 Walmart and Dollar Tree 10:15 Weights &amp; Kinesthetics –SR 1:00 Mall Trip 1:30 Quarter Bingo – Lady Luck Style with Random Winners 2:45 Concert with Michael Havron - SR 3:30 One-on-one visits</p>	<p>During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise 10:45 One on One Visits 1:30 Quarter Bingo – Lady Luck Style with Random Winners</p>
<p>8:30 One-on-One Visits 9:00 Our Lady Queen of the Universe - SR 9:45 Ascension Church – SR 12:45 Chase Park COC – SR 1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR 2:30 Show Time in Movie Room ~ Show up to vote on movie selection &amp; stay to watch</p> <p>Daylight Saving Time Begins</p>	<p>8:45 Weights &amp; Kinesthetics - SR 10:15 Weights &amp; Kinesthetics –SR 1:15 Blood Pressure Checks 1:30 Quarter Bingo – Lady Luck Style with Random Winners 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-One Visits</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 9:00 Walmart and Dollar Tree 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Courtney with Amedisys doing karaoke with Gospel and oldies - SR 2:45 Deborah with Caption Call &amp; Americans with Disabilities Act – Free Caption Phones 3:30 One-on-One Visits</p>	<p>8:45 Weights &amp; Kinesthetics - SR 9:00 Kroger and Banks 10:15 Weights &amp; Kinesthetics –SR 12:45 Chaplin McClaney with CCare 1:00 Library Trip 1:30 Antonio and Mike from "The Brez Band" in Concert – Sun Room 2:45 Regency with National Frozen Food Month ~ Surprise menu of goodies</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 10:00 Donna and "Sam" Pet Visits with Therapy Partners 10:15 Resistance Bands and Lower Body Exercise – SR 12:45 Ascension Church with Bi-Weekly Devotion 1:30 St. Patrick's Day Celebration ~ St. Patrick's Day Trivia ~ Music and Edible Goodies ~ Zoev with AL Aaric &amp; Mech Unv</p>	<p>Popcorn 8:45 Weights &amp; Kinesthetics – SR 9:00 Walmart and Dollar Tree 10:00 Jennifer with Gooch &amp; Pippin 10:15 Weights &amp; Kinesthetics –SR 1:30 Regency Buck Auction ~ Use your Regency Bucks to win prizes and goodies for your apartment 2:45 One-on-One Visits</p>	<p>During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise 10:45 One on One Visits 1:30 Regency's Tim Goff in Concert – Pavilion or SR</p>
<p>8:30 One-on-One Visits 9:00 Our Lady Queen of the Universe - SR 9:45 Ascension Church – SR 12:45 Chase Park COC – SR 1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR 2:30 Show Time in Movie Room ~ Show up to vote on movie selection &amp; stay to watch</p> <p>Spring Begins</p>	<p>8:45 Weights &amp; Kinesthetics - SR 10:15 Weights &amp; Kinesthetics –SR 1:15 Blood Pressure Checks 1:30 Quarter Bingo – Lady Luck Style with Random Winners 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-One Visits</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 9:00 Walmart and Dollar Tree 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Karaoke with Jerry and Grace Monique 2:45 Manicures – Come and have your nails painted and trimmed. Bring your own tools. 3:15 Pendant Testing - Library</p>	<p>8:45 Weights &amp; Kinesthetics - SR 9:00 Kroger and Banks 10:15 Weights &amp; Kinesthetics –SR 12:45 Chaplin McClaney with CCare 1:30 Karen Jaquess in Concert – SR ~ Sing-a-long and keyboard 2:45 Regency with National Chip and Dip Day 3:30 One-on-One Visits</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Quarter Bingo – Lady Luck Style with Random Winners 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-One Visits</p>	<p>8:45 Weights &amp; Kinesthetics - SR 9:00 Walmart and Dollar Tree 10:15 Weights &amp; Kinesthetics –SR 10:45 One-on-One Visits 1:30 Wine &amp; Cheese - SR ~ Brandon Morris in Concert ~ Snacks and Goodies 3:30 One-on-One Visits</p>	<p>During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise 10:45 One on One Visits 1:30 Quarter Bingo – Lady Luck Style with Random Winners</p>
<p>8:30 One-on-One Visits 9:00 Our Lady Queen of the Universe - SR 9:45 Ascension Church – SR 12:45 Chase Park COC – SR 1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR 2:30 Show Time in Movie Room ~ Show up to vote on movie selection &amp; stay to watch</p>	<p>8:45 Weights &amp; Kinesthetics - SR 10:15 Weights &amp; Kinesthetics –SR 1:15 Blood Pressure Checks 1:30 Craft and Vendor Show ~ Avon, Paparazzi, Steeped Tea, Mimi's Magic Apron, As the Wood Turns, Thirty-One, Creatively Thinking, Cat's Eye Crafts, and more... 3:30 One-on-One Visits</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 9:00 Walmart and Dollar Tree 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Kendra with Kindred – Ice Cream Social 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-One Visits</p>	<p>8:45 Weights &amp; Kinesthetics - SR 9:00 Kroger and Banks 10:15 Dr. Lenora Smith with UAH App Research – Come if you have enrolled - SR 12:45 Chaplin McClaney with CCare 1:30 Bryan Easter in Concert - SR 2:45 Regency with National Waffle Day ~ Homemade Belgium Waffles topped with fresh strawberries and whipped cream! Yum. Yum.</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 10:00 Donna and "Sam" Pet Visits with Therapy Partners 10:15 Resistance Bands and Lower Body Exercise – SR 12:45 Ascension Church with Bi-Weekly Devotion 1:30 Quarter Bingo – Lady Luck Style with Random Winners 2:45 Everyone Wins Bingo with</p>		

Calendar to be used a guide and subject to change. Events depend on current guidelines, resident's wishes, and transportation availability. Weather impacts addition/subtraction of outdoor events.