

## WHAT'S COMING UP

### September 4th

National Wildlife Day

Labor Day

### September 5th

International Day of Charity

### September 6th

National Read a Book Day

### September 8th

World Physical Therapy Day

### September 9th

International Sudoku Day

### September 10th

Grandparents Day

### September 11th

Patriot Day

### September 15th

POW/MIA Recognition Day

Rosh Hashanah

### September 16th

National Trail of Tears  
Commemoration Day

### September 21st

World Alzheimer's Day  
World Gratitude Day

### September 22nd

Native American Day  
Falls Prevention Awareness Day

### September 23rd

Fall Equinox

### September 25th

National Cooking Day

### September 28th

National Good Neighbor Day

## SEPTEMBER 2023 NEWSLETTER



### ***Hello Residents,***

As we transition into the beautiful autumn season, I wanted to take a moment to reflect on the vibrant sense of community that defines Regency Birmingham. Over these summer months, we've witnessed heartwarming connections, engaging activities, and a shared commitment to making each day special.

In September, our calendar is brimming with exciting events and opportunities for all to enjoy. From educational seminars to musical performances and more, we can't wait to experience the fall fun with everyone. Here are just a few of the upcoming events we have up our sleeves:

- » Beginner's Spanish Class
- » A Western Party
- » A Fabulous '50s Party
- » And More

We want to express our sincere thanks to you for choosing Regency as the place you or your family member calls home. Our devoted team of caring experts is dedicated to fostering a welcoming and inclusive environment, placing personalized care and individual requirements at the heart of our mission. We deeply appreciate the trust you've placed in us to provide exceptional care for you or your cherished family member.

Wishing you a September filled with joy, laughter, and meaningful moments.

***Warmest regards,***  
*Your Regency Birmingham Family*

### ***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.*



## Christian Comedy Show

If our dining hall walls could talk, they would tell you our Christian Comedy Show was fun and so much more! The residents received gifts, performed karaoke, and we had a dance contest. Such an entertaining and engaging event.



## Tailgate Party

2, 4, 6, 8 our July themed birthday party was a tailgate! The Auburn University Cheerleading Team joined us to celebrate.





## Drive-in Movie

Our residents were impressed, which made the Drive-in Movie a success. We served our residents freshly popped popcorn, candy, nachos, and sodas. The decorations added to the scene as they watched “Bruce Almighty” on the big screen.



## Apple Dipping Bar

Chocolate, caramel, peanuts, oh what a delight! Needless to say, our resident enjoyed every bite.



## **Piano Serenade**

September 6th at 10:00 am

Music speaks what cannot be expressed in words. Join us in our Assisted Living dining room for a piano serenade by Heather.



## **What's Cooking Wednesday**

September 13th at 12:00 pm

Regency Birmingham will indulge in the tastes of Italy by serving our residents Italian cuisine for lunch.



## **Beginner's Spanish Class**

September 14th at 1:30 pm

Our residents will discover diversity in language. Rachel will host a Spanish class at a beginner's level.





## **Fabulous '50s Party**

September 15th at 2:00 pm

“Shake, Rattle, and Roll” on over to our Fabulous ‘50s Party with the band Nikki and the Infusions.



## **Regency Rocks! Western Party**

September 25th at 2:00 pm

Saddle up and come for a ride. Put on your chaps and some genuine cowhide! We are having a Western party with a musical performance by award-winning artist Brandon Lee out of Nashville.



## **Monthly Birthday Celebration**

September 29th

Join us as we celebrate our September birthdays. Celebrations will be held in all three communities on September 29th. Check your community calendars for the time.





### Reggie Williams

Reggie joined us here at Regency in 2013. He was married to his wife for 68 years and they have five children together. Reggie worked in the chemical industry for over 45 years. He loves fishing, working on old cars, playing dominoes and having fun. You can depend on Reggie to greet you with “Hey, good looking,” and “Hello friend.” He has his special way to cheer us all up every day.



