SEPTEMBER 2023 EVENTS

Pathways Intentional Memory Care		September 2023		E vents	Regency Retirement Village of Birmingham 285 West Oxmoor Road Birmingham, AL 35209 (205) 942-3355	
SUNDAY	Monday	TUESDAY	WEDNESDAY	Thursday	FRIDAY 9:00 Cardio Exercise 10:00 Sing Along 2:00 Manicures and Music 4:00 Daily Chronicle 6:00 Movie Night	SATURDAY 1 9:00 Exercise 2 10:00 Say it with Color Art Sheets 1:30 History Trivia on iN2L 4:00 Table Games
9:00 Morning Worship Televised 3 11:30 Bible Stories on iN2L 2:00 Card Games 6:00 TV Land	9:00 B-Fit Exercise 4 11:00 Bible Study 2:00 Bingo 4:00 Trivia Time 6:00 My Life Story	9:00 Morning Movement 10:30 iN2L Explore 2:00 Jigsaw Puzzles 4:00 Corn Hole 6:00 Music Appreciation	 9:00 Breathing Exercises 10:30 Piano Serenade by Heather 2:30 Hands on Cuisine: Fruit Pastries 4:00 Word Search Puzzles 	 9:00 Exercises 10:30 Health Talk 1:30 Scenic Ride 3:30 Mid day Manicures 6:00 TableTalk 	7 9:00 Exercise 10:30 Morning Social 1:30 Name that Tune 3:30 Movie and Popcorn 6:00 Nightly News	8 9:00 Daily Workout 9 10:00 History on iN2L 1:30 Checkers 4:00 Animal Planet 6:00 Old Wives Tales
10 9:00 Televised Worship 10:00 Hymn Sing Along 2:00 Reminiscing 3:30 Card Games 6:00 Hallmark Movie	9:00 Range of Motion Exercises ¹¹ 11:00 Bible Study 2:00 Bingo 3:30 Art on the Rocks 6:00 Silly Sitcoms	9:00 Exercise 10:00 Violin Serenade by Connie Sue 1:30 The Price is Right on iN2L 2:00 Sightseeing 4:00 Resident Choice Movie	 ¹² 9:00 Sit and B-Fit Exercises 10:30 Daily Devotion on iN2L 12:00 What's Cooking Wednesday Regency Celebrates Italy 4:00 A Game of Dominoes 6:00 Room Visits 	 ³ 9:00 Morning Movement 10:30 Snactivity 2:00 Music Therapy with Blake 3:30 Manicures and Music 6:00 TV Land 	10:30 Trivia on iN2L	5 9:00 Sittercise 16 10:00 Morning Social 1:30 Art Sheets 3:30 Bingo 6:00 Table Talk
9:00 Televised Worship 11:00 Our Daily Bread 2:00 Reminiscing 3:30 Room Visits 6:00 Movie Marathons	9:00 Balloon Bounce 11:00 Bible Study 2:00 Bingo 3:30 Reading with Refreshments 6:00 Current Events	9:00 Breathing Exercises 11:00 Garden Therapy 2:00 Jigsaw Puzzles 4:00 Classical Music 6:00 Magazines and Mingle	 9:00 Daily Workout 10:30 Health Talk 2:30 Dearest Dessert: Rainbow Sherbert on Ice cream cones 4:00 Say it with Color Art Sheets 6:00 Nightly News 	 9:00 Sittercise 10:30 Morning Manicures 1:30 Scenic Ride 3:30 Puzzles and Pandora Mus 6:00 Table Games 	10:30 Daily Chronicle 2:30 Movie and Popcorn	 ² 9:00 Morning Stretches 10:00 History on iN2L 1:30 Visit a Neighbor 4:00 Old Wives Tales 6:00 Resident Choice Movie
9:00 Televised Worship 11:00 Bible Stories on iN2L 2:00 Dominoes 3:30 Snactivity 6:00 Lifetime Movie	9:00 Morning Movement 11:00 Bible Study 2:00 Regency Rocks! Western Party with Brandon Lee 4:00 Trivia on iN2L 6:00 Sitcom Marathons	9:00 Sittercise 2 10:30 Punch on the Patio 1:30 Scenic Ride 4:00 Crossword Puzzles 6:00 Family Feud	 26 9:00 Cardio Exercises 27 10:30 Price is Right on iN2L 2:30 Hands on Cuisine: Chef Salad 4:00 Crafting Corner 6:00 Room Visits 	 9:00 Sit and B-Fit Exercise 10:30 Coffee Concert 1:30 Animal Art Sheets 3:30 Old Wives Tales 6:00 Movie Night 	28 9:00 Morning Movement 10:30 September Birthday Celebration 1:30 Afternoon Art 3:30 Corn Hole 6:00 Google Earth on iN2L	9 9:00 Exercise 30 10:30 Morning Social 1:30 A Game of Checkers 4:00 Animal Planet 6:00 Crossword Puzzles

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