

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:45 Resistance Bands and Lower Body Exercise – SR 9:00 Walmart and Dollar Tree 10:30 Lunch Bunch out to eat at Long Horn's – Bus – Sign up at front desk by 10/31 2:45 Alyssa in Concert - SR 3:30 One-on-One Visits	8:45 Weights & Kinesthetics – SR 9:00 Kroger and Banks 9:00 Ashleigh and "Jaxson" Pet Visit 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 Sandwich Day and New York Yankee Sandwiches - SR	8:45 Resistance Bands and Lower Body Exercise – SR 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Lady Luck Bingo for Quarters 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-one Visits	FUNtastic Friday: Sports Jersey 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 Bean Bag Toss for Prizes 2:45 Lady Luck Bingo for Quarters 3:30 One-on-One Visits	During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise 10:00 Connie with Live Church of HSV and a concert with gifts - SR 10:45 One on One Visits 1:30 Quarter Bingo – Lady Luck Style with Random
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 Daylight Saving Time Ends	6 8:45 Weights & Kinesthetics - SR 10:15 Weights & Kinesthetics –SR 1:15 Blood Pressure Checks 1:30 Julie with American Legion Post #229 and Veteran's Day Celebration ~ Honoring all vets in the building ~ Frank Caravella in Concert 3:30 One-on-One Visits	7 8:45 Resistance Bands and Lower Body Exercise – SR 9:00 Walmart and Dollar Tree 10:00 Voting at the Polls for this Precinct – Sign up by Monday 11/7 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Lady Luck Bingo for Quarters 2:45 Roger in Concert - SR 3:30 One-on-One Visits	8 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 Antonio and Mike in Concert 2:30 Regency and National French Toast Day 3:00 Beth with Earfinity - free services for hearing aids 3:30 One-on-One Visits	9 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 12:30 Ascension Church with Bi-Weekly Devotion 1:30 Employee Birthday Party 1:30 Bryan on Sax in Concert - SR 2:45 Everyone wins Bingo with Tanzy and Enhabit 3:30 One-on-One Visits	10 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 Lady Luck Bingo for Quarters 2:45 Tom with Compassus in Concert 3:30 One-on-One Visits Veterans Day Remembrance Day (Canada)	11 During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise 10:00 Larry with non-denominational church service 10:45 One on One Visits 1:30 Regency's Tim Goff in Concert – Pavilion or SR
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	13 8:45 Weights & Kinesthetics - SR 10:15 Weights & Kinesthetics – SR 1:15 Blood Pressure Checks 1:30 Independent Living Birthday Party ~ Cake and goodies 2:00 Independent Living Council 3:30 One-on-One Visits	14 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 2:30 to 4:00 Lenora and UAH Students presenting on gerontology	15 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 Michael Havron in Concert - SR 2:45 Regency and National Apple Cider Day with apple pie - SR 3:30 One-on-One Visits	16 8:45 Resistance Bands and Lower Body Exercise – SR 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Regency Buck Auction ~ Come and bid on wonderful and necessary items for your apartment 3:30 One-on-One Visits	17 8:45 Weights & Kinesthetics - SR 9:00 Walmart and Dollar Tree 10:00 Jennifer with Gooch & Pippin 11:00 to 1:00 Thanksgiving Festival ~ 9 Dining Areas with 3 different singers rotating through ~ An amazing Thanksgiving Feast prepared by our Dietary Dept. ~ Sign up by 11/11 to Front Desk 2:45 Quarter Bingo 3:30 One-on-One Visits	18 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
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	20 8:45 Weights & Kinesthetics - SR 10:15 Weights & Kinesthetics –SR 1:15 Blood Pressure Checks 1:30 Music with Shirley Gullion with pop music quizzes, sing-a-long and variety music on piano - SR 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-One Visits	21 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/group singing with Jerry & 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	22 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 Thanksgiving Party ~ Bryan and Larry in Concert – Sun Room ~ Great food and fun games 3:30 One-on-One Visits	23 ~~ Thanksgiving ~~ During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise - SR 10:45 One on One Visits 1:30 Quarter Bingo – Lady Luck Style with Random Winners - SR Thanksgiving Day (US)	24 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	25 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
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	27 8:45 Weights & Kinesthetics - SR 10:15 Weights & Kinesthetics –SR 1:15 Blood Pressure Checks 1:30 Lady Luck Bingo for Quarters 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-One Visits	28 8:45 Resistance Bands and Lower Body Exercise – SR 9:00 Walmart and Dollar Tree 9:30 Gideon Bible Distribution with Jessie – Floor to Floor 1:30 Christmas Decorating in the Fireplace Area and Sun Room ~ Cookies and apple cider 3:30 One-on-One Visits	29 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 Christmas Decorating in the Fireplace Area and Sun Room ~ Cookies and of course, apple cider 3:30 One-on-One Visits	30	<h1>November 2022</h1> <p>Regency Retirement Village - Independent</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.