

WHAT'S COMING UP

July 4

Independence Day

July 7

National Father Daughter
Take a Walk Day

World Chocolate Day

July 14

National Mac and Cheese Day

July 16

National Ice Cream Day

July 19

National Hot Dog Day

July 23

National Parents' Day

July 28

Buffalo Soldiers Day

July 30

International Day of
Friendship



JULY 2023 NEWSLETTER



Hello Residents,

Summer is here, bringing a delightful symphony of warm breezes and sprinkling rains. Everywhere you look, the landscape is adorned with a kaleidoscope of vibrant flowers, their colors blending together in a joyous celebration of nature's beauty!

As the days stretch out, inviting us to slow down and savor the simple pleasures that summer brings, we look forward to wonderful events that await us in July, including:

- » The Birmingham Zoo Visit
- » A Fourth of July Celebration
- » Our Happy Hour with The Alexanders
- » Hands-on Cuisine
- » And More

We extend our heartfelt gratitude to you for selecting Regency as a home for yourself or a family member. Our dedicated team of compassionate professionals is committed to creating a warm and inviting community where personalized care and individual needs are at the forefront of everything we do. Thank you for entrusting us with your care or that of your loved one.

Rachelle Gillespie,
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 90 days from the move-in date.*



Mother's Day Tea

Regency of Birmingham's Mother's Day Tea was well attended. The ladies enjoyed their saxophone serenade as well as the singalong. The cucumber sandwiches and petit fours were an added delight. It was such a special event some family members joined us!



Men's Casino Royale

Our Men's Club kicked off with a Casino Royale. The guys enjoyed Blackjack, snacks, and all received dealer hats. It may have been a Men's Club, but they welcomed the ladies to join the fun!



Garden Club

Our first Garden Club of the year was a success! Being able to go out and work in the garden brought smiles from our residents just as bright as the sun. Stay tuned to see what the residents are expecting to bloom!



Hands-on Cuisine

Our Pathway Residents enjoyed making their own pizzas! Our weekly Hands-on Cuisines are truly a treat. We played music from the 50s to add a little toe-tapping while they ate.



Birmingham Zoo Visit

July 3rd at 10:00 am

Our Pathway Residents will explore the hidden skills and features of animals up close!



Fourth of July Celebration

July 4th at 12:00 pm

Flags are waving, and our pride is high, so please join us on the 4th of July! Our celebration will be held outside on the patio in our Assisted Living Building. We'll be enjoying grilled hamburgers, hot dogs, and cool treats for the heat.



Happy Hour with The Alexanders

July 7th at 2:00 pm

Of all the hours, 2:00 pm will be the happiest one on July 7th! Join us in our Independent Dining room for a Happy Hour with The Alexanders. Mocktails and light snacks will be available, as well as great music that will take you back.



Luau

July 14th at 2:00 pm

The torches are lit and the theme is set, we're having a Luau you'll never forget! This special event will feature a musical performance by Jordan Hopkins.



Hands-on Cuisine

July 26th at 2:00 pm

It's always s'more fun with friends and our Pathway residents!



Monthly Birthday Celebration

July 28th

Join us as we celebrate the July Birthdays. Our celebrations will be held in all three Communities on July 28th. Check your Community calendars for the time, and know that all are welcome to join!



Sara Lindsey

Regency of Birmingham shines its spotlight this month on Sara Lindsey! Sara was an elementary school teacher for over 30 years. She enjoys music, crafts, and friendly conversations. Ms. Lindsey had the opportunity to visit Africa, and stated that it was the best adventure in her life (next to being a school teacher). She is such a joy to be around, she is always pleasant to everyone she comes in contact with!



