

## WHAT'S COMING UP

**November 1st**

All Saints' Day

**November 4th**

Book Lovers Day

**November 6th**

National Nacho Day

**November 7th**

U.S. General Election Day

**November 9th**

World Freedom Day

**November 11th**

Veteran's Day

**November 13th**

Caregiver Appreciation Day

**November 15th**

America Recycles Day

**November 22nd**

Go for a Ride Day

**November 23rd**

Thanksgiving

**November 28th**

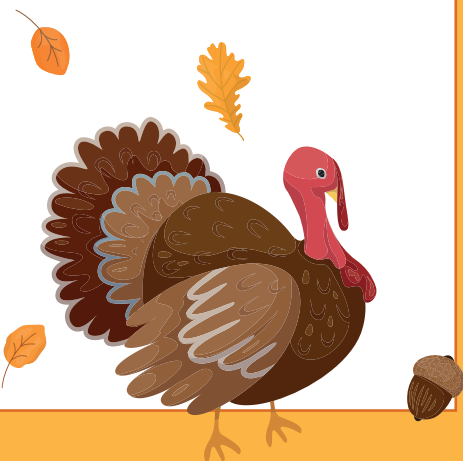
French Toast Day

**November 29th**

Chia Pet Day

**November 30th**

Stay at Home Because  
You Are Well Day



## NOVEMBER 2023 NEWSLETTER



*Dear Regency Family,*

With the fall leaves dancing in the cool breeze, the season's change is upon us. We have celebrated October with our Fall Festival, Jim Phillips' presentation on "Ghost Stories from Antebellum," Lunch Bunch's trip to Red Lobster, and a fantastic Halloween Party. We have made new memories and reminisced about old ones as we've relaxed to live concerts in the Sun Room.

What lasting memories will we make for the month of November?

- » **November 10th at 1:30 pm** – Veteran's Day Celebration with patriotic favorites and certificates for our service men and women
- » **November 17th from 11 am to 1 pm** – Thanksgiving Festival with 9 dining areas and 3 different live bands (Be sure to sign-up at the front desk at let us know how many family members you are expecting!)
- » **November 22nd at 1:30 pm** – Snazzy Thanksgiving Party

Come on out and join the other residents from Regency Towers for these fantastic activities. Invite your friends and family members to be a part of these special occasions, as we live life together. We will capture every precious moment!

As always, thank you for choosing to make Regency home for yourself or your family member.

*Tim Taylor,  
Executive Director*

### *Friends Make the Best Neighbors*

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 60 days from the move-in date.*





## Fall Festival — October 6th

The leaves were dancing in the rain, adorned with vibrant fall colors of oranges and reds, creating a bright and picturesque scene as we enjoyed our time at the Fall Festival. We danced to the music of The Brez Band, indulged in treats from the ice cream truck, had our faces painted, tested our skills with blow-up darts, explored the various vendor stands and relished the flavors of a freshly grilled meal. These moments created precious family memories that we will cherish. We felt immensely blessed by the experience!



## Lunch Bunch to Red Lobster — October 10th

The residents of Regency Towers had a delightful outing to Red Lobster, where they relished in a variety of scrumptious dishes. The fresh seafood with a delectable butter dip was definitely a highlight. They also enjoyed buttery cheese biscuits, endless shrimp plates, and substantial salads. For dessert, there were indulgent brownies.

After the meal, everyone returned to Regency Towers and gathered for an engaging talk by Tim Taylor. He shared captivating pictures and insights about Yellowstone National Park, making for a truly spectacular experience. The afternoon was filled with excitement and delicious food.





**Belinda with the Better Business Bureau — October 12th**

Belinda shared real-life stories about various scams, including phishing schemes, fraudulent insurance bills, and money-extorting phone calls. Her purpose was to educate the residents on what to do if they receive such phone calls, texts, or emails. These stories served as a valuable tool to illustrate the deceptive nature of these calls, emphasizing that it's entirely acceptable to simply hang up on a scammer. The residents found the presentation educational and were pleased to receive these valuable insights at no cost.



**Fall Craft with Karen — October 13th**

Under Karen's expert guidance and impressive crafting skills, we had the opportunity to craft unique and one-of-a-kind door hangings. This activity was a lot of fun and allowed us to explore and express our creativity to the fullest.





## Veteran's Day Celebration

November 10th at 1:30 pm

On Veteran's Day, we pay tribute to all those who responded to the call of service. We'll mark this special day with a concert, awarding certificates, and other meaningful activities in the Sun Room. We will acknowledge and honor the members of our community who have served in the Armed Forces. We warmly invite you to join us in recognizing their sacrifice.



