

WHAT'S COMING UP

January 1st

Happy New Year!

January 6th

Apple Tree Day

January 9th

National Law Enforcement
Day

January 13th

Korean American Day

January 14th

Ratification Day

January 15th

Martin Luther King Jr. Day

January 19th

Good Memory Day

January 20th

Take a Walk Outdoors Day

January 22nd

Celebration of Life Day

January 25th

Opposite Day

January 27th

International Holocaust
Remembrance Day

January 31st

National Hot Chocolate Day



JANUARY 2024 NEWSLETTER



Dear Regency Family,

Walking through the winter wonderland as we glide through this cold month of January, we'll do our best to keep warm through these winter months. Of course, in December we decked the halls with decorations, the Korean Mission Dance Academy performed for us, and our Christmas Open House with a live nativity scene, Full Spectrum in concert, pictures with Santa, and JD singing warmed our hearts. So much celebration in such a short month! What marvelous memories we made!

What fantastic events do we have planned for this month?

- » Russell Davis magic show on January 9th
- » Beer tasting with Patrick on January 11th
- » Brian Lee Howell, aka "Elvis" rocking and rolling at Regency Towers on January 12th
- » Brandon Lee entertaining us on January 17th

Check your calendars for details on our special events, concerts, food activities and more. 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.*



Thanksgiving Celebration — November 17th

Grateful for all our blessings, over 350 residents and family members united in nine dining rooms throughout the building to savor enticing Thanksgiving platters filled to the brim with fresh roasted turkey, stuffing, ham and all the sides. Music by Michael, Raul and Alyssa floated throughout the building as we smiled, laughed and sang to our hearts' content. We hope everyone had a blessed and happy Thanksgiving!



Christmas Painting with Carol — December 1st

On Friday, December 1st, we used our creative energy to paint beautiful Christmas trees with colorful packages. Festive and inspiring, the residents each gave the scene their own special touches. With a surprise in store, Ayden with Auburn University did a pop-up persuasive speech titled, "Why We Should Celebrate Christmas Twice A Year," followed by a Q&A. What a touching afternoon!



Korean Mission Dancers — December 11th

Korean Mission Dance Academy performed a bright, beautiful and authentic dance session filled with drums, “angels” and more for our holiday concert series. We honored Christ with the performance, prayer and Korean worship songs. In between, we all joined in for Christmas songs. ‘Tis the holiday season — share joy!



Christmas with Luanas Wahines — December 12th

In our Christmas concert series, we experienced interpretive Hawaiian dance with the Luanas Wahines! Such an honor and privilege to enjoy Christmas the Hawaiian way with “Mele Kalikimaka,” “Aloha Oe,” “Santa’s Hula” and more. We hope everyone had a very Merry Christmas!





Russell Davis Magic Show

January 9th at 2:45 pm

Be sure to check out this magic show by Russell Davis in the sun room. Russell is well known for his local shows, with several levels of good, clean, fun comedy. He'll improvise stunning up-close "miracles" and humorous acts. This is your opportunity to be here for a brand new experience with a new act at Regency. Let's let the magic roll!



Beer Tasting with Patrick

January 11th at 2:45 pm

Stouts. Ales. Blondes. What is your favorite beer? Now is your opportunity to taste a wide array of beers with Patrick leading you through the endeavor. Describing tastes, brewing techniques and more, he'll lead us on a journey as we learn about one of man's oldest drinks. Be sure to sign up at the front desk for your chance to come and sip during this new experience!



"Elvis" Rocking and Rolling

January 12th at 1:30 pm

One of our biggest annual events, this is your opportunity to see one of the best Elvis impersonators in the southeast region. Check out Brian Lee as he swivels his hips and sounds so much like Elvis it will transport you back in time. Dietary will also be theming our goodies to items Elvis enjoyed. Be sure to invite your friends and family as we savor this yearly tradition!



Angela with D3 Fitness

January 16th at 2:45 pm

Reflexology. Exercise. Kinesthetics. Vibrant music. Just imagine spending this quality hour learning about your muscles, the function of each, and how to work diligently each day to grow stronger. Great information for you is right at your fingertips, and this is your opportunity to grow stronger and wiser. Be sure not to miss out!



Tim Knecht in Concert

January 24th at 1:30 pm

Singing several thousand songs from heart, Tim is one of the newest talents Regency has been able to book for our residents, families and friends. He knows the oldies and his voice is perfect for smooth country music, somewhere between Johnny Cash and Elvis. He can also adapt and sing a wide range of genres. Don't miss this opportunity to see this hot new talent for yourself!



