


JANUARY 2018

REGENCY REFLECTIONS EVENTS

Regency Retirement Village of Birmingham

285 West Oxmoor Road | Birmingham, AL 35209 | (205) 942-3355

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HAPPY NEW YEAR! 1 9:00 Orientation to the Day 10:30 Exercise 11:00 Sing-A-Long 1:00 Jan. Birthdays Celebration 2:15 - 3:30 Quiet Time 4:00 Monday Night Bingo 6:00 Evening Stretching	2 9:00 Orientation to the Day 9:30 Tai Chi 10:30 Exercise 11:00 Bible Trivia 1:00 Wear A Hat Tell A Story 2:15 - 3:30 Quiet Time 4:00 Board Games 6:00 Evening Stretching	3 9:00 Orientation to the Day 10:30 Exercise 11:00 Super Smells 1:00 "I Remember When" stories 2:15 - 3:30 Quiet Time 4:00 Name That Capital 6:00 Evening Stretching	4 BEAUTY SALON OPEN 9:00 Orientation to the Day 10:30 Exercise 11:00 Manicures 1:00 Sorting 2:15 - 3:30 Quiet Time 4:00 Arts and Crafts 6:00 Evening Stretching	5 9:00 Orientation to the Day 10:00 Music Therapy 10:30 Exercise 11:00 Courtyard Safari 2:15 - 3:30 Quiet Time 4:00 Friday Nite Matinée/Popcorn 6:00 Evening Stretching	6 9:00 Orientation to the Day 10:30 Exercise 11:00 Trivia 1:00 Brain Teasers 2:15 - 3:30 Quiet Time 4:00 Pet Therapy 6:00 Evening Stretching
	7 9:00 Orientation to the Day 10:00 Exercise 11:00 Devotion 1:00 Bible Blessings 2:00 Snack, Rest & Relaxation 4:00 Bible Games 6:00 Soft Music & Relaxation Happy Birthday Ralph Cook	MARTIN LUTHER KING DAY 8 9:00 Orientation to the Day 10:30 Exercise 11:00 Arts and Crafts 1:00 Sensory Stimulation Sound 2:15 - 3:30 Quiet Time 4:00 Monday Night Bingo 6:00 Evening Stretching	9 9:00 Orientation to the Day 10:30 Exercise 11:00 Bible Trivia 1:00 Wear A Hat Tell A Story 2:15 - 3:30 Quiet Time 4:00 Board Games 6:00 Evening Stretching	10 9:00 Orientation to the Day 10:30 Exercise 11:00 Cup Stacking Game 1:00 Conversation Boxes 2:15 - 3:30 Quiet Time 4:00 Board Games 6:00 Evening Stretching	11 BEAUTY SALON OPEN 9:00 Orientation to the Day 10:30 Exercise 11:00 Manicures 1:00 Remember I Am Still Me 2:15 - 3:30 Quiet Time 4:00 Hangman 6:00 Evening Stretching Happy Birthday Benita Vernaci	12 9:00 Orientation to the Day 10:30 Exercise 11:00 Courtyard Safari 1:00 The Olympics 2:15 - 3:30 Quiet Time 4:00 Friday Nite Matinée/Popcorn 6:00 Evening Stretching Happy Birthday Velma Avery
14 9:00 Orientation to the Day 10:00 Exercise 11:00 Devotion 1:00 Bible Blessings 2:00 Snack, Rest & Relaxation 4:00 Bible Games 6:00 Soft Music & Relaxation	15 9:00 Orientation to the Day 10:30 Exercise 11:00 Chair Bowling 1:00 Sensory Stimulation Smell 2:15 - 3:30 Quiet Time 4:00 Monday Night Bingo 6:00 Evening Stretching	16 9:00 Orientation to the Day 10:00 Balance & Core Exercise 11:00 Bible Trivia 1:00 Start Remember I Am Still Me Album 2:15 - 3:30 Quiet Time 4:00 Chess/Checkers/Tic-Tac-Toe 6:00 Evening Stretching	17 9:00 Orientation to the Day 10:30 Exercise 11:00 "I Remember When" stories 1:00 