

## WHAT'S COMING UP

### **December 1**

National Eat a Red  
Apple Day

Rosa Parks Day

### **December 4**

National Cookie Day

### **December 6**

St. Nicholas Day

### **December 7**

National Pearl Harbor  
Remembrance Day

### **December 10**

Nobel Prize Day

### **December 12**

Gingerbread House Day

### **December 15**

Bill of Rights Day

### **December 18**

National Twin Day

### **December 21**

Yule Day  
(Day of Winter Solstice)

### **December 24**

Christmas Eve

### **December 31**

New Year's Eve



## DECEMBER 2022 NEWSLETTER



### ***Dear Regency Family,***

Fall has come and gone and the winter season is upon us. Did you enjoy our wonderful November events? From our huge community Thanksgiving Bash with dinner and concerts in nine dining areas, to our Veterans' Day Celebration with the American Legion #229, and to multiple concerts and special food events, it has been a whirlwind of fun activities and events.

Now it's time for our annual Christmastime events. We have several wonderful programs planned, so join us with your friends and family!

- » Regency's Tinsel Tree Trail - Be sure to admire the handiwork and beautiful trees provided by vendors and families throughout the building and on our sidewalks for the whole month of December.
- » Regency's Christmas Open House on Friday, December 16th from 2 p.m. to 4 p.m. - From a live nativity scene to "Full Spectrum" in concert with lights, from Santa at the fireplace to fancy hors d'oeuvres in the dining room with Raul serenading us.

As we enjoy this Christmas season together with our Regency family, let's make new memories and stay connected to our old friends. Feel free to include those you love in our public events and our everyday activities. As always, thank you for choosing to make Regency home for yourself or a loved one.

Would you like a free\* month at Regency? Don't forget about our "Friends Make the Best Neighbors" promotion! Invite your friends to move into our community, and receive a free month or a check for \$2,500 for each referral who becomes a resident.

\*Referring residents will be paid out 90 days from the move-in date.

***Tim Taylor,***  
*Executive Director*





## Fall Tour of Huntsville Botanical Gardens — October 14th

We had fun in the sun as we toured Huntsville Botanical Gardens, savoring the fall colors, and with plenty of autumn and Halloween decorations sprinkled across the landscape. Butterflies, flowers, lights, hydrangeas, and weeping red buds created such a beautiful trip!



## Pumpkin Carving — October 27th

A Regency bus pumpkin, a ghost pumpkin, a cat pumpkin, and more! The 2022 Towers Pumpkin Carving Competition was on! Laughter and music filled the air as we watched the creations being conjured up. Kim took 3rd place, Carisa won 2nd, and Dennis was the champion! Congratulations to all who participated!





## Halloween Day — October 31st

Regency Towers was filled with all kinds of funny creatures on the spooky day of Halloween, including witches, skeletons, and cows! Residents joined in the fun through both large events as over twenty children from the Stepping Stone Home schoolers came to tell riddles, laugh, sing, show off their costumes, and reverse trick-or-treat. We held a large Halloween costume party in the afternoon. Talk about scary and fun!



## Veteran's Day Celebration — November 7th

Honoring those that have done so much for serving our great country, Regency gathered all three buildings for a Veteran's Day Celebration with The American Legion Post #229. We had Frank playing military music in concert, cake and goodies to eat, and certificates and pinnings for Veterans. Thank you to the men and women who served our great country!







## Christmas Cards for Soldiers

December 1st at 1:30 pm

Each year, Regency honors its active duty soldiers during the holiday season by creating unique cards for distribution. After we have shared our hearts, we package them and mail them directly to America's Adopt a Soldier in Springfield, Virginia. Come and be a part of our Regency tradition and touch the lives of the soldiers during this holiday season!



## Korean Mission Dance Academy

December 2nd at 1:30 pm

Have you seen the marvelous display of costumes and dance regiments performed by the Korean Mission Dance Academy? They also bring along Korean drums and perform several songs as well. Be sure to be here for this outstanding performance as we enjoy their musical talents with a wonderful Christmas concert. What a delightful opportunity to enjoy just a taste of Korean culture!