Wine and Cheese

January 26th at 1:30 pm

Let's sip on wine, beer, and sparkling grape juice as we all come together in the sun room to chat, laugh and listen to the musical stylings of Alyssa and indulge in some decadent desserts and savory items. With a pure, sweet voice, Alyssa fills up the room as she sings the oldies, gospel and more. Bring your friends and family members too!



What's Cooking Wednesdays

Wednesdays at 2:45 pm

Did you know we celebrate "What's Cooking Wednesdays" every week with a food event immediately following the concert? This month, we will be making homemade Belgium waffles, serving Krystal burgers, savoring National Bagel Day, indulging in National Cheese Lover's Day with pizza, and closing out the month with our gourmet grilled cheese. Come and see what all the fuss is about!



Ms. Juanita “Nell” Hardin

Ms. Juanita “Nell” Hardin was born in Sparta, Tennessee, as the youngest of eight children. She did air weather service work in the Air Force for 3 years in the 1950s and worked in insurance after that. Ms. Nell has two daughters from her first marriage, then remarried Edward, who has four children. Nell was active in church and enjoys embroidery. She describes

herself as an adventurous person. Of her extensive travels, her favorite places she has visited are Scotland and Ireland. We are delighted to have Ms. Nell with us here at Regency.

WELCOME NEW RESIDENTS!

Barbara Hanes

William Danner

Barbara Hockenberry

Happy Birthday

Resident

Shirley Tindol	Jan. 2
Imogene Stone	Jan. 4
Ali Gokmen	Jan. 10
Francis Herbert	Jan. 11
Jean Glass	Jan. 14
Linda Vergara	Jan. 20
Jeanie Murphy	Jan. 22
James Scarboroug	Jan. 26
Linda Chandler	Jan. 28
Rita Schindler	Jan. 28
Elizabeth McCaffrey	Jan. 29
Saundra Hil	Jan. 30

Employee

Jerome Everson	Jan. 1
Jennifer Watkins	Jan. 2
Linda Williams	Jan. 6
Victor Wilson	Jan. 7
Cynthia Jones	Jan. 9
Destiny Sainnatus	Jan. 10
Jacynth Marr	Jan. 17
Kenneth McGee	Jan. 19
Adriane Armour	Jan. 22
Donna Meyer	Jan. 25
Judy Summers	Jan. 29
Yvonne Callahan	Jan. 30
Carrie Fisher	Jan. 30
Charles Jones	Jan. 31

THERAPY CORNER

Welcome to another edition of Therapy Corner.

I hope you all had a Merry Christmas and a Happy New Year! Let's discuss being active this month. With the colder weather during this time of year, we all tend to become less active. Those of us who love to get outdoors tend to decrease our activity during winter, as the weather makes it almost impossible to get outside.

As enticing as staying in a warm room sounds, it is imperative to maintain some level of physical activity during this time of year. 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,” which is great, but you need a little more activity.

A 10-15 minute walk at least 2 times a day can make a tremendous difference in how you feel and your overall well-being. Tap into your competitive nature to make it more challenging by timing yourself and trying to improve your time daily or weekly. This can make the walk more interesting and stimulate your mind while you're working the body.

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. I hope you find this information helpful and will heed my suggestion to keep moving!

Until next time,

Your Restore Therapy Family

WORD FIND

W	R	J	B	E	G	I	N	N	I	N	G	X	C	K	T	E	M	R	T	V	Q	L	Q	R
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GARNET

