

ASSISTED LIVING

MARCH 2022 EVENTS

Regency Retirement Village of Tuscaloosa

5001 Old Montgomery Highway | Tuscaloosa, AL 35405 | (205) 752-5500

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Morning Meditation 1 10:00 Sittercise 1:30 Steal My Beads 2:00 Penny Auction w/Chris (Cornerstone Caregivers) 3:30 Mardi Gras Celebration 4:00 Fat Tuesday Fill In National Peanut Butter Lover's Day	9:30 Morning Walk 2 10:00 Bible Study w/Deanna Smith 1:30 Resident Council Meeting 2:30 Manicures 3:00 Music Social 3:30 UNO 4:00 Chat on the Porch Ash Wednesday	9:30 Morning Meditation 3 11:30 Daily Delight 3:00 Alzheimer's & Dementia Support Group w/Laura Raschilla (Oasis) 4:00 Read Article from the Newspaper	9:30 Morning Walk 4 10:00 BINGO w/Amy (Amedisys Home Health) 2:30 Oreo Cookie Sack and Chat 3:00 Music Social 4:00 Puzzle Fun	9:30 Morning Coffee Chat 5 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 6 9:30 Church Worship 10:00 Rest & Relaxation 2:00 Enjoy the Breeze in the Courtyard 4:00 Bible Study w/Jeff McDowell National Oreo Day	9:30 Morning Meditation 7 10:00 BINGO w/Chris (Cornerstone Caregivers) 1:30 EZ Music Finish the Song Lyrics 3:30 Puzzle Fun 4:00 Read Article from the Newspaper National Cereal Day	10:00 Sittercise 8 10:00 Bible Study w/Harry Garrett 1:30 Who, What & When 2:30 Penny Auction w/Paige (DCH) 3:30 UNO 4:00 Chat on the Porch	9:30 Morning Meditation 9 10:00 Bible Study w/Deanna Smith 11:00 Daily Delight 2:00 Manicures 3:30 Word Search 4:00 Read Article from the Newspaper National Meatball Day	9:30 Morning Walk 10 10:00 Sittercise 10:30 Can You Picture This? 1:30 National Popcorn Lover's Day 3:00 Board Games of Choice 4:00 Chat on the Porch	9:30 Morning Walk 11 10:00 BINGO w/Kevin (Kindred Home Health) 11:00 Daily Delight 2:30 Ice Cream Social 3:00 Movie Time 4:00 Chat on the Porch	9:30 Morning Walk 12 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 National Girl Scout Day
9:00 Sunday School 13 9:30 Church Worship 10:00 Relax & Relaxation 2:00 March Madness 4:00 Bible Study w/ Jeff McDowell Daylight Saving Time Begins	9:30 Morning Exercise 14 10:00 BINGO 11:00 Daily Delight 2:30 Potato Chip Day w/Dip 3:00 Music Social 4:00 Puzzles	9:30 Morning Meditation 15 10:00 Pet Therapy w/Rob & Bonnie (Pro Health Home Health & Hospice) 1:30 Craft 3:30 Bowling Fun 4:00 Visit a Neighbor	9:30 Morning Walk 16 10:00 Bible Study w/Deanna Smith 11:00 What's Cooking Wednesday? 1:00 Manicures w/Shelton State 3:30 Music Social Purim Begins	9:30 Morning Walk 17 10:00 Leprechaun Scavenger Hunt 1:30 St. Patrick Day Puzzles 2:00 Remembering Irish Songs 3:00 St. Patrick Social 4:00 Visit a Neighbor St. Patrick's Day	9:30 Morning Walk 18 10:00 BINGO w/Kelly (Hospice of West Alabama) 2:00 Sip & Paint: Family Time 4:00 Puzzle Fun	9:30 Morning Coffee Chat 19 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 20 9:30 Church Worship 10:00 Rest & Relaxation 2:00 Enjoy the Breeze in the Courtyard 4:00 Bible Study w/Jeff McDowell Spring Begins	9:30 Morning Walk 21 10:00 BINGO Amy (Amedisys Home Health) 1:30 Sittercise 2:30 Evening Walk w/ Walking Club 3:30 Board Game of Choice 4:00 Chat on the Porch	9:30 Morning Walk 22 10:00 Bible Study w/Harry Garrett 1:00 Nutritional Talk w/ Paige (DCH) 2:30 Forest Funnies 3:00 Dominoes 4:00 Read Article from the Newspaper	9:30 Morning Meditation 23 10:00 Bible Study w/Deanna Smith 1:00 Daily Delight 1:30 Manicures w/Shelton State 3:30 Card Game Fun 4:00 Puzzle Fun	9:30 Morning Meditation 24 10:00 Remembering Hiking through the Woodlands 1:30 Penny Auction w/Felicia (Aspire) 2:30 Find Peace in Poetry & Nature 3:00 Word Search 4:00 Chat on the Porch	9:30 Morning Walk 25 10:00 Penny Auction w/Kiara (Comfort Care) 11:00 Daily Delight 1:30 Popcorn Friday 2:00 Movie Time 4:00 Chat on the Porch	9:30 Morning Coffee Chat 26 10:00 Resident Choice 1:30 Daily Delight 2:30 Evening Stroll in the Courtyard 3:00 Word Search 4:00 Visit a Neighbor
9:30 Church Worship 27 10:00 Relax & Relaxation 2:00 Enjoy the breeze in the Courtyard 4:00 Bible Study w/Jeff McDowell	10:00 BINGO w/Kierra Davis (Comfort Care) 28 1:30 Ice Cream Social 3:30 Movie Matinee 4:00 Read Article from the Newspaper	9:30 Morning Walk 29 10:00 Bible Study w/Harry Garrett 11:00 Daily Delight 2:30 Sittercise 3:30 Mix & Mingle 4:00 Puzzle Fun	9:30 Morning Walk 30 10:00 Bible Study w/Deanna Smith 1:30 Daily Delight 2:30 Manicures 3:30 UNO Attack 4:00 Chat on the Porch	9:30 Morning Walk 31 10:00 Sittercise 10:30 St. Paddy Search 11:00 Daily Delight 2:00 Birthday Celebration w/Taylor (Forest Manor Health & Rehab) 3:30 Move Matinee		