## Lunch Bunch to Cheddar's

December 6th at 10:30 am

Sirloin Steak? Ribeye? Baby Back Ribs? Grilled Salmon? Key West Chicken and Shrimp? Hot Fudge Cake? Join us for our monthly Lunch Bunch Trip as we indulge in the food specialties created by Cheddar's. Be sure to sign up by Monday, December 5th to be a part of this unique experience!



**Galaxy of Lights Bus Trip**  
December 12th at 4:45 pm

Have you had the experience of the incredible Christmas light show at the Huntsville Botanical Gardens? Be sure to sign up by December 9th for this unique annual bus trip as we enjoy the sights and the sounds of the season. It is always a fantastic and memorable time!



**Dirty Santa Gift Exchange**  
December 15th at 2:45 pm

Have you played the Dirty Santa Gift Exchange Game? To partake in this fun, simply bring a \$10 wrapped or bagged gift and we'll indulge in some friendly competition as we switch items throughout the room, while we taste a few Christmas goodies.



**Regency's Christmas Open House**  
December 16th from 2 pm - 4 pm

Ho, ho, ho! Santa is on his way to Regency with wonderful memories for the families, friends, and residents. At the front entrance, you'll be greeted with a live nativity scene, complete with actors, animals, and singing. As you progress through the building, you'll find Santa by the fireplace posing for pictures and giving away candy canes. Raul will be in the dining room serenading us as we snack on fancy hors d'oeuvres and appetizers. The "Full Spectrum Band" will be in concert singing Christmas songs and oldies in the Sun Room, complete with a light show and amplifiers.



**Ms. Eva's 100th Birthday Party**  
December 19th at 1:30 pm

Join us in congratulating Ms. Eva as she turns 100 this month! Seeing as Ms. Eva grew up in the upper peninsula of Michigan, she has requested a pretty unique menu! We will be indulging in Dobber's Pasties from Escanaba, Michigan, salad with blue cheese dressing, and chocolate cake with chocolate frosting. JD will be singing delightful and melodic tunes as we relax and enjoy this festive event. Join us as we celebrate Ms. Eva!

Save  
the  
Date

- Dec. 1st**

— Christmas Cards for Soldiers
- Dec. 2nd**

— Korean Mission Dance
- Dec. 6th**

— Lunch Bunch
- Dec. 12th**

— Galaxy of Lights
- Dec. 15th**

— Dirty Santa Gift Exchange
- Dec. 16th**

— Christmas Open House





## Ms. Imogene Stone

Ms. Imogene Stone moved into Regency almost three months ago. She has three children, seven grandchildren, and thirteen great-grandchildren which she loves dearly.

As a career, she spent her time making a difference by working in the city schools as a teacher's aide. During her downtime, Imogene loved to work in the yard and would frequently take camping trips with her husband. She is also a great cook.

Join us in helping Imogene feel welcome to our home!

## WELCOME NEW RESIDENTS! 🏠

Frank Hunter  
Berthelle Denton  
Janet Burrow

John Burrow  
Dwight Clark  
Carolyn Hamm

Carl McMurray  
Jeffery Pettie  
Raymond Turner



## Happy Birthday



### Resident

Mary Smith	Dec. 2
La Murel Richardson	Dec. 5
Joan Clopp	Dec. 6
Wanda Wesolowski	Dec. 11
Hazel Ward	Dec. 12
Verna Clark	Dec. 16
Anna Herndon	Dec. 17
Ruth Reeves	Dec. 17
Peggy Atchley	Dec. 17
Evan Braun	Dec. 18
James Rives	Dec. 18

Morris Peoples	Dec. 18
Peggy Bishop	Dec. 18
Zelda Rennolds	Dec. 18
Ruby Tucker	Dec. 21
Lee Parker	Dec. 22
Pat Folsom	Dec. 22
Marilyn Goosby	Dec. 23
Raymond Turner	Dec. 25
Sandra Vollmer	Dec. 29
Clyde Evans	Dec. 29

### Employee

Marcus Mitchell	Dec. 3
Tyrece Bibbs	Dec. 7
Corshunda Moore	Dec. 8
Sharon Jackson	Dec. 9
Richard Wade	Dec. 17
Payton Peavey	Dec. 18
Cynthia Nance	Dec. 22
Lida Stevens	Dec. 24

