

## WHAT'S COMING UP

### December 1st

National Christmas  
Lights Day

Rosa Parks Day

### December 6th

St. Nicholas Day

### December 7th

Hanukkah Starts

### December 15th

Bill of Rights Day

National Ugly Sweater Day

Hanukkah Ends

### December 16th

National Wreaths Across  
America Day

### December 20th

Games Day  
Go Caroling Day

### December 21st

Winter Solstice

### December 23rd

Festivus

### December 24th

Christmas Eve

### December 25th

Christmas Day

### December 26th

Kwanzaa Begins

### December 31st

New Year's Eve



## DECEMBER 2023 NEWSLETTER



### ***Hello Residents,***

As we say goodbye to the last whispers of fall, the cold creeps in. Of course, we kept warm in November as we celebrated with our Veterans' Day Party and our huge Thanksgiving Festival. We made new memories and reminisced about the old ones as we came to multiple other special events in the Sun Room.

What fantastic events do we have planned for this month?

- » **Painted Sunshine Parties** *December 1st at 1:30 p.m.*  
Join Sharon for a sip-and-paint experience with Christmas ornaments.
- » **Christmas Open House** *December 15th from 2 p.m. to 4 p.m.*  
We will have a live nativity scene at the main entrance, Santa at the fireplace, Full Spectrum in concert in the Sun Room, JD singing in the dining room with fancy hors d'oeuvres, and vendors and craft show tables sprinkled down the hallway.
- » **Christmas Concert Circle** *December 21st*  
Melissa will be playing wonderful tunes on her harp for us.

Check your calendars for details on over 19 special events!

Come and be a part of the fun! Join the other residents from Regency Towers for these new experiences. Invite your friends and family members too! Let's savor life together and capture every precious moment!

As always, thank you for choosing to make Regency home for yourself or your loved one!

**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.*



## Pumpkin Carving — October 30th

The event featured a variety of imaginative pumpkin creations, from a kitty cat to a one-tooth monster, and even a pumpkin adorned with extra seeds. The atmosphere was filled with creativity and enthusiasm as both management and residents carved and whittled away on their pumpkins. Of course we had to turn it into a contest with Adriane winning 1st, Bethany taking 2nd, and Tom in 3rd. Congratulations to all the winners and participants for having such a great time showing off their skills!



## Halloween Party — October 31st

The halls of Regency Towers were transformed into a spooky, spectacular, and sensational scene, with a diverse cast of characters including pirates, pigs, witches, Spiderman, and more. The day kicked off with an intergenerational activity featuring the youth of the Stepping Stone Homeschoolers, engaging in jokes, riddles, and reverse trick-or-treating. Later in the afternoon, the Sun Room was filled to capacity for a Halloween Party, featuring a costume contest, music, trivia and an abundance of goodies. It was indeed a boo-spectacular day for all!



## Sip and Paint — November 2nd

Gathering in the Sun Room for an afternoon Sip and Paint event hosted by Carol Kaye, residents and family members enjoyed sipping on sparkling grape juice and wine while painting. The talent displayed was truly impressive!



## Veterans Day Celebration — November 10th

On Veterans' Day, flags adorned the surroundings, and the strains of "The National Anthem" filled the air. Certificates were presented, accompanied by heartfelt applause, expressing gratitude to each service member for their unwavering dedication to our great country. We sang and clapped to our favorite patriotic songs as we enjoyed cheesecake, cookies and more. Wow! How blessed we are!





## Painted Sunshine Parties with Decorating Ornaments

December 1st at 1:30 p.m.

We'll sip on sparkling grape juice and wine as Sharon guides us and details exactly how to paint and decorate our ornaments. Be sure to sign up early as the spots go quickly!



## Christmas Cards for Soldiers

December 7th at 2:45 p.m.

Do you have a soft spot in your heart for our active-duty soldiers serving out of town during the holidays? If so, this event is your chance to express yourself by writing Christmas cards to those who will miss out on precious time with their family. Join us in the Sun Room and let's lift some spirits together!



## Botanical Gardens' Galaxy of Lights

December 11th at 4:45 p.m.

Huntsville Botanical Gardens sponsors a Galaxy of Lights Tour every Christmas and this is your opportunity to go and enjoy the Christmas lights. Join other residents on the bus as we cruise the beautiful and majestic scene painted by lights! Be sure to sign up at the front desk for this once-a-year event. You don't want to miss it.



## Christmas Open House

December 15th from 2 p.m.  
to 4 p.m.

Our Christmas Open House is the event of the year! This year's adventure will start with our live nativity scene. As you cruise the hallways, you'll find Paparazzi, Avon and other vendors. By the fireplace, Santa will be posing for pictures and handing out candy canes. Full Spectrum will be putting on a peppy Christmas concert in the Sun Room. We'll have fancy hors d'oeuvres and JD Pollard singing top Christmas hits.



## Christmas Party

December 22nd at 1:30 p.m.