#### Resident

Ralph Whigham	Sept. 1	Harold Price	Sept. 12
Thelma Northorp	Sept. 7	Nita Allen	Sept. 24
Linda Crawford	Sept. 11	John Bird	Sept. 30

#### Employee

Shontavia Budes	Sept. 5	Chelisa Jeffries	Sept. 26
LaToya Glass	Sept. 20	Carmen Garrett	Sept. 28
Mynchanna Barnes	Sept. 25	Asia Golar	Sept. 28

### FUN FACTS

- » Many famous people were born in September, including Beyoncé, Keanu Reeves, Freddie Mercury, Stephen King, Estee Lauder, and Sophia Loren, to name just a few. Bask in this fact knowing you share the same birth months as these amazing people.
- » In addition to Labor Day, September is a month of remembrance for many people. It’s a time to honor and remember those who have made sacrifices for their country, their community, or their loved ones.
- » Some of the observances during this month include Patriot Day on September 11th, POW/MIA Recognition Day on September 18th, and Gold Star Mother’s Day on the last Sunday in September, which honors the mothers who have lost a child in military service.
- » A McDonald’s fact that you should know is that in September 1960, the famous “Golden Arches” logo was introduced. Adding to that, the first McDonald’s restaurant in Europe opened in Amsterdam, Netherlands.
- » If you’re a fan of chicken, you’ll be happy to know that September is National Chicken Month in the United States. This month-long celebration is all about recognizing the many delicious ways to prepare and enjoy chicken.
- » September is a great time to focus on self-improvement. Whether learning a new skill, taking up a new hobby like martial arts, or setting goals for the future, this month is all about personal growth and development.
- » Did you know that September has more pop and classic songs with its name in the title than any other month? Some of the most famous songs include “September” by Earth, Wind & Fire, “Wake Me Up When September Ends” by Green Day, and “September Song” by Frank Sinatra. This just goes to show how much this month has inspired musicians over the years.