## THERAPY CORNER

As December approaches and the cold weather arrives, I want to address something that affects a large portion of the population this time of year: flu. The CDC reports flu activity starts to increase in October and November and peaks between December and February; it sometimes even lasts into May. Some risk factors that place people at higher risk for flu are asthma, neurological conditions, chronic lung disease (COPD,

cystic fibrosis, etc.), diabetes, heart disease (congestive heart failure, coronary artery disease, and congenital heart disease), adults 65 years and older, people who are obese with a BMI of 40 or higher, people with a weakened immune system due to disease, and people who live in long term care.

***Read the full therapy corner in the blog section on our website.***



## WORD FIND

S O T D J Z T M C C H B N Z W G T R D I H Z B E C  
P I E I S C A S G H A O K G B V G U U L A T I N C  
U A X S O L N I F R C V W R I Q O X R Q E V Y M D  
R L A N L P Z S C I K C D E U P M W D Q V P E G S  
I X S E S Y A A A S N A S G A G M Z V Q U F W Z A  
T H O Y T J N X N T Y N S O B R T H R N K O M U Y  
A E F X I N I O D M D D L R O O O B K H P E I W A  
N M V W C H T N Y A T L R I U M P A Q H Q D K S I  
K P R V E X E S G S N E Z A M A A Q N B I N D X E  
U J L Z I R C O N P G S U N B N Z D H P M F Q B C

GREGORIAN

SAXONS

TOPAZ

CANDY

TEXAS

ROMAN

TURQUOISE

TANZANITE

CANDLES

DISNEY

LATIN

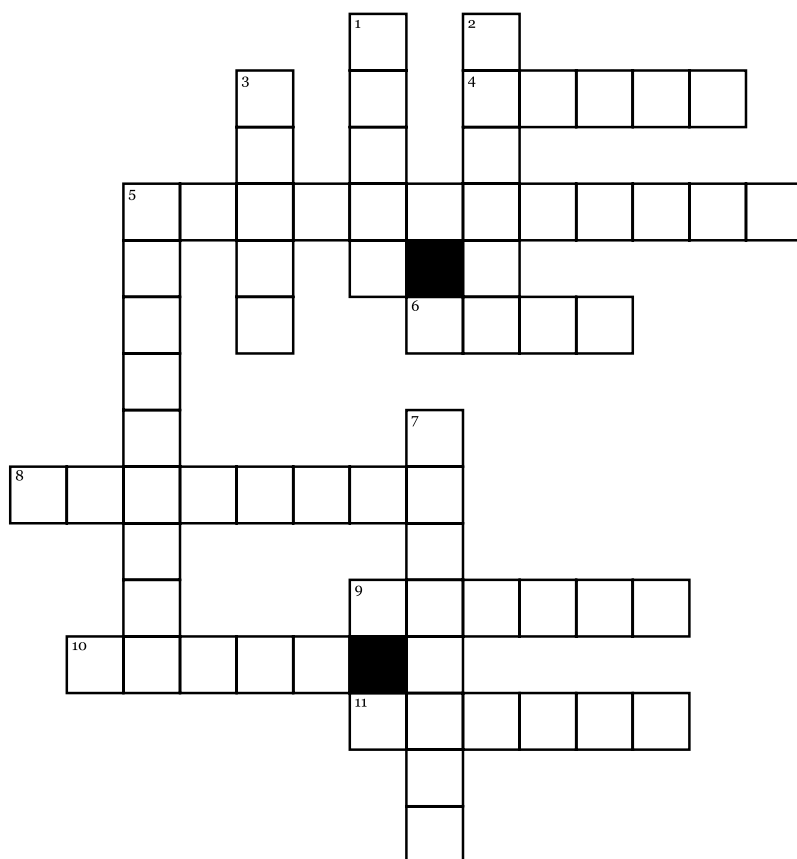
ZIRCON

CHRISTMAS

PURITAN

SOLSTICE

## CROSS-WORD



### Down

1. The first Englishman to circumnavigate the globe
2. Orville and Wilbur Wright, ushered in the era of \_\_\_\_\_
3. December 7th is National \_\_\_\_\_ Harbor Remembrance Day
5. December's birthstones are the Topaz and the \_\_\_\_\_
7. Walter Elias "Walt" Disney was born in \_\_\_\_\_

