

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Happy New Year!</b> 1</p> <p>During the day - One-on-Ones</p> <p>8:45 Resistance Bands and Lower Body Exercise</p> <p>10:45 One on One Visits</p> <p>1:30 Quarter Bingo – Lady Luck Style with Random Winners</p> <p><i>New Year's Day</i></p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 2</p> <p>Open – Walmart and Dollar Tree - Schedule at front desk*</p> <p>10:15 Resistance Bands and Lower Body Exercise – SR</p> <p>12:45 Golf/Bowling/Hatchet Throwing/Bean Bags with Tom</p> <p>1:30 Lady Luck Bingo for Quarters</p> <p>2:45 Everyone Wins Bingo with Prizes</p> <p>3:30 One-on-one Visits</p>	<p>8:45 Weights &amp; Kinesthetics – SR 3</p> <p>Open - Kroger and Banks – schedule at front desk*</p> <p>9:30 Ashleigh and Jackson – doggie visits</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>10:30 Walking Wednesday with Bethany</p> <p>11:15 Tom with live music in dining room</p> <p>12:45 Chaplin McClaney with CCare</p> <p>1:30 Mike C in Concert – SR</p> <p>2:45 Regency and What's Cooking Wednesday with Belgium Waffles</p> <p>3:30 One-on-one Visits</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 4</p> <p>10:15 Resistance Bands and Lower Body Exercise – SR</p> <p>10:45 Ascension Church with Bi-Weekly Devotion – 4th</p> <p>1:30 Lady Luck Bingo for Quarters</p> <p>2:45 Everyone Wins Bingo with Prizes</p> <p>3:30 One-on-One Visits</p>	<p><b>Funtastic Friday: Pajama Day</b> 5</p> <p>8:45 Weights &amp; Kinesthetics-SR</p> <p>Open – Walmart and Dollar Tree - Schedule at front desk*</p> <p>10:00 Jennifer with Gooch &amp; Pippin</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>1:30 Show and Reminisce ~ Bring your favorite story or picture and share with the group</p> <p>2:45 Danny in Concert</p> <p>3:30 One-on-one visits</p>	<p>During the day - One-on-Ones 6</p> <p>8:45 Resistance Bands and Lower Body Exercise</p> <p>10:00 Bible Fellowship with Harry</p> <p>10:45 One on One Visits</p> <p>1:30 Quarter Bingo – Lady Luck Style with Random Winners</p>
<p>8:30 One-on-One Visits 7</p> <p>9:00 Our Lady Queen of the Universe</p> <p>9:45 Ascension Church – SR</p> <p>12:45 Chase Park COC – SR</p> <p>1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR</p> <p>2:30 Show Time in Movie Room ~ Show up to vote on movie selection &amp; stay to watch</p>	<p><b>Sign-up for Lunch Bunch</b> 8</p> <p>8:45 Weights &amp; Kinesthetics - SR</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>11:15 Tom with live music in dining room</p> <p>1:15 Blood Pressure Checks</p> <p>1:30 Independent Living Birthday Party ~ Cake and goodies</p> <p>2:00 Independent Living Council</p> <p>3:30 One-on-One Visits</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 9</p> <p>Open – Walmart and Dollar Tree - Schedule at front desk*</p> <p>10:30 Lunch Bunch out to eat at Posey's Buffet – Bus – Sign up by 1/8 at front desk</p> <p>12:45 Golf/Bowling/Hatchet Throwing/Bean Bags with Tom</p> <p>2:45 Russell Davis Magic Show – SR</p> <p>3:30 One-on-one Visits</p>	<p><b>Sign-up for beer tasting on 1/11</b> 10</p> <p>8:45 Weights &amp; Kinesthetics - SR</p> <p>Open - Kroger and Banks – schedule at front desk*</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>10:30 Walking Wednesday with Bethany</p> <p>11:15 Tom with live music in dining room</p> <p>12:45 Chaplin McClaney with CCare</p> <p>1:30 Bryan and Larry in Concert</p> <p>2:45 Regency and Krystal's burgers</p> <p>3:30 Pennies for Ponies</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 11</p> <p>10:00 Cappy and "Sadie"</p> <p>10:15 