SENIOR LIVING

JULY 2023 EVENTS

					285 West Oxmoor Road Birmingham, AL 35209 (205) 942-3355 FRIDAY SATURDAY 1		
SUNDAY	Monday	TUESDAY	WEDNESDAY	Thursday	Friday	SATURDAY	
						10:30 Reading and Relaxation 1:30 Movie Trivia 3:00 Nature Appreciation	
2:00 Our Daily Bread	11:00 Resident Council Meeting 3:00 Board Games	4 11:00 Bible Study 12:00 Independence Day Celebration 3:00 4th of July Trivia	10:30 Morning Exercise 1:00 Games with Ellen 3:30 Bingo	5 10:30 Cardio Exercise 1:30 Family Feud 3:30 Say it with Color	6 10:30 Range of Motion 2:00 Happy Hour with The Alexander's	7 10:00 Views on News 1:30 Midday Movie 4:00 Silly Sitcoms	
1:30 Favorite Hymns	3:00 My Life Story	11 10:30 Violin Serenade with Connie 11:00 Bible Study 1:30 Nature Walk 3:30 Reading with Refreshments	10:30 Coffee Concert 1:00 Games with Ellen 3:30 Bingo	12 10:00 Stretch Class 1:30 Sips and Strokes 3:30 Thirsty Thursday Social	13 10:00 Sittercise 2:00 Luau Party with Jordan Hopkins Performing 4:00 Table Talk	14 10:00 Social Hour 1:30 Resident Led Games	
2:00 Prayer Group	1:30 Creative Expression	18 11:00 Bible Study 1:30 Corn Hole 3:30 Resident Led Games	10:30 Exercise Class 1:00 Games with Ellen 3:30 Bingo	19 9:45 Walmart 10:00 Prayer Walk 3:30 Resident Led Games	20 10:30 Sit and B-Fit Exercise 1:30 Nature Appreciation 3:30 Total Trivia	21 22 10:00 Morning Exercise 1:30 Resident Choice Movie	
1:30 Hymn Sing Along	1:30 Animal Art	25 10:30 Garden Club 1:30 Sips and Strokes 3:30 Connect Four	10:30 Jazzercise 1:00 Games with Ellen 3:30 Bingo	26 10:30 Dollar Tree 1:30 Movie Trivia 3:00 Let's Make S'mores	27 10:30 Cardio Exercises 1:30 Views on News 3:30 July Birthday Celebration	29 10:00 Morning Movement 1:30 A Game of Triominos	
BM01CIL *Activities subject to	0 CHANGE.						

Regency Retirement Village of Birmingham