Join us in the Sun Room for our Christmas Party! We'll indulge in our final Christmas sing-a-long, play Christmas trivia and delight our taste buds with delicious treats and good eats.



## New Year's Celebration and Countdown

December 29th at 1:30 p.m.

Taylor and Jeff will be singing top hits and leading the New Year's Countdown as we indulge in decadent goodies and tantalizing snacks. Don't miss this big event as we blow our whistles to wish each other good luck in the upcoming year. Let's make some great memories together!



## See your calendars for more events!

Throughout December

This month, we'll be enjoying over 19 special events, ranging from the Korean Mission Dance Academy to the Luanas Hawaiian Dancers, to a Santa Gift Exchange and Melissa playing her harp. Additionally, we'll have "What's Cooking with Chocolate Chip Pancakes" and our Christmas Open House featuring a live nativity scene and Santa.



## Jim and Barbara Batson

Jim and Barbara Batson live together here at Regency Towers on the 1st floor. They've been married 42 years. Jim worked at Redstone Arsenal in Missile Command and retired in 1988, going on to become a knife maker. He's been president of the American Bladesmith Society three times and also started the Alabama Forge Council. His knife shop has actually been moved up

to Burritt on the Mountain Museum. Barbara ran her own craft business for over 20 years. She was a member of the Southern Highland Craft Guild - one of the most prestigious in the country. She wove and spun, as well as handknitted. It's been a blessing to have these two multi-talented residents in our home. They make an impact on others around them!

## WELCOME NEW RESIDENTS!

Shirley Tindol  
Ernest Donatelli

Edgar Taylor  
Nell Hardin

Maureen Cathy  
William Ledbetter

## Happy Birthday



### Resident

|                  |           |                |           |
|------------------|-----------|----------------|-----------|
| Mary Smith       | Dec. 2nd  | Eva Braun      | Dec. 18th |
| Kim Kelley       | Dec. 7th  | James Rives    | Dec. 18th |
| Ernest Donatelli | Dec. 10th | Peggy Bishop   | Dec. 18th |
| Peter Black      | Dec. 14th | Ruby Tucker    | Dec. 21st |
| Verna Clark      | Dec. 16th | Marilyn Goosby | Dec. 23rd |
| Anna Herndon     | Dec. 17th | Clyde Evans    | Dec. 29th |

### Employee

|                  |          |                 |           |
|------------------|----------|-----------------|-----------|
| Stacie Scarberry | Dec. 2nd | Michael Horton  | Dec. 10th |
| Toddezia Beacham | Dec. 5th | Richard Wade    | Dec. 17th |
| Marvin Allaway   | Dec. 8th | Cynthia Nance   | Dec. 22nd |
| Corshunda Moore  | Dec. 8th | Leon Harris     | Dec. 23rd |
| Sharon Jackson   | Dec. 9th | QuoVadis Askins | Dec. 29th |

## THERAPY CORNER

### *Welcome to another edition of Therapy Corner.*

As December approaches and cold weather sets in, I want to address a concern that affects a large portion of the population this time of year: the flu.

The CDC reports that flu activity starts to increase in October and November, peaking between December and February, and sometimes lasting into May. Some risk factors that increase the likelihood of flu include asthma, neurologic conditions, chronic lung diseases (such as COPD and cystic fibrosis), diabetes, heart diseases, people with weakened immune systems due to disease, and those residing in long-term care facilities. The CDC strongly recommends a yearly flu vaccine as the first and most important preventive measure. Make sure to consult with your physician before getting the vaccine.

Additional tips to help prevent the flu include avoiding close contact with sick individuals, washing your hands frequently with soap and water or using a hand sanitizer if soap and water are unavailable, refraining from touching your eyes, nose, and mouth to prevent the spread of germs, and regularly cleaning and disinfecting surfaces and objects that may be contaminated. Lastly, remember to cover your nose and mouth when sneezing, preferably using a tissue or your elbow (Centers for Disease Control and Prevention).

I hope you find this information helpful and wish you a healthy and joyous holiday season.

