

## WHAT'S COMING UP

### February 1st

National Freedom Day

### February 2nd

Groundhog Day

### February 7th

Rose Day

### February 9th

National Pizza Day

### February 11th

Super Bowl Sunday

### February 13th

Mardi Gras

### February 14th

Valentine's Day

### February 17th

National Random Acts of Kindness Day

### February 20th

National Comfy Day

### February 22nd

National Margarita Day

### February 28th

National Pancake Day

### February 29th

Leap Day

## FEBRUARY 2024 NEWSLETTER



### *Dear Regency Family,*

As the Italians say, "They who sing through the summer must dance in the winter," and we shall dance here at Regency in Huntsville this winter. We stayed cozy and comfy through the wintery month of January as we watched Elvis shake, rattle, and roll; sipped on beer with Patrick; tried to catch the sleight of hand in Russell's Magic Show; exercised with Angela; and enjoyed multiple other events. What marvelous memories we made!

What fantastic, fun events do we have planned for February?

- » "Willie Nelson" (aka Wayne) performing on Friday, February 2nd at 2:45 p.m.
- » Chinese Lunar New Year Celebration with the Korean Mission Dancers on Friday, February 9th at 1:30 p.m.
- » Mardi Gras Celebration on Tuesday, February 13th with the Tea Time Music Group in the 1st floor dining room
- » Valentine's Day Party on Wednesday, February 14th with JD Pollard

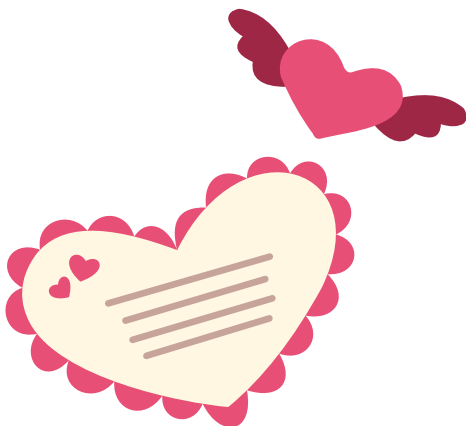
Be sure to check your copy of the February 2024 calendar for more details on our upcoming events, concerts, food activities and more. Join the other residents from Regency Towers for these new experiences. Invite your friends and family members, too! Let's savor life together and capture every precious moment!

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

*Sincerely,*  
*Regency Management*

### *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.





## Christmas Open House

Sleigh bells were ringing as Santa dropped by at our annual Regency Christmas Open House! Smiles were bright with vendors giving away prizes down the hallway, a live nativity with singing at the front entrance, a performance by the Full Spectrum Band in the sun room, Santa by the fireplace with candy canes, and JD singing in the dining room with elegant holiday appetizers. Spirits were lifted as we gathered and danced together to make holiday memories!



## “Snowy” Christmas Concert with Tim and Jan Bougher

It was “snowing” in Alabama on December 20th when Tim and Jan Bougher played us their Christmas music. Loving the songs and singing along, the residents joined in the holiday spirit with music of their own using Christmas bells.



## Harpist Melissa and Door Decorating Contest

Serene and majestic like a river, the music made by harpist Melissa filled the sun room. The room was packed as the scene became tranquil as if we were catching a glimpse of heaven. After the concert, we traveled floor to floor to vote on the top three holiday-decorated doors. Clarence took 1st, Idella was 2nd and Robert was 3rd. What a beautiful holiday season it was!



## Holiday Fun During December 2023

From holiday-themed dress-up days to the Madison 4H Club distributing Christmas cards; from Christmas parties to ringing in the New Year with a ball drop, whistles, and hats; and from participating in Dirty Santa gift exchanges to crafting with Carol Kaye, our December 2023 was a month to remember. With over 19 special events, we sang, laughed, danced and clapped as we indulged in holiday treats and good eats. What a memorable time!



## Wayne as “Willie Nelson”

February 2nd at 2:45 p.m.

