

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|---|---|---|--|---|--|--|
| 8:30 One-on-One Visits<br>9:00 Our Lady Queen of the Universe - SR<br>9:45 Ascension Church - SR<br>12:45 Chase Park COC - SR<br>1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR<br>2:30 Show Time in Movie Room ~ Show up to vote on movie selection & stay to watch | 8:45 Weights & Kinesthetics - SR<br>10:15 Weights & Kinesthetics -SR<br>11:15 Tom with live music in dining room<br>1:15 Blood Pressure Checks<br>1:30 Independent Living Birthday Party ~ Cake and goodies<br>2:00 Independent Living Council<br>3:30 One-on-One Visits  | 8:45 Resistance Bands and Lower Body Exercise - SR<br>Open - Walmart and Dollar Tree - Schedule at front desk*<br>10:15 Resistance Bands and Lower Body Exercise - SR<br>12:45 Putt Putt Golf with Tom<br>1:30 Singing oldies with Brad Mayo and karaoke<br>2:45 Bean Bag Toss for Prizes<br>3:30 One-on-one Visits   | 8:45 Weights & Kinesthetics - SR<br>Open - Kroger and Banks - schedule at front desk*<br>9:30 Ashleigh and "Jaxson"<br>10:15 Weights & Kinesthetics -SR<br>10:30 Walking Wednesday with Bethany<br>11:15 Tom with live music in dining room<br>12:45 Chaplin McClaney with CCare<br>1:30 Mike C in Concert - SR<br>2:45 What's Cooking Wednesday with Regency and National Cheese Month - Gourmet Grilled Cheese | Sign-up for Flu Vaccine on 10/17<br>8:45 Resistance Bands and Lower Body Exercise - SR<br>10:15 Resistance Bands and Lower Body Exercise - SR<br>1:30 Lady Luck Bingo for Quarters<br>2:45 Everyone Wins Bingo with Prizes<br>3:30 One-on-One Visits  | Funtastic Friday: International Day<br>8:45 Weights & Kinesthetics-SR<br>Open - Walmart and Dollar Tree - Schedule at front desk*<br>10:00 Jennifer with Gooch & Pippin<br>10:15 Weights & Kinesthetics -SR<br>11:00 Fall Festival - public event ~ Inflatables ~ The Brez Band in Concert ~ Petting Zoo ~ Vendors with games/prizes ~ Mr Ice Cream Truck on site<br>2:45 Tom in Concert | During the day - One-on-Ones<br>8:45 Resistance Bands and Lower Body Exercise<br>10:00 Bible Fellowship with Harry<br>10:45 One on One Visits<br>1:30 Quarter Bingo - Lady Luck Style with Random Winners<br>3:00 Bible Study with Ms. Pat<br><br>Simchat Torah Begins |
| 8:30 One-on-One Visits<br>9:00 Our Lady Queen of the Universe - SR<br>9:45 Ascension Church - SR<br>12:45 Chase Park COC - SR<br>1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR<br>2:30 Show Time in Movie Room ~ Show up to vote on movie selection & stay to watch | 8:45 Weights & Kinesthetics - SR<br>10:15 Weights & Kinesthetics -SR<br>11:15 Tom with live music in dining room<br>1:15 Blood Pressure Checks<br>1:30 Lady Luck Bingo for Quarters<br>2:45 Everyone Wins Bingo with Prizes<br>3:30 One-on-One Visits<br><small>Indigenous Peoples' Day<br/>Thanksgiving Day (Canada)</small> | 8:45 Resistance Bands and Lower Body Exercise - SR<br>Open - Walmart and Dollar Tree - Schedule at front desk*<br>10:30 Lunch Bunch out to eat at Red Lobster in HSV - Bus - Sign up by 10/9 at front desk<br>12:45 Putt Putt Golf with Tom<br>1:45 Tim with Trip to Yellowstone National Park<br>2:45 Lady Luck Bingo for Quarters   | 8:45 Weights & Kinesthetics - SR<br>Open - Kroger and Banks - schedule at front desk*<br>10:15 Weights & Kinesthetics -SR<br>10:30 Walking Wednesday with Bethany<br>11:15 Tom with live music in dining room<br>12:45 