### Across

4. December 13th is St. \_\_\_\_\_'s Day
5. "Jingle bells" was meant to be a \_\_\_\_\_ song!
6. Decoration on top of a Christmas tree
8. English Puritan leader
9. "Everything is \_\_\_\_\_ in Texas"
10. Latin word for 10
11. National \_\_\_\_\_ Day is December 4th

## EMPLOYEE OF THE YEAR

### Jennifer Watkins



Mrs. Jennifer has served at Regency periodically since 1984. Currently she's one of the top Resident Assistants in Pathways, taking care of the residents and ensuring their needs are always met. Jennifer has three biological children, one adopted child, 15 grandchildren, and one great-grandchild. Even though she's extremely busy, she finds time for her family, softball, volleyball, football, basketball, and fishing. She's a happy person and loves working at Pathways. Please join us in thanking Jennifer for her service and her positive, happy spirit. She's a delight to be around! Congratulations, Jennifer. You are the Employee of the Year!

## EMPLOYEE OF THE MONTH

### Peg Rochine

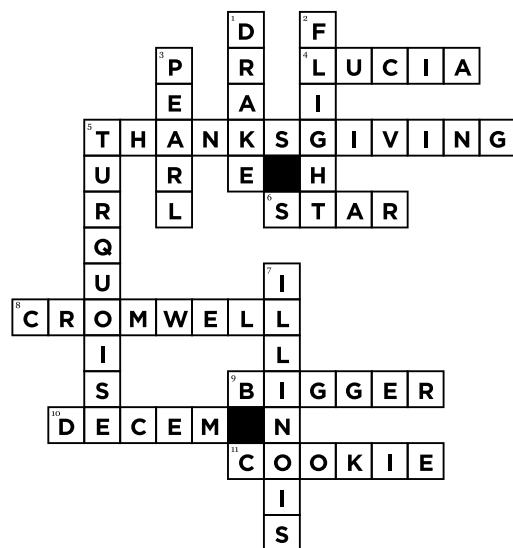
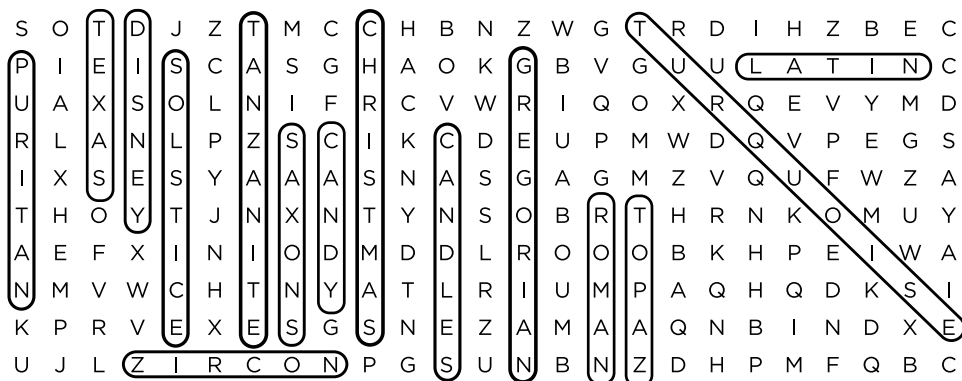


Peg Rochine comes to us with over 35 years of nursing experience. After earning her BSN at UAH, she has spent time serving in the ER, at the hospital, and in hospice settings.

She also performs pharmaceutical research and has served as a nurse in the US Army for 3 years! Talk about intelligence! Currently, Peg has worked as an RN here at Regency for over one year.

She has five children and five grandchildren. For her hobbies, she admits with a grin that she's a "bonafide workaholic". We are delighted to have Peg as part of our amazing Regency team with her superior work ethic. Join us in congratulating Peg for being awarded December 2022 Employee of the Month!

## ANSWER KEY



## CONNECT WITH US

Facebook.com/RegencyRetirementHuntsville

RegencyHuntsville.com