WORD FIND

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

QUEEN  
 NEPTUNE  
 SALADIN

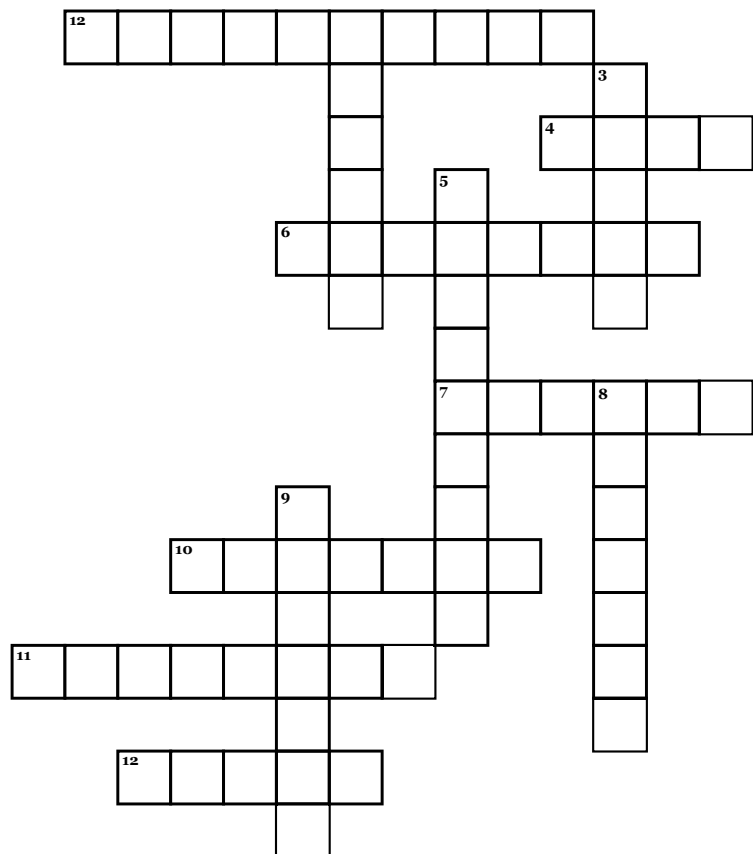
HURRICANE  
 SOVIET  
 HERCULES

SOLAR  
 LIBERTY  
 PILGRIMS

ECLIPSE  
 CRUSADE  
 HALLEY

RANGER  
 KING  
 CONGRESS

CROSSWORD



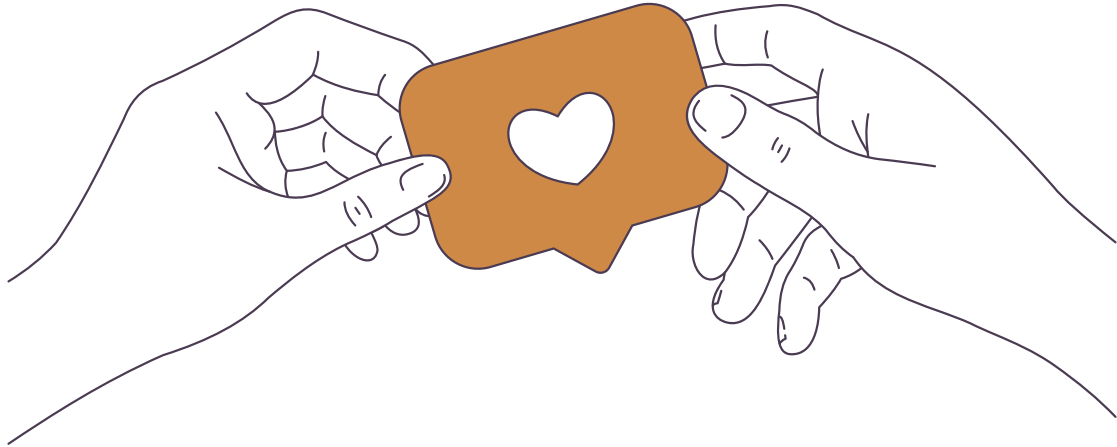
**Down**

- 2. Comet discoverer
- 3. President of Jamestown colony \_\_\_\_\_ Smith
- 5. \_\_\_\_\_ Where Are You?!
- 8. Gottfried Galle discovered the planet
- 9. Muslim general

**Across**

- 1. Soviet Premier
- 4. "Queen of Scots" \_\_\_\_\_ Stuart
- 6. Legendary man-god
- 7. America's first newsboy \_\_\_\_\_ Flaherty
- 10. Lone Ranger \_\_\_\_\_ Moore
- 11. First US black delegate Frederick
- 12. Michelangelo's sculpture

# Stay Connected!

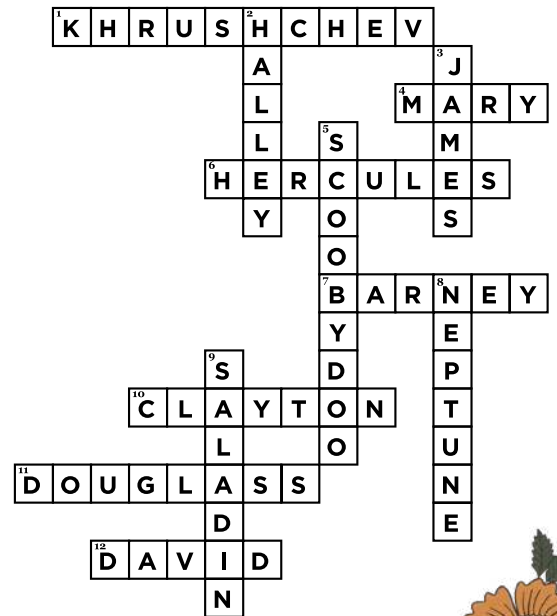
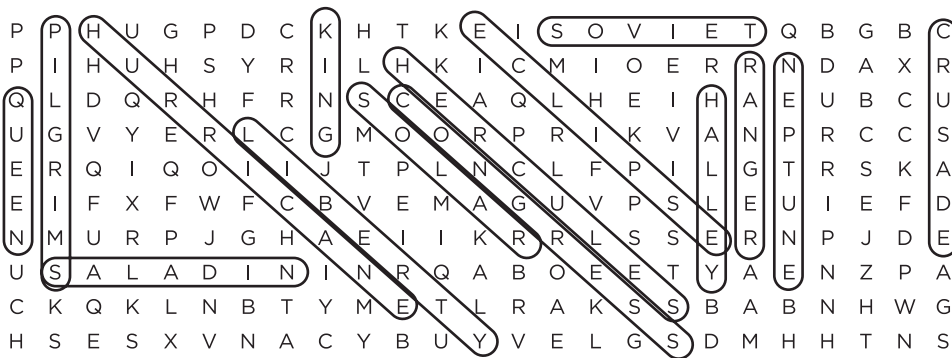


## Join Our Facebook Group

Did you know Facebook use is higher by 18% on Thursday and Friday?  
Log on and see what's happening in our Friends & Family group! Scan  
the QR Code to join!




## ANSWER KEY



## CONNECT WITH US

 [Facebook.com/RegencyBirmingham](https://www.facebook.com/RegencyBirmingham)

 [RegencyBirmingham.com](https://www.RegencyBirmingham.com)

