

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

# November 2023

## Regency Retirement Village - Independent

<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><b>5</b> Sign-up to vote 11/7 8:45 Weights &amp; Kinesthetics - SR 10:15 Weights &amp; Kinesthetics –SR 11:15 Tom with live music in dining room 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</p>	<p><b>6</b> 8:45 Resistance Bands and Lower Body Exercise – SR Open – Walmart and Dollar Tree - Schedule at front desk* Open – Voting – Sign-up at front desk for this precinct 10:15 Resistance Bands and Lower Body Exercise – SR 12:45 Putt Putt Golf with Tom 1:30 Singing oldies with Brad Mayo and karaoke 2:45 Bean Bag Toss for Prizes</p>	<p><b>7</b> Sign-up for Thursday's craft at the front desk 8:45 Weights &amp; Kinesthetics – SR Open - Kroger and Banks – schedule at front desk* 9:30 Ashleigh and "Jaxson" 10:15 Weights &amp; Kinesthetics –SR 10:30 Walking Wednesday with Bethany 11:15 Tom with live music in dining room 12:45 Chaplin McClaney with CCare 1:30 Mike C in Concert – SR 2:45 What's Cooking Wednesday with Regency and National Sandwich Day – Monte Cristo Sandwich</p>	<p><b>8</b> 8:45 Resistance Bands and Lower Body Exercise – SR 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Sip &amp; Paint with Carol Kaye and Sheena ~ Q-tip Flowers &amp; Hummingbirds Scene on canvas 3:30 One-on-One Visits</p>	<p><b>9</b> Funtastic Friday: 1920s Day 8:45 Weights &amp; Kinesthetics-SR Open – Walmart and Dollar Tree - Schedule at front desk* 10:00 Jennifer with Gooch &amp; Pippin 10:15 Weights &amp; Kinesthetics –SR 1:30 Angela &amp; D3 Health Fitness with health &amp; wellness tips with Reflexology to golden oldies 2:45 Lady Luck Bingo for Quarters 3:30 One-on-one visits</p>	<p><b>10</b> During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise 10:00 Bible Fellowship with Harry 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><b>12</b> Sign-up for Lunch Bunch 8:45 Weights &amp; Kinesthetics - SR 10:15 Weights &amp; Kinesthetics –SR 11:15 Tom with live music in dining room 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</p>	<p><b>13</b> 8:45 Resistance Bands and Lower Body Exercise – SR Open – Walmart and Dollar Tree - Schedule at front desk* 10:30 Lunch Bunch out to eat at Outback Steakhouse in HSV – Bus – Sign up by 11/13 at front desk 12:45 Putt Putt Golf with Tom 2:45 Lady Luck Bingo for Quarters 3:30 One-on-one Visits</p>	<p><b>14</b> 8:45 Weights &amp; Kinesthetics - SR Open - Kroger and Banks – schedule at front desk* 10:15 Weights &amp; Kinesthetics –SR 10:30 Walking Wednesday with Bethany 11:15 Tom with live music in dining room 12:45 Chaplin McClaney with CCare 1:00 Library Trip 1:30 Jeff and Taylor in Concert – SR 2:45 Regency and National Apple Pie Day. Delicious! 3:30 Pennies for Ponies</p>	<p><b>15</b> 8:45 Resistance Bands and Lower Body Exercise – SR 10:15 Resistance Bands and Lower Body Exercise – SR 2:00 Gary's Retirement Party ~ Speeches by corporate ~ Awarding of a trophy to Gary ~ Good eats and treats ~ BDK in Concert 3:30 One-on-One Visits</p>	<p><b>16</b> 8:45 Weights &amp; Kinesthetics - SR Open – Walmart and Dollar Tree - Schedule at front desk* 10:00 Jennifer with Gooch &amp; Pippin 11:00 to 1:00 Thanksgiving Feast ~ 9 dining areas with 3 different singers rotating through ~ An amazing Thanksgiving Feast ~ Sign up by 11/10 to Front Desk 2:45 Everyone Wins Bingo for Prizes 3:30 One-on-One Visits</p>	