Resistance Bands and Lower Body Exercise – SR</p> <p>1:30 Employee Birthday Party</p> <p>2:45 Beer Tasting with Patrick ~ Sign-up at front desk by 1/10</p> <p>3:30 One-on-one visits</p>	<p>8:45 Weights &amp; Kinesthetics - SR 12</p> <p>Open – Walmart and Dollar Tree - Schedule at front desk*</p> <p>10:00 Jennifer with Gooch &amp; Pippin</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>1:00 Mall Trip</p> <p>1:30 "Elvis" (aka Brian Lee) Rocking and Rolling – 1DR ~ Elvis-themed snacks and edibles ~ Give-aways ~ Public event</p> <p>3:30 One-on-one visits</p>	<p>During the day - One-on-Ones 13</p> <p>8:45 Resistance Bands and Lower Body Exercise</p> <p>10:00 Bible Fellowship with Harry</p> <p>10:45 One on One Visits</p> <p>1:30 Quarter Bingo – Lady Luck Style with Random Winners</p> <p>3:00 Spirit of Life &amp; Hope with games and singing - SR</p>
<p>8:30 One-on-One Visits 14</p> <p>9:00 Our Lady Queen of the Universe</p> <p>9:45 Ascension Church – SR</p> <p>12:45 Chase Park COC – SR</p> <p>1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR</p> <p>2:30 Show Time in Movie Room ~ Show up to vote on movie selection &amp; stay to watch</p>	<p>8:45 Weights &amp; Kinesthetics – SR 15</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>11:15 Tom with live music in dining room</p> <p>1:15 Blood Pressure Checks</p> <p>1:30 Shirley G with old time hits on the piano &amp; music quizzes</p> <p>2:45 Lowery in Concert - SR</p> <p>3:30 One-on-One Visits</p> <p><i>Martin Luther King Jr. Day</i></p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 16</p> <p>Open – Walmart and Dollar Tree - Schedule at front desk*</p> <p>10:15 Resistance Bands and Lower Body Exercise – SR</p> <p>12:45 Golf/Bowling/Hatchet Throwing/Bean Bags with Tom</p> <p>1:30 Karaoke/group singing with Courtney with Amedisys</p> <p>2:45 Angela with D3 Fitness for reflexology and exercises</p> <p>3:30 One-on-one Visits</p>	<p>8:45 Weights &amp; Kinesthetics - SR 17</p> <p>Open - Kroger and Banks – schedule at front desk*</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>10:30 Walking Wednesday with Bethany</p> <p>11:15 Tom with live music in dining room</p> <p>12:45 Chaplin McClaney with CCare</p> <p>1:00 Library Trip</p> <p>1:30 Brandon Lee in Concert</p> <p>2:45 Regency and National Bagel Day ~ Bruegel Bagels with fixings</p> <p>3:30 Pennies for Ponies</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 18</p> <p>10:15 Resistance Bands and Lower Body Exercise – SR</p> <p>10:45 Ascension Church with Bi-Weekly Devotion – 4th</p> <p>1:30 Lady Luck Bingo for Quarters</p> <p>2:45 Everyone Wins Bingo with Prizes</p> <p>3:30 One-on-One Visits</p>	<p>8:45 Weights &amp; Kinesthetics - SR 19</p> <p>Open – Walmart and Dollar Tree - Schedule at front desk*</p> <p>10:00 Jennifer with Gooch &amp; Pippin</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>1:30 Regency Buck Auction ~ Come and bid on wonderful and necessary items for your apartment</p> <p>3:30 One-on-one visits</p>	<p>During the day - One-on-Ones 20</p> <p>8:45 Resistance Bands and Lower Body Exercise</p> <p>10:00 Bible Fellowship with Harry</p> <p>10:45 One on One Visits</p> <p>1:30 Tim Goff in Concert in Sun Room</p> <p>3:00 Tim Goff – 4<sup>th</sup> Floor</p>