Just close your eyes and listen to the intonations and good vibrations coming from our very own Willie Nelson impersonator, Wayne. Singing “On the Road Again,” “Blue Eyes Crying in the Rain,” “Highwayman” and more, he’s sure to take you back in time to when we all heard Willie Nelson’s songs on the radio. Such a great time for reminiscing!



## Lunch Bunch

February 6th at 10:30 a.m.

Fried green tomatoes. Pot roast. Country fried steak. Salmon patties. Chicken and dumplings. Coconut cream pie. Pecan pie. Tod’s carrot cake. Shoepeg corn. With these southern lunch items in mind, can you guess where we’re going in February? Why, Walton’s Southern Table, of course. Be sure to sign up at the front desk by February 5 to join us.



## Chinese Lunar New Year Celebration

February 9th at 1:30 p.m.

It’s that time of the year again — time to celebrate the Lunar New Year. This is your opportunity to see the delightful, elegant and authentic performance of the Korean Mission Dancers with drums, dancing and fans. We’ll be indulging in Asian foods and Ms. Libby has a surprise for those that attend. Don’t miss this once-a-year celebration!



## **Mardi Gras Celebration**

February 13th at 1:30 p.m.

Randy and the Tea Time Music Group will pull out all the stops to transport us to a good vibration celebration in New Orleans. Playing jazz, ragtime, blues and marches, the band will liven up the 1st floor dining room as we enjoy king cake and more. Let's get up and dance a jig as we don our Mardi Gras masks, hats and necklaces. What a celebration it will be!



## **Valentine's Day Party**

February 14th at 1:30 p.m.

JD Pollard will serenade us during this holiday event as we celebrate those we love. Of course, a Valentine's Day Party isn't complete without candy, goodies, fresh fruit and more. Why don't you stop by and join in the fun?



## **Tammy with Girl Scout Cookies**

February 19th at 1:30 p.m.

What's your favorite Girl Scout cookie? Do-si-dos. Samoas. Thin Mints. Adventurefuls. Trefoils. S'mores. These are just a few of the options Tammy and her Girl Scouts will be bringing to our facility by the case. Be sure to have your cash or credit card ready so you can purchase your favorites!



## **Wine and Cheese with Taylor and Jeff**

February 23rd at 1:30 p.m.

Taylor, with her beautiful soprano voice carrying through the octaves, will lift our spirits as she sings with Jeff on guitar, bringing the music together. This is your opportunity to invite friends and family to this event as we enjoy wine, sparkling grape juice, beer, fresh fruit, desserts and more. Join us for this elegant, family-friendly event!



### Ms. Barbara Hanes

Ms. Barbara Hanes was born in Cullman County, here in Alabama in 1944. She met and married her husband Frank, who is also a resident at Regency. Together they have two daughters, Kimberly Stell and Pam Downey. Barbara worked for many years at a government job here in Huntsville until she retired. She loves to listen to music, mainly Elvis and old country music. We are so grateful Ms. Barbara is here at our Regency home. Join us in making Ms. Barbara feel welcome.

## Happy Birthday

### Resident

Helen Howard	Feb. 1st
Jane Welty	Feb. 1st
Mary Samaniego	Feb. 10th
George Boyer	Feb. 10th
Audrey Spencer	Feb. 11th
James Batson	Feb. 13th
Betty Culver	Feb. 14th
Rosetta Spencer	Feb. 17th
Leona Walters	Feb. 18th
Doris Goree	Feb. 18th
Ernest Williams	Feb. 20th
William Askenburg	Feb. 21st
Constance Wright	Feb. 24th
Clarence Stephens	Feb. 24th
Mary Jones	Feb. 25th
Duane Hoffman	Feb. 26th
Charles Hill	Feb. 26th

### Employee

Sabrina Logan	Feb. 7th
Ravyn Douglas	Feb. 23rd
Norris Stoudemire	Feb. 24th

## THERAPY CORNER



Welcome to another edition of Therapy Corner. In this edition, I would like to discuss the mind and ways to keep it sharp. I often hear my patients comment, “My mind isn’t what it used to be,” or “I can’t remember anything anymore.”