<p><b>17</b> During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise 10:00 Bible Fellowship with Harry 10:45 One on One Visits 1:30 Bingo with Angel and the Blackburn Chapel for prizes</p> <p style="text-align: right;">Veterans Day Remembrance Day (Canada)</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 style="text-align: center;">Diwali (Hindi)</p>	<p><b>19</b> 8:45 Weights &amp; Kinesthetics – SR 10:15 Weights &amp; Kinesthetics –SR 11:15 Tom with live music in dining room 1:15 Blood Pressure Checks 1:30 Shirley G with old time hits on the piano &amp; music quizzes 2:45 Everyone Wins Bingo with Prizes 3:30 One-on-One Visits</p>	<p><b>20</b> Open – Walmart and Dollar Tree - Schedule at front desk* 10:15 Resistance Bands and Lower Body Exercise – SR 12:45 Putt Putt Golf with Tom 1:30 Karaoke/group singing with Courtney with Amedisys 2:45 Manicures – Come. Bring tools. 3:15 Pendant Testing – Library 3:30 One-on-one Visits</p>	<p><b>21</b> 8:45 Weights &amp; Kinesthetics - SR Open - Kroger and Banks – schedule at front desk* 10:15 Weights &amp; Kinesthetics –SR 10:30 Walking Wednesday with Bethany 11:15 Tom with live music in dining room 12:45 Chaplin McClaney with CCare 1:30 Snazzy Thanksgiving Party (i.e. Wine &amp; Cheese Party and Thanksgiving Party together) ~ Michael H in Concert – SR ~ Good food and fun games</p>	<p><b>22</b> Happy Thanksgiving! 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 style="text-align: center;">Thanksgiving Day (US)</p>	<p><b>23</b> 8:45 Weights &amp; Kinesthetics - SR Open – Walmart and Dollar Tree - Schedule at front desk* 10:00 Jennifer with Gooch &amp; Pippin 10:15 Weights &amp; Kinesthetics –SR 1:30 Regency Buck Auction ~ Come and bid on wonderful and necessary items for your apartment 3:30 One-on-One Visits</p>	<p><b>24</b> 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><b>26</b> 8:45 Weights &amp; Kinesthetics - SR 10:15 Weights &amp; Kinesthetics –SR 11:15 Tom with live music in dining room 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</p>	<p><b>27</b> 8:45 Resistance Bands and Lower Body Exercise – SR Open – Walmart and Dollar Tree - Schedule at front desk* 10:15 Resistance Bands and Lower Body Exercise – SR 12:45 Putt Putt Golf with Tom 1:30 Christmas Decorating in the Fireplace Area and Sun Room ~ Cookies &amp; cider 3:30 One-on-One Visits</p>	<p><b>28</b> 8:45 Weights &amp; Kinesthetics - SR Open - Kroger and Banks – schedule at front desk* 10:15 Weights &amp; Kinesthetics –SR 10:30 Walking Wednesday with Bethany 11:15 Tom with live music in dining room 12:45 Chaplin McClaney with CCare 1:30 Danny Fraiser in Concert - SR 2:45 Christmas Decorating in the Fireplace Area and Sun Room ~ Cookies &amp; cider 3:30 One-on-one Visits</p>	<p><b>29</b> 8:45 Resistance Bands and Lower Body Exercise – SR 10:00 Cappy and "Sadie" 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Christmas Decorating in the Fireplace Area and Sun Room ~ Cookies &amp; cider 2:45 JD in concert 3:30 One-on-one Visits</p>	<p><b>30</b> 8:45 Weights &amp; Kinesthetics - SR Open – Walmart and Dollar Tree - Schedule at front desk* 10:00 Jennifer with Gooch &amp; Pippin 10:15 Weights &amp; Kinesthetics –SR 1:30 Regency Buck Auction ~ Come and bid on wonderful and necessary items for your apartment 3:30 One-on-One Visits</p>	<p><b>25</b> 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>

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. \* Bank, Kroger and Walmart runs will be based on medical run schedule.