## Jeff and Taylor in Concert

November 15th at 1:30 pm

Do you remember Jeff and Taylor from our National Assisted Living Week Finale? Taylor will return with her tender and delicate voice hitting all the notes and Jeff will rock his guitar. Enjoy their musical stylings as they sing oldies from the 1950s and 1960s just for you. So much talent!



## Sip and Paint with Carol Kaye and Sheena

November 16th at 1:30 pm

Have you ever used Q-tips to paint flowers and hummingbirds? If not, this artistic experience is something you just need to try! Join us in the Sun Room as we explore this technique of painting on canvas with the instruction of Carol Kaye and Sheena. What kind of beautiful creation can YOU make?



## Thanksgiving Bash

November 17th from 11:00 am to 1:00 pm

Would you like to join your loved one(s) this year for Thanksgiving dinner? If so, we would love to have you at our building-wide Thanksgiving Bash on Friday, November 17th! We'll be having live entertainment with three different bands, delicious plates loaded with goodies (ham, turkey and all the sides) and more. Please stay tuned for more details as we get closer to the event and be sure to sign up any visiting family members and friends at the front desk.



## What's Cooking Wednesdays

Wednesdays at 2:45 pm

This month, we have some delicious food items to savor. On National Sandwich Day, we'll indulge in Monte Cristo Sandwiches. When it's National French Toast Day, we'll enjoy a delightful French Toast meal. And, of course, we can't forget about the classic Apple Pie to celebrate the season. Be sure to consult the calendar for details about other exciting food events scheduled for our Wednesday afternoons.



## Snazzy Thanksgiving Party

November 22nd at 1:30 pm

What would you get if you merged our Thanksgiving Party with our Wine and Cheese event? An upscale party complete with wine, sparkling grape juice, and other assorted goodies! Won't you join us as we enjoy a concert with Michael Havron, play trivia, and indulge in delicate treats?



## Christmas Decorating with Cookies and Cider

Once again, it's that wonderful time of year when we come together to spread holiday cheer throughout the halls of Regency. We'll be decorating with tinsel and Christmas trees, featuring elves and Santa, and adorning our spaces with presents and bows. We invite you to join us and add your artistic flair by painting vibrant reds and greens, making our home even more festive. Can you believe it? Christmas is just around the corner!







## Mr. Durwood White

Mr. Durwood White is 85 years old. He was married to his wife, Anne, for 62 years. Together they have two sons, Jonathon and Joel White, and four grandchildren. Mr. White moved to Huntsville in 1958 from North Carolina. He got a job at Thiokol and later retired from the same company. Mr. White likes to make wooden model planes in his spare time. With such a winning personality, Mr. White is a pleasure to hang out with. Join us in welcoming Mr. White to Regency Towers.



## Happy birthday



### Resident

Cindy Walker Nov. 8th  
Edna Sanders Nov. 9th  
Michiko Robertson Nov. 13th  
RC Holmes Nov. 15th  
Sharon Schuff Nov. 17th  
Shelley Carter Nov. 18th

Jane Young Nov. 19th  
Lydia Sanders Nov. 20th  
David Hepler Nov. 21st  
Evelyn Cox Nov. 22nd  
Robert Miles Nov. 22nd  
Robert Allen Nov. 28th

### Employee

Veronica Ward Nov. 4th  
Tonyia Smith Nov. 7th  
Deborah Zuniga Nov. 9th  
Vickie Chandler Nov. 16th  
Mulas Malasikwanda Nov. 22nd  
Jessica Hunt Nov. 25th  
Gary Schutt Nov. 30th

## THERAPY CORNER

This month I would like to discuss something I had touched on in previous articles, which is being active. This time of year, as the colder weather approaches, we all tend to become less active. We want to hunker down in our warm rooms and not get out unless it is just absolutely needed. Those of us who love to get outdoors really tend to decrease our activity as it is almost impossible to get outside.

As enticing as staying in a warm room sounds, it is imperative to maintain some level of physical activity. You are fortunate here at Regency to have long hallways. Please use these to your advantage! Get out in the hallway and make some laps a couple of times a day.

I know most of you are saying, "Well, I walk down to the dining room," and that is great, but you need a little

more activity. A 10–15 minute walk at least two times a day can make a tremendous difference in how you feel and your overall well-being. You can even make it a social event by walking in small groups. Put it on your calendar to meet at the same time each day. You can also make it more challenging by timing yourself, and trying to improve your time daily or weekly. Lastly, to make it interesting, you could even give each walk a theme as a topic of conversation or even dress the part!