Most people think that loss of short-term memory and difficulty with problem-solving (cognition) are just parts of getting older. This is not the case. Often memory and cognition decline because the mind is not challenged. Just like muscles must be exercised to stay healthy and strong, the mind has to be worked and challenged as well. When we were younger, we established routines and schedules to make us more efficient because our lives were so busy. These routines allowed us to do things without thinking about them, allowing us to be more efficient.

However, as we get older and our lives aren’t as challenging, these routines work against us by not challenging our minds. We do things using “rote” memory. To offset the cognitive decline and short-term memory issues associated with aging, one needs to change how one does daily activities. Some examples are: taking a different route to the market or church, performing more tasks with your non-dominant hand, changing the order in which you bathe, changing the order in which you put on your clothes, and changing the order of your morning routine. These may seem simple, but they challenge your mind and make you think about things that you normally don’t. It causes a person to tap into aspects of their brain that they typically don’t. They challenge the brain and thus improve its function.

***I hope you find these tips helpful and will use them to improve memory and problem-solving.***

## WELCOME NEW RESIDENTS! 🏠

Charles Hill  
Peggy Williams

Helen Howard  
Joel Lonergan

Audrey Spencer

WORD FIND

L L I X P Z S B L W N K W M R X H W W K L Q D R G  
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 R D F C S H U T T L E I C U T U I I E A N E U O L  
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FEBRUUM  
 ROMAN  
 LOVE

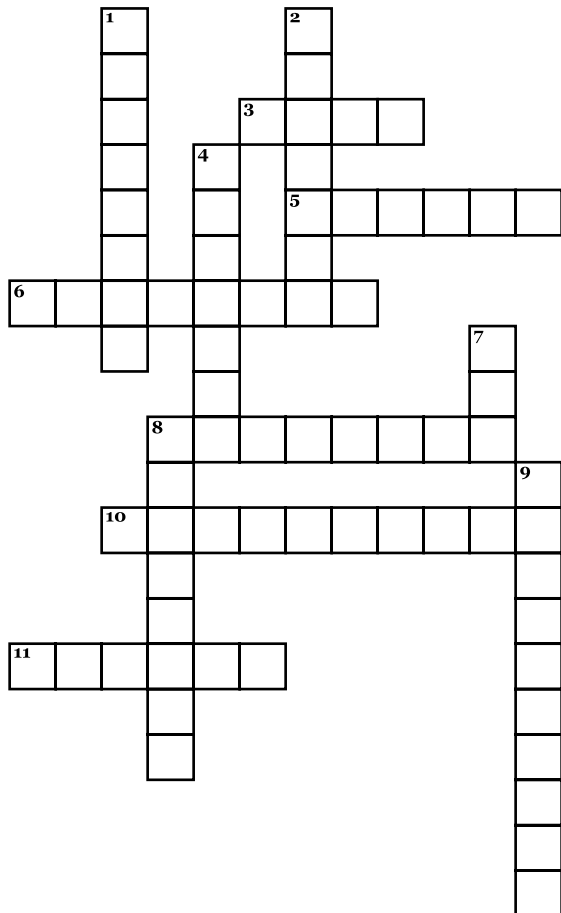
LUPERCALIA  
 COLUMBIA  
 BEATLES

PRIMROSE  
 WASHINGTON  
 SOL

MONATH  
 AQUARIUS  
 AMETHYST

LATIN  
 WELSH  
 SHUTTLE

CROSSWORD



Down

- 1. Space Shuttle \_\_\_\_\_
- 2. Famous british band, The \_\_\_\_\_
- 4. February in Latin
- 7. Mardi Gras is also known as \_\_\_\_\_ Tuesday
- 8. One of February's zodiac signs
- 9. American president George \_\_\_\_\_