Happy Birthday



Resident

Reggie Williams	July 4	Beverly Ivey	July 16	Frances Gagliano	July 23
Elise Tuxbury	July 8	Rhonda Smith	July 17	Sheryl Higginbotham	July 30
Betty Walker	July 15	Sara Lindsey	July 18	Michael Higginbotham	July 30

Employee

Nickesa Craig	July 1	Melissa Oden	July 10	Tisa Owens	July 17
Doris Smith	July 3	Lashun Harris	July 13	Rachelle Gillespie	July 22
Shaka Benjamin	July 7	Lynnda Gaines	July 15	Precious Purifoy	July 27
Reve' Adams	July 8	Melanie Barris	July 17		

FUN FACTS

- » Many countries have their Independence Day in July. These include the United States, Belarus, Venezuela, Argentina, Belgium, the Bahamas, and the Maldives. The national days for France and Canada occur in July as well.
- » July's birthstone, the ruby, is often associated with contentment, love, passion, and integrity.
- » July 27th is "Take Your Houseplants for a Walk Day."
- » July's full Moon, the Full Buck Moon, occurs on Monday, July 3. It reaches peak illumination at 7:39 A.M. (EDT) that morning, rising above the horizon after sunrise—but, it will seem spectacular in the night sky. Plus, it's the most prominent and brightest supermoon of the year.
- » The Tour de Donut is a 30-mile bike race in Illinois where riders take 5 minutes off their time for each donut they eat along the way. It takes place on July 8th this year.
- » Leo is the fifth astrological sign in the Zodiac, represented by the Lion. It is associated with the element of fire and is considered a fixed sign. Those born under this sign are said to be confident, ambitious, and proud.

WORD FIND

K	T	O	U	R	Z	U	P	U	N	B	G	S	W	F	H	C	D	N	E	M	I	M	C	V
R	L	W	X	S	H	X	W	J	M	O	O	N	L	I	N	Y	S	U	M	M	E	R	B	X
U	G	I	N	D	E	P	E	N	D	E	N	C	E	R	A	P	P	L	T	D	X	B	P	D
B	S	B	B	M	M	U	S	B	E	C	B	U	Z	E	S	T	W	L	J	X	I	L	J	E
Y	K	N	G	E	E	X	R	Q	G	O	Y	C	P	W	A	E	E	N	D	R	D	L	B	B
D	Z	H	M	Q	R	F	R	S	L	S	S	N	F	O	T	Z	P	J	O	O	W	J	I	R
K	R	W	F	S	V	T	T	I	N	E	J	U	O	R	G	E	C	B	E	A	N	S	W	E
J	U	L	I	U	S	F	Y	D	U	D	O	Z	R	K	Q	O	K	Y	A	M	W	U	M	A
S	E	I	N	F	E	L	D	J	U	S	Q	O	D	S	Y	Y	T	D	X	F	N	A	T	D
Y	K	X	K	L	A	A	X	F	D	W	O	F	J	X	S	K	L	B	E	W	V	J	Z	D

