

ASSISTED LIVING

DECEMBER 2023 EVENTS

Regency Retirement Village of Birmingham

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						10:00 Cardio Exercises 11:00 The Price is Right 2:00 Movie and Popcorn 4:00 A Game of Skee Ball 6:00 Flex your Brain	10:00 Exercise 11:00 Views on News 1:30 Card Games 3:30 Brain Teasers
9:00 Televised Worship 11:00 Prayer Group 1:00 Festival of Trees 4:00 Silly Sitcoms	10:00 Silver Sneaker Workout 11:00 Bible Study 2:00 Resident Council Meeting 3:30 Snacktivity	10:00 Morning Exercise 11:00 Total Trivia 2:00 Special Longevity Celebration 4:00 Game of Dominoes	10:30 Christmas Canvas Art Class with Early's Art with Heart 1:15 Bingo 3:00 Mistletoe Mock Margaritas 6:00 Silly Sitcoms	10:00 Mocha and Movie 1:30 Old Wives Tales 3:30 Resident Choice Games 6:00 Say it with Color Art Sheets	9:45 Trip to Walmart 11:00 Health and Wellness Chat 2:00 A Christmas Carol Performance by Red Mountain Theatre 3:00 Christmas Karaoke 6:00 Visit a Neighbor	10:30 Big Bingo with Volunteer Group Rare Jewels 1:00 Views on News 3:00 Christmas Cards 4:00 Favorite Sitcom	
9:00 Worship Hour 11:00 Hymn Sing Along 1:30 Bible Passages 4:00 Holiday Movie Marathon	10:30 Alabaster Senior Center Music Performance 11:30 Bible Study 1:30 Table Games 4:00 A Game of UNO	10:30 Violin Serenade by Connie Sue 1:00 Christmas Craft 3:00 Movie and Popcorn 6:00 Say it with Color Art Sheets	10:30 Christmas Wreaths 1:30 Bingo 3:00 Family Feud 6:00 Movie Marathon	10:00 Manicures 11:00 Brain Teasers 1:30 Ginger Bread Houses 3:30 A Game of UNO 6:00 Nightly News	9:45 Trip to Walmart 11:00 Word Find Puzzles 2:00 The Return of Elvis in concert for December Birthdays 6:00 Total Trivia	10:00 Sittercise 11:30 Morning Social 2:00 Christmas Carols by Piamistry School of Music 6:00 Resident Choice Games	
9:30 Televised Worship 11:00 Hymn Sing Song 1:30 TV Land 5:30 Christmas Light Scenic Ride	10:00 Jazzercise 11:00 Bible Study 1:30 Word Search Puzzles 3:30 Resident Choice Games	10:00 Range of Motion Exercises 1:30 Decorating Christmas Cookies 3:30 Jigsaw Puzzles 6:00 A Game of Dominoes	10:00 Morning Movement Exercises 12:00 What's Cooking Wednesday Regency Celebrates Christmas 1:15 Bingo 3:30 Card Games	10:00 Sittercise 11:30 Name that Tune 1:30 Reindeer Games 3:30 Afternoon Aerobics 6:00 Classical Music	9:45 Scenic Ride 11:00 The Price is Right 2:00 Resident Christmas Party 4:00 Music Appreciation 6:00 Word Finds	10:00 Exercises 11:30 Word Find Puzzles 1:30 Dominoes 3:30 Connect Four 6:00 Table Air Hockey	
9:00 Morning Worship 11:30 Favorite Bible Verse 1:30 Hallmark Movie 4:00 Resident Choice Games 6:00 Puzzles	10:00 Visit a Neighbor 1:30 Build A Snowman Game 3:00 Holiday Movie: National Lampoons Christmas Vacation 6:00 Hot Cocoa Social	10:00 Table Air Hockey 1:30 Daily Devotion 3:00 Resident Choice Game 6:00 Art Hour	10:00 Morning Manicures 1:15 Bingo 3:30 A Game of Scrabble 6:00 Table Games	10:00 Sit and B-Fit Exercises 11:00 Table Talk 1:30 A Game of Checkers 3:30 Snacktivity 6:00 Music from the 70's	9:45 Outing to Walmart 11:00 Ring Toss 2:00 Pre New Years Party 6:00 Board Games	10:00 Social Hour 11:00 Total Trivia 1:30 Color Me Calm Art Sheets 4:00 History Channel	
9:00 Morning Worship 11:30 Favorite Bible Verse 1:30 Hallmark Movie 4:00 Resident Choice Games 6:00 Puzzles							