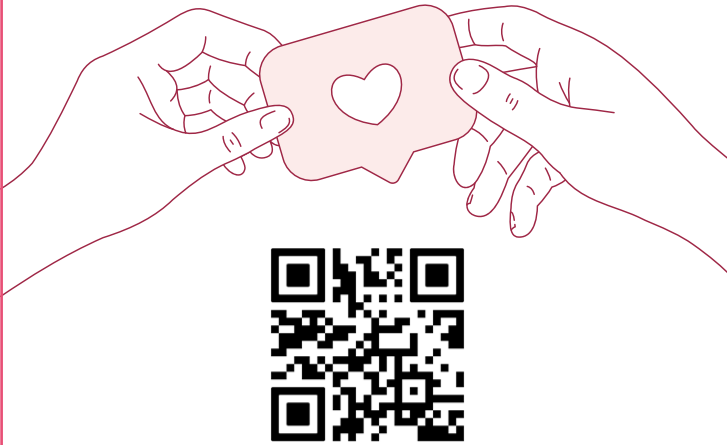
Across

- 3. "Sol-monath" means "\_\_\_\_\_ month"
- 5. In Welsh February is known as "y mis bach," which means "\_\_\_\_\_ month."
- 6. February's birth flower
- 8. February's birthstone
- 10. Roman festival of love
- 11. Roman Emperor \_\_\_\_\_ Caesar

# 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

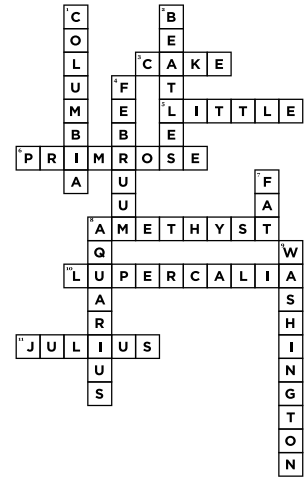
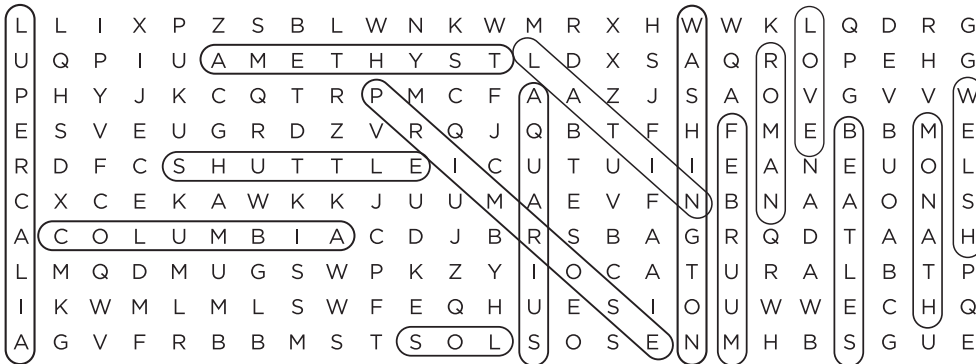
### Mrs. Joyce Fearn



Mrs. Joyce Fearn has been serving at Regency Towers for over 3.5 years. She has 3 beautiful children and 3 amazing grandchildren. During her free time, she loves to cook and dance. Her true passion is in helping the elderly and children. With a beaming smile on her face, Joyce can always be found taking care of the residents and helping out where needed on the floor.

Join us in congratulating Mrs. Joyce for being awarded February 2024 Employee of the Month.

## ANSWER KEY



## CONNECT WITH US

Facebook.com/RegencyRetirementHuntsville

RegencyHuntsville.com

### Regency Senior Living's mission is to

- Serve** our residents and families while
- Engaging** in relationships
- Respecting** individuality and
- Valuing** the contributions of those who
- Evolve** our care every day