

# ASSISTED LIVING

# FEBRUARY 2022 EVENTS

Regency Retirement Village of Tuscaloosa

5001 Old Montgomery Highway | Tuscaloosa, AL 35405 | (205) 792-3500

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Morning Walk <sup>1</sup> 10:00 Sittercise 1:00 Daily Delight 2:30 Red Letter Game 3:30 Mix & Mingle 4:00 Puzzle Fun  Chinese New Year (Year of the Tiger)	9:30 Morning Walk <sup>2</sup> 10:00 Bible Study w/Deanna Smith 1:30 Resident Council Meeting 2:30 Manicures 3:00 Groundhog Film Discussion Questions 3:30 UNO 4:00 Chat on the Porch  Groundhog Day	9:30 Morning Meditation <sup>3</sup> 10:00 Penny Auction w/ Melissa (Comfort Care) 11:30 Daily Delight 2:00 Penny Auction w/Felicia (Aspire) 3:00 Dominoes 4:00 Read Article from the Newspaper	9:30 Morning Walk <sup>4</sup> 10:00 BINGO w/Amy (Amedisys Home Health) 2:30 Valentine's Day Family Feud 3:00 Music Social 4:00 Puzzle Fun	9:30 Morning Coffee Chat <sup>5</sup> 10:00 Resident Choice 1:30 Daily Delight 2:30 Evening Stroll in the Courtyard 3:00 Word Search 4:00 Visit a Neighbor
9:00 Sunday School <sup>6</sup> 9:30 Church Worship 10:00 Rest & Relaxation 2:00 Enjoy the Breeze in the Courtyard 4:00 Puzzle Fun	9:30 Morning Meditation <sup>7</sup> 10:00 BINGO 1:30 Can You Picture This? V-DAY Edition 2:30 Name That "Heart" Tune 3:30 Puzzle Fun 4:00 Read Article from the Newspaper	10:00 Sittercise <sup>8</sup> 10:00 February IQ 1:30 Who, What and When 2:30 Penny Auction w/Melissa (Comfort Care) 3:30 UNO 4:00 Chat on the Porch	9:30 Morning Meditation <sup>9</sup> 10:00 Bible Study w/Deanna Smith 11:00 Daily Delight 2:00 Penny Auction w/Paige (DCH) 3:30 Word Search 4:00 Read Article from the Newspaper	9:30 Morning Walk <sup>10</sup> 10:00 Sittercise 10:30 Discuss & Recall; Body Talk 1:30 Humor-In the Mood for Fun 3:00 Board Games of Choice 4:00 Chat on the Porch	9:30 Morning Walk <sup>11</sup> 10:00 BINGO w/Kevin (Kindred Home Health) 11:00 Daily Delight 2:30 Valentine's Day Craft 3:00 Cranium Crunches 4:00 Chat on the Porch	9:30 Morning Walk <sup>12</sup> 10:00 Resident Choice 1:30 Daily Delight 2:30 Evening Stroll in the Courtyard 3:00 Board Game of Choice 4:00 Chat on the Porch
9:00 Sunday School <sup>13</sup> 9:30 Church Worship 10:00 Relax & Relaxation 2:00 Enjoy the breeze in the Courtyard 4:00 Word Search	9:30 Morning Exercise <sup>14</sup> 10:00 BINGO 11:00 Wayne Alexander 2:00 Valentine's Party 2:30 Red & Pink Songs 3:00 Love is in the Air Trivia 4:00 Valentine's Day Puzzles  Valentine's Day	9:30 Morning Meditation <sup>15</sup> 10:00 Crinkled Heart Art 1:30 Remembering Snow Days 2:30 Hot Chocolate Bar 3:30 Bowling Fun 4:00 Visit a Neighbor	9:30 Morning Walk <sup>16</sup> 10:00 Bible Study w/Deanna Smith 11:00 What's Cooking Wednesday? 1:00 Manicures w/Shelton State 3:00 Music Social 4:00 Puzzle Fun	9:30 Morning Walk <sup>17</sup> 10:00 Fading Heart Painting 1:30 Word Search 2:00 Cooking Class 3:00 UNO Attack 4:00 Visit a Neighbor	9:30 Morning Walk <sup>18</sup> 10:00 BINGO w/Amy (Amedisys Hospice) 2:00 50s & 60s Sing Along 3:00 Dominoes Friday 4:00 Puzzle Fun	9:30 Morning Coffee Chat <sup>19</sup> 10:00 Resident Choice 1:30 Daily Delight 2:30 Evening Stroll in the Courtyard 3:00 Word Search 4:00 Puzzle Fun
9:00 Sunday School <sup>20</sup> 9:30 Church Worship 10:00 Rest & Relaxation 2:00 Enjoy the Breeze in the Courtyard 4:00 Puzzle Fun	9:30 Morning Walk <sup>21</sup> 10:00 BINGO Amy (Amedisys Home Health) 1:30 Random Trivia 2:30 Music Social 3:30 Arts 4:00 Chat on the Porch  Presidents' Day	9:30 Morning Walk <sup>22</sup> 10:00 A Well-Red Scavenger Hunt 1:30 EZ Music Trivia 2:30 Can You Picture This? 3:00 Dominoes 4:00 Read Article from the Newspaper	9:30 Morning Meditation <sup>23</sup> 10:00 Bible Study w/Deanna Smith 1:00 Daily Delight 1:30 Manicures 3:30 Card Game Fun 4:00 Puzzle Fun	9:30 Morning Meditation <sup>24</sup> 10:00 Think Pink Game 1:30 Who, What, When 2:30 Penny Auction w/Kierra Davis (Comfort Care) 3:00 Word Search 4:00 Chat on the Porch	9:30 Morning Walk <sup>25</sup> 10:00 BINGO 11:00 Daily Delight 1:30 Star of the Month: Vanessa Redgrave 2:00 Queen of Heats Game 4:00 Chat on the Porch	9:30 Morning Coffee Chat <sup>26</sup> 10:00 Resident Choice 1:30 Daily Delight 2:30 Evening Stroll in the Courtyard 3:00 Word Search 4:00 Visit a Neighbor
9:00 Sunday School <sup>27</sup> 9:30 Church Worship 10:00 Relax & Relaxation 2:00 Enjoy the breeze in the Courtyard 4:00 Word Search	10:00 BINGO w/Kierra Davis <sup>28</sup> (Comfort Care) 1:30 Jeopardy Trivia 2:30 Birthday Celebration 3:30 Movie Matinee 4:00 Read Article from the Newspaper					