

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2023

## Regency Retirement Village - Independent

<p>8:30 One-on-One Visits 9:00 Our Lady Queen of the Universe 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>3</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 Independent Living Birthday Party ~ Cake and goodies 2:00 Independent Living Council 3:30 One-on-One Visits</p>	<p><b>4</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 Greenbrier BBQ – Bus – Sign up by 12/04 at front desk 12:45 Golf/Bowling/Hatchet Throwing/Bean Bags with Tom 2:45 D3 Health Fitness with Angela</p>	<p><b>5</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 Mike C in Concert – SR 2:45 Regency and National Brownie Day – Gordon Foods! Yum. Yum. 3:30 Pennies for Ponies</p>	<p><b>6</b> 8:45 Resistance Bands and Lower Body Exercise – SR 10:15 Resistance Bands and Lower Body Exercise – SR 12:30 Ascension Church with Bi-Weekly Devotion 1:30 Johnny B in Concert 2:45 Christmas Cards – come and decorate for soldiers 3:30 One-on-one visits</p>	<p><b>7</b> Sign up for Galaxy of Lights 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 1:00 Mall Trip 1:30 Lady Luck Bingo for Quarters 2:45 Everyone Wins Bingo for Prizes</p>	<p><b>8</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><b>10</b> 8:30 One-on-One Visits 9:00 Our Lady Queen of the Universe 9:45 Ascension Church – SR 12:45 Chase Park COC – SR 1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR 2:45 Sue with Valley Conservatory Strings in Concert - SR</p>	<p><b>11</b> 8:45 Weights &amp; Kinesthetics - SR 10:15 Sam Tindol in Concert - SR 11:15 Tom with live music in dining room 1:15 Blood Pressure Checks 1:30 Korean Mission Dance Academy in Performance 2:45 Everyone Wins Bingo with Prizes 4:45 Galaxy of Lights – sign up by 12/8 at front desk</p>	<p><b>12</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 Come play the bells with Tom B 1:30 Luanas Wahines Hawaiian Dancers for Christmas 2:45 Everyone Wins Bingo for Prizes 3:30 One-on-one Visits</p>	<p><b>13</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 Bryan and Larry in Concert 2:45 Regency and National Pumpkin Pie Day 3:30 Pennies for Ponies</p>	<p><b>14</b> 8:45 Resistance Bands and Lower Body Exercise – SR 9:00 Podiatrist in Community Room 10:00 Cappy and "Sadie" 10:15 Resistance Bands and Lower Body Exercise – SR 1:30 Employee Birthday Party 1:30 Al Mahan in Concert 2:45 T-Mobile and Protecting Yourself from Scams – The latest and worst! 3:30 One-on-one visits</p>	<p><b>15</b> Fantastic Friday: Christmas Sweater Day 8:45 Weights &amp; Kinesthetics - SR Open – Walmart and Dollar Tree - Schedule at front desk* 10:15 Weights &amp; Kinesthetics –SR 2:00 to 4:00 Christmas Open House ~ Live nativity scene at front entrance ~ Full Spectrum in Concert with Christmas Songs and Oldies in SR ~ Santa at the Fireplace ~ Vendor and craft show with gifts for sale ~ Fancy Hors d'oeuvres with JD Pollard-DR</p>	<p><b>16</b> During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise 10:45 One on One Visits 11:00 Caroling with Tammy &amp; Union Chapel MBCGS – 1<sup>st</sup> DR 1:00 Valley Conservatory in Concert – Christmas songs 3:00 Bingo with Karen - SR</p>
<p><b>17</b> 8:30 One-on-One Visits 9:00 Our Lady Queen of the Universe 9:45 Ascension Church – SR 12:45 Chase Park COC – SR 1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR 2:30 Calandra Terry with Union Chapel Singles – Music &amp; gifts – SR 3:15 Calandra – 4th</p>	<p><b>18</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 Jackie with Alpha Kapa Alpha doing bingo for prizes - SR 3:30 One-on-One Visits</p>	<p><b>19</b> 8:45 Resistance Bands and Lower Body Exercise – SR Open – Walmart and Dollar Tree 10:15 Resistance Bands and Lower Body Exercise – SR 12:45 Golf/Bowling/Hatchet Throwing/Bean Bags with Tom 1:30 Karaoke/group singing with Courtney with Amedisys 2:45 Dirty Santa Gift Exchange ~ Bring a \$10 gift to exchange with others in this rousing game</p>	<p><b>20</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 Tom B in Concert – SR 2:45 What's Cooking Wednesday and National Choc Day – Choc Chip Pancakes 3:30 Pennies for Ponies</p>	<p><b>21</b> 8:45 Resistance Bands and Lower Body Exercise – SR 10:15 Resistance Bands and Lower Body Exercise – SR 12:30 Ascension Church with Bi-Weekly Devotion 1:30 Melissa and Christmas Harp ~ Sip on cider in listening circle 2:45 Door Decorating Contest ~ Attend and tour to vote on favorite doors of those in attendance</p>	<p><b>22</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 Christmas Party ~ Christmas sing-a-long ~ Trivia ~ Delicious treats and good eats 3:30 One-on-One Visits</p>	<p><b>23</b> During the day - One-on-Ones 8:45 Resistance Bands and Lower Body Exercise 10:45 One on One Visits 1:30 Tim Goff in Concert in Sun Room</p>
<p><b>24</b> 8:30 One-on-One Visits 9:00 Our Lady Queen of the Universe 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>25</b> Merry Christmas! 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 Christmas</p>	<p><b>26</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 Golf/Bowling/Hatchet Throwing/Bean Bags with Tom 1:30 Lady Luck Bingo for Quarters 2:45 Manicures – Come. Bring tools. 3:15 Pendants for Christmas Kwanzaa Begins</p>	<p><b>27</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 Michael H in Concert 2:45 Regency and a slice of pizza on us! 3:30 Pennies for Ponies</p>	<p><b>28</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 Regency Buck Auction ~ Come and bid on wonderful and necessary items for your apartment 3:30 One-on-one Visits</p>	<p><b>29</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 New Year's Celebration and Countdown – SR ~ Taylor and Jeff in Concert ~ Delicious treats and good eats 3:30 One-on-One Visits</p>	<p><b>30</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><b>31</b> 8:30 One-on-One Visits 9:00 Our Lady Queen of the Universe 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 New Year's Eve</p>						<p><b>30</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.