BEEF

ELLIS

HYDROX

FRANKLIN

BEGINNING

JANUARY

CARNATION

RESOLUTION

ROSE

WINTER

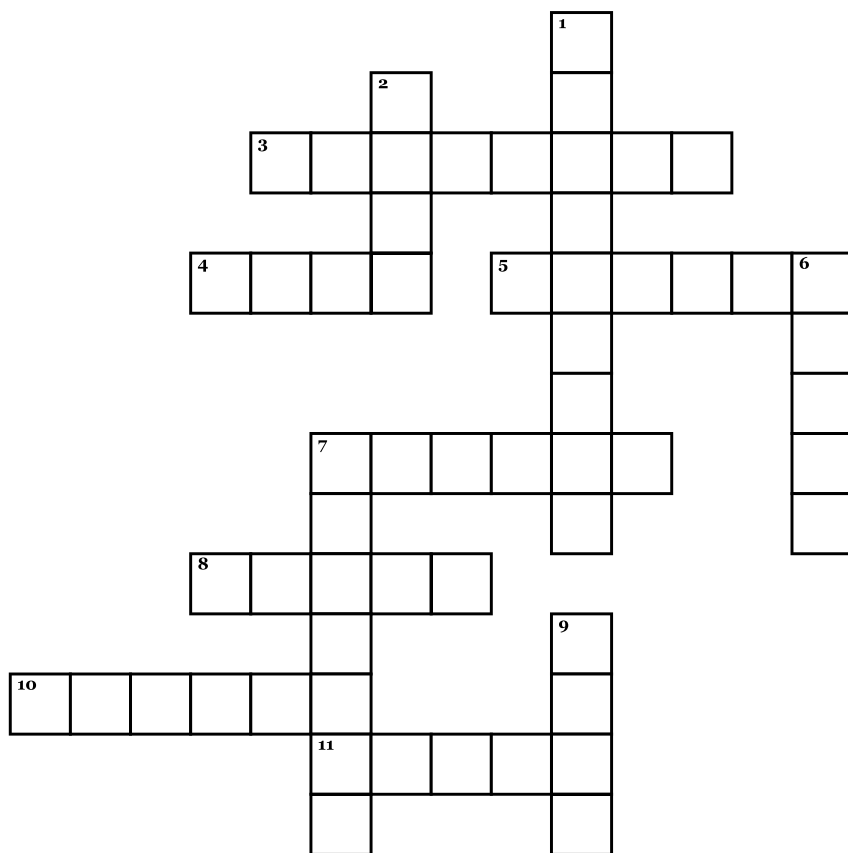
EPIPHANY

WOLF

SNOWDROP

RIGHTS

CROSSWORD



Down

1. One of January's birth flowers
2. January's Moon
6. Famous Square
7. Franklin's note
9. Bowl Game in Pasadena

Across

3. January's other birth flower
4. Famous slogan, "Where's the ____?"
5. January's birthstone
7. The original chocolate sandwich cookie
8. Roman god with two heads
10. He added the 31st day to January
11. Island for Immigrants to America

EMPLOYEE OF THE YEAR

Maria Nissen



Maria Nissen has served the residents of Regency Towers for over 17 years now! She has been married since 1988 to her husband and together they share three daughters and one grandchild.

When she is off work, Maria loves to clean and spend time with her grandchildren. She's a well-known smiling face on the 3rd floor, helping Assisted Living with all their daily living activities and encouraging the residents to go for walks. We are so thankful to have Maria on staff for us. Congratulations, and thank you for all you do, Maria!

EMPLOYEE OF THE MONTH

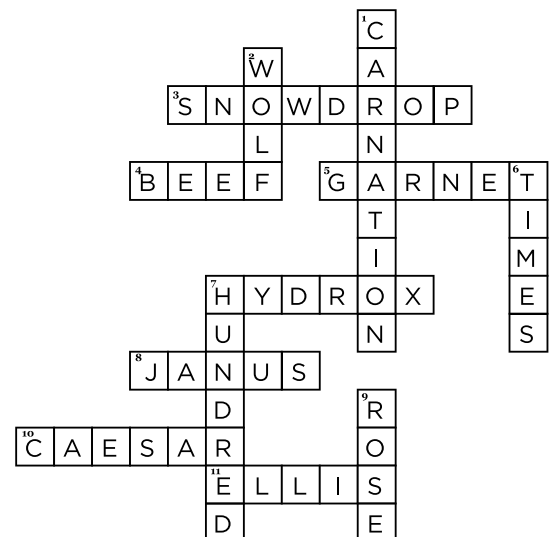
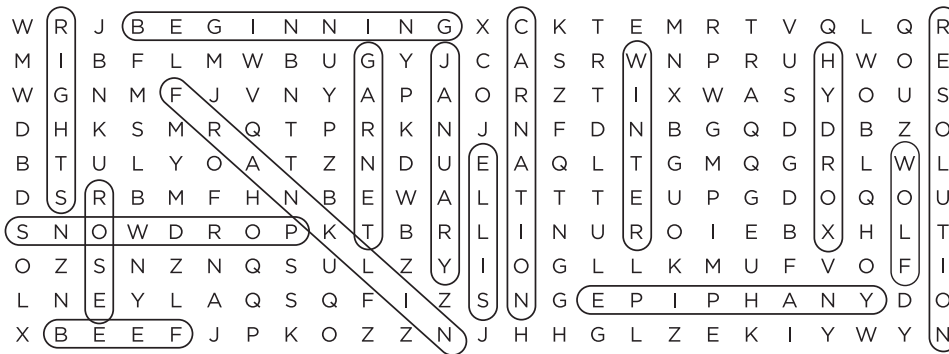
Sabrina Parker



Sabrina Parker serves in the Dietary Department taking care of the residents and ensuring they eat well. During her spare time, she loves to crochet and knit. She loves hugs and enjoys fishing, music and giving residents gifts that

she has made. She has two children and grew up riding horses. Join us in congratulating Sabrina for winning Employee of the Month for January 2024.

ANSWER KEY



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