If you are not a walker or have difficulty walking, I encourage you to take advantage of the 9:30 exercise classes Regency offers every day.

Whatever you do, just keep moving!

**Until next time,**

Your Restore Therapy Family

## WELCOME NEW RESIDENTS!

RC Holmes  
Larry and Mary Sharpe

George Boyer  
Maureen Sumera

Gayla Dean  
Jeffery Ingram

Edmund Sawicki

## WORD FIND

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

THANKSGIVING

BEAVER

MUSTACHE

SAXONS

SMALLPOX

VETERANS

SCORPIO

FOOTBALL

GETTYSBURG

BANANA

LINCOLN

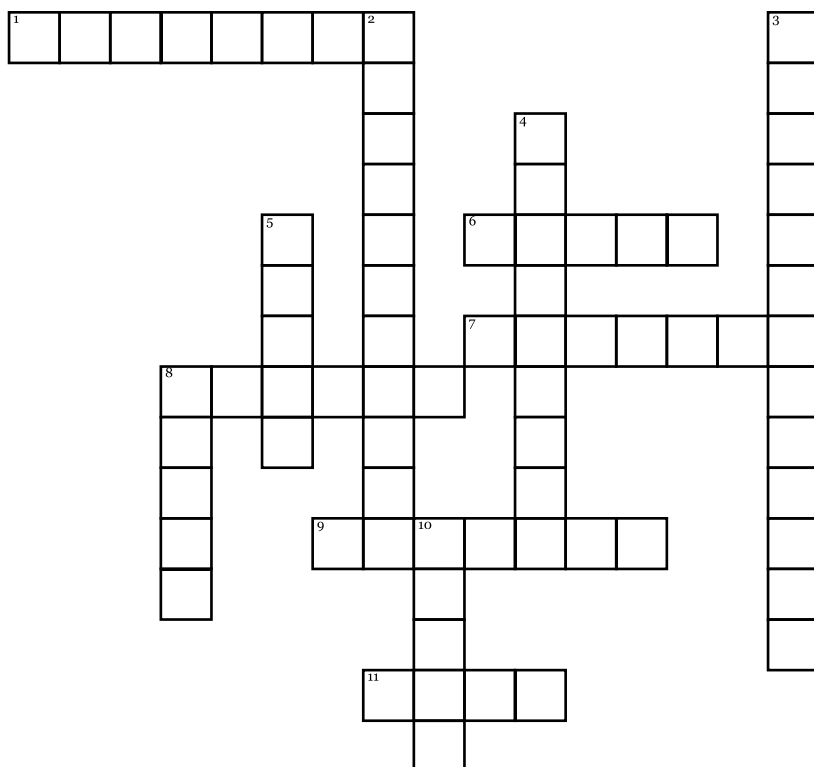
SAGITTARIUS

PARADE

PARIS

AMERICA

## CROSSWORD



### Down

2. British writer
3. November birth flower
4. Fall is a season of \_\_\_\_\_
5. November birthstone
8. The day after Thanksgiving is known as \_\_\_\_\_ Friday
10. The Latin word for November

### Across

1. Early European settlers
6. Dog in a spacecraft
7. Delivered the Gettysburg Address
8. Full moon in November is called the \_\_\_\_\_ Moon
9. 35th president of the USA
11. Roman emperor

## Stay Connected!

### Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.



## EMPLOYEE OF THE MONTH

### Clover Lennon

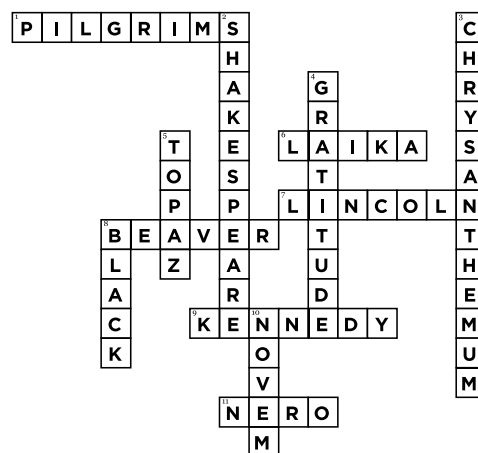


Serving Regency for over six years as a resident assistant, Ms. Clover Lennon has been the smiling, interactive face through the assisted and memory care floors. With her bright spirit that is so loving and kind, she takes care of the residents with ease and

diligence. Clover loves music and loves to attend concerts. She has two sons and one granddaughter, which she loves deeply. We are delighted to have Clover's affectionate and gentle spirit here in our Regency family! Congratulations Clover!

## ANSWER KEY

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



## CONNECT WITH US

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