Bean Bag Toss 2:15 - 3:30 Quiet Time 4:15 Board Games 6:00 Evening Stretching	18 BEAUTY SALON OPEN 9:00 Orientation to the Day 10:30 Exercise 11:00 Manicures 1:00 Ring Toss 2:15 - 3:30 Quiet Time 4:00 Memory Bag 6:00 Evening Stretching	19 9:00 Orientation to the Day 10:00 Music Therapy 10:30 Exercise 11:00 Courtyard Safari 1:00 The Olympics 2:15 - 3:30 Quiet Time 4:00 Friday Nite Matinée/Popcorn 6:00 Evening Stretching	20 9:00 Orientation to the Day 10:30 Exercise 11:00 Board Games 1:00 Puzzles 2:15 - 3:30 Quiet Time 4:00 Feel Good Music 6:00 Evening Stretching
21 9:00 Orientation to the Day 10:00 Exercise 11:00 Devotion 1:00 Bible Blessings 2:00 Snack, Rest & Relaxation 4:00 Bible Games 6:00 Soft Music & Relaxation	22 9:00 Orientation to the Day 10:30 Exercise 11:00 Ring Toss 1:00 Sensory Stimulation Sight 2:15 - 3:30 Quiet Time 4:00 Monday Night Bingo 6:00 Evening Stretching	23 9:00 Orientation to the Day 10:30 Exercise 11:00 Bible Trivia 1:00 Wear A Hat Tell A Story 2:15 - 3:30 Quiet Time 4:00 Board Games 6:00 Evening Stretching	24 9:00 Orientation to the Day 10:30 Exercise 11:00 "I Remember When" stories 1:00 Cup Stacking Game 2:15 - 3:30 Quiet Time 4:00 Conversation Boxes 6:00 Evening Stretching	25 BEAUTY SALON OPEN 9:00 Orientation to the Day 10:30 Exercise 11:00 Manicures 1:00 Brain Teasers 2:00 Handbells with Amanda 4:00 Sensory Stimulation Taste 6:00 Evening Stretching	26 9:00 Orientation to the Day 10:30 Exercise 11:00 Courtyard Safari 1:00 Ice Cream Social 2:15 - 3:30 Quiet Time 4:00 Friday Nite Matinée/Popcorn 6:00 Evening Stretching	27 9:00 Orientation to the Day 10:30 Exercise 10:45 Hand in Paw Pet Therapy 11:00 Trivia 1:00 Brain Teasers 2:15 - 3:30 Quiet Time 4:00 Ring Toss 6:00 Evening Stretching
28 9:00 Orientation to the Day 10:00 Exercise 11:00 Devotion 1:00 Bible Blessings 2:00 Snack, Rest & Relaxation 4:00 Bible Games 6:00 Soft Music & Relaxation	29 9:00 Orientation to the Day 10:30 Exercise 11:00 Arts and Crafts 1:00 Sensory Stimulation Sound 2:15 - 3:30 Quiet Time 4:00 Monday Night Bingo 6:00 Evening Stretching	30 9:00 Orientation to the Day 9:30 Tai Chi 10:30 Exercise 11:00 Bible Trivia 1:00 Wear A Hat Tell A Story 2:15 - 3:30 Quiet Time 4:00 Board Games 6:00 Evening Stretching Happy Birthday Jane Peterson	31 9:00 Orientation to the Day 10:30 Exercise 11:00 Super Smells 1:00 "I Remember When" stories 2:15 - 3:30 Quiet Time 4:00 Name That Capital 6:00 Evening Stretching	THOUGHTS ABOUT A NEW YEAR... The new year has brought another chance for us to set things right and to open up a new chapter in our lives. Don't think of the opportunities that you have missed in the last year. The New Year is an unwritten book, so choose your actions and words wisely and fill it up with pages that are worth reading by the end of the year. Unlike what most people think, it is never too late to be what you wish to be.		