SUMMER

LEO

BEANS

BREAD

JULIUS

MOON

FIREWORKS

RUBY

NASA

TOUR

SEINFELD

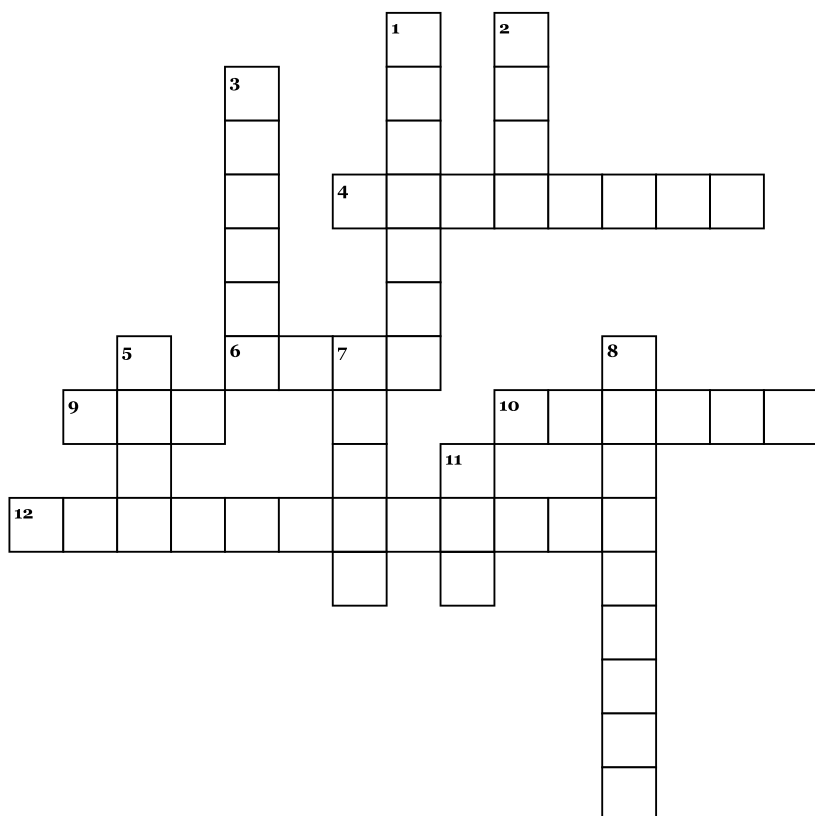
INDEPENDENCE

LIBERTY

FORD

DONUT

CROSSWORD

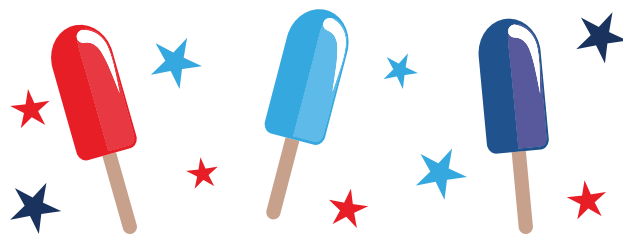


Down

1. Bell found in Pennsylvania
2. Neil and Buzz walked on this
3. July's namesake
5. Mustang company
7. Popular BBQ side dish
8. Colorful explosions
11. The lion of astrology

Across

4. Show with Jerry and friends
6. Red stone
9. ____ days of Summer,
10. The best thing since ____ bread
12. What July 4th represents



Stay Connected!

Join Our Facebook Group

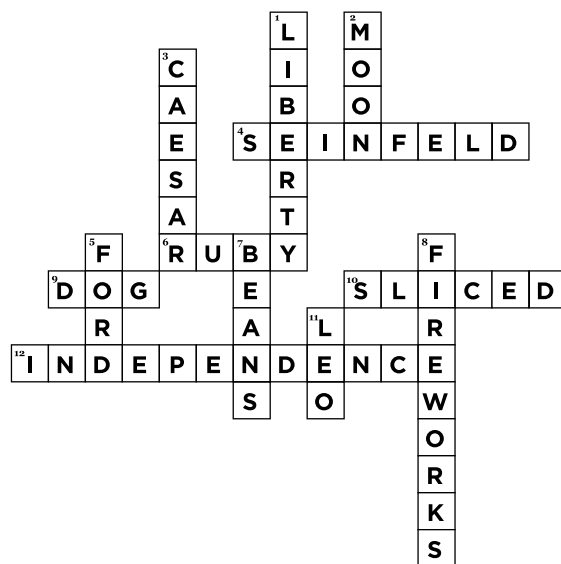
Scan the QR Code below to join our exclusive Friends & Family community on Facebook, and stay up to date on all things Regency Birmingham.



HAPPY
FOURTH
of July

ANSWER KEY

K T O U R Z U P U N B G S W F H C D N E M I M C V
R L W X S H X W J M O O N L I N Y S U M M E R B X
U G I N D E P E N D E N C E R A P P L T D X B P D
B S B B M M U S B E C B U Z E S T W L J X I L J E
Y K N G E E X R Q G O Y C P W A E E N D R D L B B
D Z H M Q R F R S L S S N F O T Z P J O O W J I R
K R W F S V T T I N E J U O R G E C B E A N S W E
J U L I U S F Y D U D O Z R K Q O K Y A M W U M A
S E I N F E L D J U S Q O D S Y Y T D X F N A T D
Y K X K L A A X F D W O F J X S K L B E W V J Z D



CONNECT WITH US

Facebook.com/RegencyBirmingham

RegencyBirmingham.com