

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	8:45 Weights & Kinesthetics - SR 10:00 Amy with All of Us Research – DNA & Health-type Testing with UAB and Mayo Clinic – Free! 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	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 Starlyter Karaoke with Brad – Group Singing 2:45 John with God's Sitting Partners and Bingo 3:30 One-on-One Visits	8:45 Weights & Kinesthetics – SR 9:00 Kroger and Banks 10:15 Weights & Kinesthetics –SR 10:30 Walking Wednesday with Bethany 12:45 Chaplin McClaney with CCare 1:30 Mike in Concert – Sun Room 2:45 Regency and National Watermelon Day! Yum yum! 3:30 One-on-One Visits	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 Mr. Tom's 100 th Birthday Party ~ Cake and goodies ~ Alyssa in Concert 3:30 One-on-one Visits	FUNtastic Friday: Cruise Ship Day 8:45 Weights & Kinesthetics-SR 9:00 Walmart and Dollar Tree 10:00 Jennifer with Gooch & Pippin 10:15 Weights & Kinesthetics –SR 1:30 Group Drum Lessons with Bryan – SR 2:45 Crafting Time ~ Jewelry Art Creations 3:30 One-on-One Visits	During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise 10:00 HSV Dream Center – 1 st & 3 rd Saturdays - SR 10:45 One on One Visits 1:30 Quarter Bingo – Lady Luck Style with Random Winners	
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 & stay to watch	8:45 Weights & Kinesthetics - SR 10:15 Weights & Kinesthetics –SR 1:15 Blood Pressure Checks 1:30 Music with Shirley Gullion with pop, gospel, sing-a-long and variety music on the piano - SR 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-One Visits	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 Competitive Bean Bag Toss (Corn Hole) for Prizes 2:45 Frank in Concert - SR 3:30 One-on-One Visits	8:45 Weights & Kinesthetics - SR 9:00 Kroger and Banks 10:15 Weights & Kinesthetics –SR 10:30 Walking Wednesday with Bethany 12:45 Chaplin McClaney with CCare 1:00 Library Trip 1:30 Michael Havron in Concert - SR 2:45 Ice Cream Social – Gazebo or Sun Room 3:00 Beth with Earfinity for free services	8:45 Resistance Bands and Lower Body Exercise – SR 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Employee Birthday Party 1:30 Roger in Concert 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-One Visits	8:45 Weights & Kinesthetics – SR 9:00 Walmart and Dollar Tree 10:00 Jennifer with Gooch & Pippin 10:15 Weights & Kinesthetics –SR 1:00 Mall Trip 1:30 Quarter Bingo – Lady Luck Style with Random Winners 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-One Visits	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	
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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 & stay to watch	8:45 Weights & Kinesthetics - SR 10:15 Weights & Kinesthetics –SR 1:30 Elvis (aka Brian Lee) in Concert with a Blue Hawaii Tribute – 1DR ~ Luana's Wahinis Hawaiian Dancers ~ Luau food and goodies 3:30 One-on-One Visits	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 tools. 3:15 Pendant Testing - Library 3:30 One-on-One Visits	8:45 Weights & Kinesthetics - SR 9:00 Kroger and Banks 10:15 Weights & Kinesthetics –SR 10:30 Walking Wednesday with Bethany 12:45 Chaplin McClaney with CCare 1:30 JD in Concert – Sun Room 2:45 National Banana Split Day. Delicious! 3:30 One-on-One Visits	8:45 Resistance Bands and Lower Body Exercise – SR 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 to 3:00 Senior Health and Wellness Fair ~ Local vendors offering blood pressure checks, glucose counts, and more 3:30 One-on-One Visits	8:45 Weights & Kinesthetics - SR 9:00 Walmart and Dollar Tree 10:00 Jennifer with Gooch & Pippin 10:15 Weights & Kinesthetics – SR 10:45 One-on-One Visits 1:30 Wine & Cheese - SR ~ Brandon Morris in Concert ~ Snacks and Goodies 3:30 One-on-One Visits	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	
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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.