<p>8:30 One-on-One Visits 21</p> <p>9:00 Our Lady Queen of the Universe</p> <p>9:45 Ascension Church – SR</p> <p>12:45 Chase Park COC – SR</p> <p>1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR</p> <p>2:30 Show Time in Movie Room ~ Show up to vote on movie selection &amp; stay to watch</p> <p><i>Activity Professionals Week</i></p>	<p>8:45 Weights &amp; Kinesthetics - SR 22</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>11:15 Tom with live music in dining room</p> <p>1:15 Blood Pressure Checks</p> <p>1:30 Lady Luck Bingo for Quarters</p> <p>2:45 Everyone Wins Bingo with Prizes</p> <p>3:30 One-on-One Visits</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 23</p> <p>Open – Walmart and Dollar Tree - Schedule at front desk*</p> <p>10:15 Resistance Bands and Lower Body Exercise – SR</p> <p>12:45 Golf/Bowling/Hatchet Throwing/Bean Bags with Tom</p> <p>1:30 Fun with drums with Bryan</p> <p>2:45 Manicures – Come. Bring tools.</p> <p>3:15 Pendant Testing – Library</p> <p>3:30 One-on-one Visits</p>	<p>8:45 Weights &amp; Kinesthetics - SR 24</p> <p>Open - Kroger and Banks – schedule at front desk*</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>10:30 Walking Wednesday with Bethany</p> <p>11:15 Tom with live music in dining room</p> <p>12:45 Chaplin McClaney with CCare</p> <p>1:30 Tim K in Concert</p> <p>2:45 Regency and National Cheese Lover's Day – Pepperoni and cheese pizza!</p> <p>3:30 Pennies for Ponies</p> <p><i>Tu B'Shevat Begins</i></p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 25</p> <p>10:00 Cappy and "Sadie"</p> <p>10:15 Resistance Bands and Lower Body Exercise – SR</p> <p>1:30 Lady Luck Bingo for Quarters</p> <p>2:45 Everyone Wins Bingo with Prizes</p> <p>3:30 One-on-one visits</p>	<p>8:45 Weights &amp; Kinesthetics - SR 26</p> <p>Open – Walmart and Dollar Tree - Schedule at front desk*</p> <p>10:00 Jennifer with Gooch &amp; Pippin</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>1:30 Wine &amp; Cheese ~ Alyssa in Concert ~ sweet treats and good eats</p> <p>3:30 One-on-One Visits</p> <p><i>Australia Day (Observed)</i></p>	<p>During the day - One-on-Ones 27</p> <p>8:45 Resistance Bands and Lower Body Exercise</p> <p>10:00 Bible Fellowship with Harry</p> <p>10:45 One on One Visits</p> <p>1:30 Quarter Bingo – Lady Luck Style with Random Winners</p>
<p>8:30 One-on-One Visits 28</p> <p>9:00 Our Lady Queen of the Universe</p> <p>9:45 Ascension Church – SR</p> <p>12:45 Chase Park COC – SR</p> <p>1:30 Bible Study, Conversation Ball, Trivia or Bingo - SR</p> <p>2:30 Show Time in Movie Room ~ Show up to vote on movie selection &amp; stay to watch</p> <p>3:00 Liz with Senior Reading Hour - Library</p>	<p>8:45 Weights &amp; Kinesthetics - SR 29</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>11:15 Tom with live music in dining room</p> <p>1:15 Blood Pressure Checks</p> <p>1:30 Lady Luck Bingo for Quarters</p> <p>2:45 Everyone Wins Bingo with Prizes</p> <p>3:30 One-on-One Visits</p>	<p>8:45 Resistance Bands and Lower Body Exercise – SR 30</p> <p>Open – Walmart and Dollar Tree - Schedule at front desk*</p> <p>10:15 Resistance Bands and Lower Body Exercise – SR</p> <p>12:45 Golf/Bowling/Hatchet Throwing/Bean Bags with Tom</p> <p>1:30 Lady Luck Bingo for Quarters</p> <p>2:45 Bowling for Prizes</p> <p>3:30 One-on-one visits</p>	<p>8:45 Weights &amp; Kinesthetics - SR 31</p> <p>Open - Kroger and Banks – schedule at front desk*</p> <p>10:15 Weights &amp; Kinesthetics –SR</p> <p>10:30 Walking Wednesday with Bethany</p> <p>11:15 Tom with live music in dining room</p> <p>12:45 Chaplin McClaney with CCare</p> <p>1:30 Michael H in Concert - SR</p> <p>2:45 Regency and National Cheese Lover's Day again – Gourmet Grilled Cheese</p> <p>3:30 One-on-one Visits</p>	<p><b>January 2024</b></p> <p>Regency Retirement Village – Independent Living</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.