Chaplin McClaney with CCare<br>1:30 Bryan and Larry in Concert<br>2:45 National Dessert Day with surprise desserts from Costco<br>3:30 Ponies for Pennies Races<br>3:30 One-on-one Visits | 8:45 Resistance Bands and Lower Body Exercise - SR<br>10:00 Cappy and "Sadie"<br>10:15 Resistance Bands and Lower Body Exercise - SR<br>12:30 Ascension Church with Bi-Weekly Devotion<br>1:30 Employee Birthday Party - BJ's membership with Lisa<br>1:30 Belinda with the Better Business Bureau and information on the latest schemes to avoid<br>2:45 Everyone Wins Bingo with Prizes | 8:45 Weights & Kinesthetics - SR<br>Open - Walmart and Dollar Tree - Schedule at front desk*<br>9:00 All of Us Testing - Movie Room<br>10:00 Jennifer with Gooch & Pippin<br>10:15 Weights & Kinesthetics -SR<br>1:00 Mall Trip<br>1:30 Fall Craft with Karen ~ Fun and laughter ~ Surprise craft for your apartment ~ Public event<br>3:30 One-on-One Visits                            | During the day - One-on-Ones<br>8:45 Resistance Bands and Lower Body Exercise<br>10:45 One on One Visits<br>1:30 Tim Goff in Concert in Sun Room<br>3:00 Bible Study with Ms. Pat  |
| 8:30 One-on-One Visits<br>9:00 Our Lady Queen of the Universe - SR<br>9:45 Ascension Church - SR<br>12:45 Chase Park COC - SR<br>1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR<br>2:30 Show Time in Movie Room ~ Show up to vote on movie selection & stay to watch | 8:45 Weights & Kinesthetics - SR<br>10:15 Weights & Kinesthetics -SR<br>11:15 Tom with live music in dining room<br>1:15 Blood Pressure Checks<br>1:30 Lady Luck Bingo for Quarters<br>2:45 Everyone Wins Bingo with Prizes<br>3:30 One-on-One Visits   | 9:00 Flu Vaccine<br>Open - Walmart and Dollar Tree - Schedule at front desk*<br>10:15 Resistance Bands and Lower Body Exercise - SR<br>12:45 Putt Putt Golf with Tom<br>1:30 Angela & D3 Health Fitness with health and wellness tips and unique exercises with golden oldies<br>2:45 Everyone Wins Bingo with Prizes<br>3:30 One-on-One Visits                                       | 8:45 Weights & Kinesthetics - SR<br>Open - Kroger and Banks - schedule at front desk*<br>10:15 Weights & Kinesthetics -SR<br>10:30 Walking Wednesday with Bethany<br>11:15 Tom with live music in dining room<br>12:45 Chaplin McClaney with CCare<br>1:00 Library Trip<br>1:30 JD in Concert - SR<br>2:45 Regency and National Nacho Day. Delicious!<br>3:30 One-on-one Visits                                  | 8:45 Resistance Bands and Lower Body Exercise - SR<br>10:15 Resistance Bands and Lower Body Exercise - SR<br>1:30 Lady Luck Bingo for Quarters<br>2:45 Jim Phillips and Ghost Stories from Lost Antebellum ~ talk and items on display ~ public event<br>3:30 One-on-One Visits   | 8:45 Weights & Kinesthetics - SR<br>Open - Walmart and Dollar Tree - Schedule at front desk*<br>10:00 Jennifer with Gooch & Pippin<br>10:15 Weights & Kinesthetics -SR<br>1:30 Regency Buck Auction ~ Come and bid on wonderful and necessary items for your apartment<br>3:30 One-on-One Visits   | During the day - One-on-Ones<br>8:45 Resistance Bands and Lower Body Exercise<br>10:00 Bible Fellowship with Harry<br>10:45 One on One Visits<br>1:30 Quarter Bingo - Lady Luck Style with Random Winners<br>3:00 Bible Study with Ms. Pat                             |
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# October 2023

Regency Retirement Village - Independent