**Until next time,**

Your Restore Therapy Family

## WORD FIND

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

FRANKINCENSE

KING

ADVENT

ANGEL

WISE

CHRISTMAS

STAR

MARY

SUGARPLUMS

TOPAZ

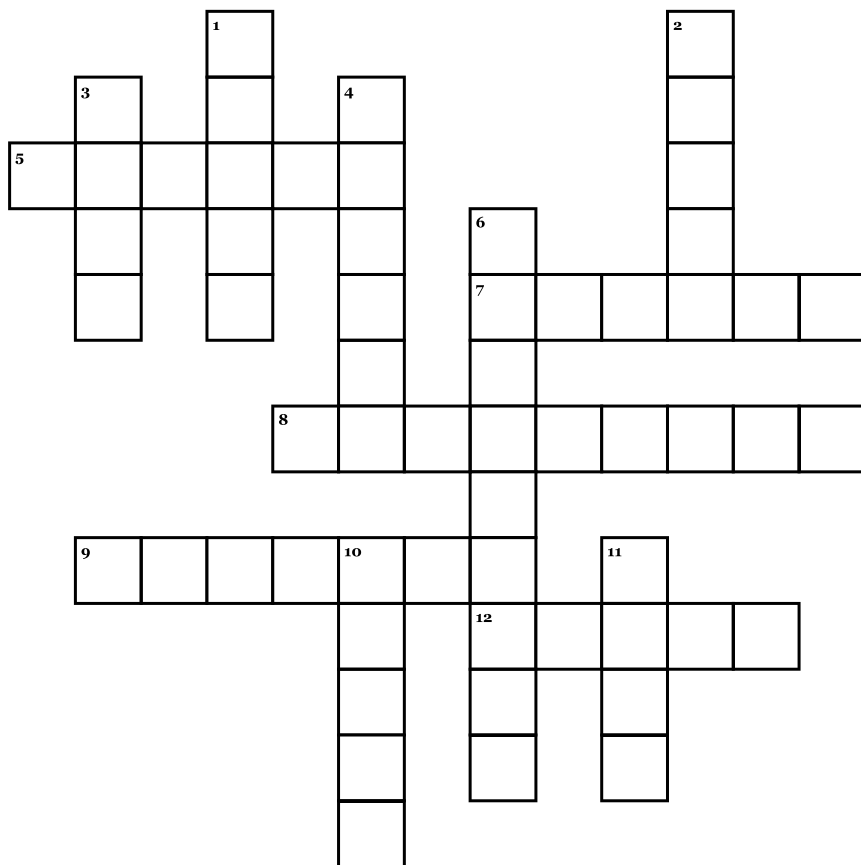
NATIVITY

BETHLEHEM

JOSEPH

MYRRH

## CROSSWORD



### Down

1. Common Christmas tree topper
2. You might dream of this kind of Christmas
3. Striped mint candy shape
4. Brothers who ushered in the era of flight
6. December's flower
10. One of December's birthstones
11. Kind of men who came to visit Jesus with gifts

### Across

5. Away in a \_\_\_\_\_, no crib for a bed
7. Four week period leading up to Christmas
8. These are hung by the chimney with care
9. Circular evergreens that represent eternal life
12. Clothing for a Christmas tree

## 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

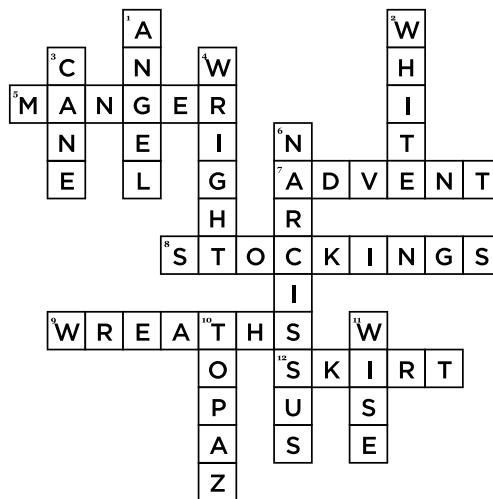
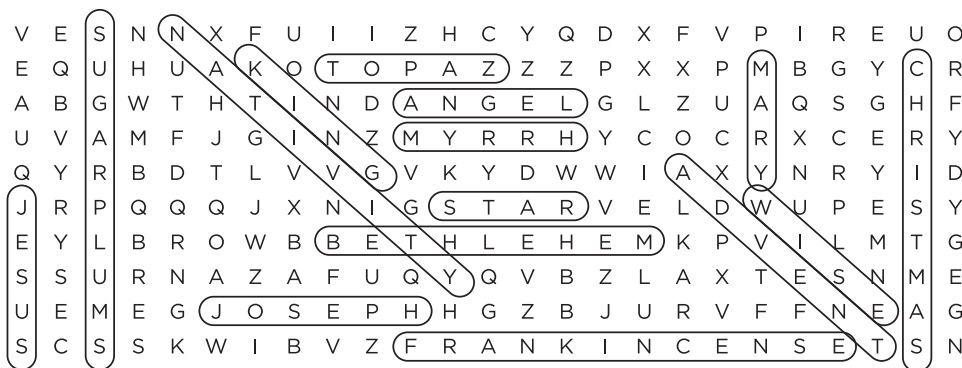
### Janette Edmondson



Mrs. Janette Edmondson has served Regency Towers as a resident assistant for over 6 years. She is married, with one daughter that teaches school and a granddaughter that is in college. She loves to shop and cook for her

family. She is also into music. We are delighted to have Janette as a resident assistant as she spends quality time with the seniors, takes care of their needs, and assists in so many other ways. Join us in saying congratulations to Janette for being awarded Employee of the Month for December 2023!

## ANSWER KEY



## CONNECT WITH US

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