

ASSISTED LIVING

JANUARY 2023 EVENTS

Regency Retirement Village of Tuscaloosa

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 New Year's Day 9:00 Sunday School 9:30 Church Worship 10:00 Manger Special TBD 11:00 Fine China Luncheon 2:00 Daily Delight 3:00 Spade Game</p>	<p>2 9:00 Morning Meditation 10:00 BINGO 2:00 Funny New Year's Resolutions & Jokes 3:30 Exercise w/ Jenny (Enhabit) 4:00 Cool Down Walk Outside (if weather permits)</p>	<p>3 9:30 Morning Walk 10:00 Bible Study w/ Harry Garrett 2:00 Sponge Snowman Craft 3:00 Trivia-1960 Theme</p>	<p>4 9:30 Morning Meditation 10:00 Bible Study w/ John Mckay 11:00 What's Cooking Wednesday? National Spaghetti Day 2:00 Movement & Motivation w/ Joseph Biache 3:00 National Trivia Challenge</p>	<p>5 9:30 Morning Walk 10:00 Would You Rather Game 2:00 Talecris Plasma Resources Talk w/ Desiree Bing (Center Manager) 3:00 Dated Winter Picture Frame Magnet 4:00 Music Social</p>	<p>6 9:30 Morning Meditation 10:00 BINGO 2:00 Movie Matinee 3:00 Card Game of Choice</p>	<p>7 9:00 Morning Walk 10:00 Manager Special TBD 2:00 Board Game of Choice 3:00 Daily Delight 4:00 Evening Stroll</p>
<p>8 9:00 Sunday School 9:30 Church Worship 10:00 Manger Speical TBD 11:00 Fine China Luncheon 2:00 Spade Card Game 3:00 Word Search</p>	<p>9 9:00 Morning Walk 10:00 BINGO w/Amy 2:00 January Cranium Crunches 3:30 Exercise w/ Jenny(Enhabit) 4:00 Cool Down Walk Outside (if weather permits)</p>	<p>10 9:00 Morning Meditation 10:00 Bible Study w/ Harry Garrett 2:00 Penny Auction w/ Lisa (Southern Care New Beacon) 3:00 Random Trivia 4:00 January Can You Picture This?</p>	<p>11 9:30 Morning Walk 10:00 Bible Study w/ John McKay 2:00 Jousha's Joy Ministry 3:00 Blood Pressure Clinic w/ Jenny (Enhabit) 4:00 Mix and Mingle Social</p>	<p>12 9:30 Morning Meditation 10:00 Winter Wishes Box Craft 12:30-2 Manicures w/ Shelton State Community College 1-3 OLLI Open House 2:00 Puzzle Fun 3:00 Word Search</p>	<p>13 9:30 Morning Walk 10:00 BINGO 2:00 Penny Auction w/ Taylor (Forest Manor) 3:00 Card Game of Choice</p>	<p>14 9:00 Morning Meditation 10:00 Manager Special TBD 2:00 Weekend Packets 3:00 Get Some Fresh Air</p>
<p>15 9:00 Sunday School 9:30 Church Worship 10:00 Manager Special TBD 11:00 Fine China Luncheon 2:00 Daily Delight 3:00 Board Game of Choice</p>	<p>16 Martin Luther King Jr. Day 9:00 Morning Meditation 10:00 BINGO 2:00 Penny Auction w/Chris (Cornerstone) 3:00 The Write Word Game: MLK Day Edition 4:00 Martin Luther King Jr. Puzzles</p>	<p>17 9:30 Morning Walk 10:00 Bible Study w/Harry Garrett 2:00 The Price Is Right: 1960s Game 3:00 Can you Puzzle too: Cold Categories 4:00 Trivia: Modern Jeopardy</p>	<p>18 9:30 Morning Meditation 10:00 Bible Study w/ John McKay 2:00 The Price Is Right Game w/ Brandy (Alabama Hospice Care) 3:00 Manicures 4:00 Music Social</p>	<p>19 9:30 Morning Walk 10:00 Cotton Ball Penguin Craft 2:00 Penny Auction w/ Jenny (Enhabit) 3:00 Butterly Circle Craft</p>	<p>20 9:30 Morning Meditation 10:00 BINGO w/ Kelly Bonner (Hospice of West Alabama) 2:00 Movie Matinee 3:00 Card Game of Choice</p>	<p>21 9:00 Morning Walk 10:00 Manager Special TBD 2:00 Resident Choice 3:00 Daily Delight</p>
<p>22 9:00 Sunday School 9:30 Church Worship 10:00 Manger Special 11:00 Fine China Luncheon 2:00 Daily Delight 3:00 UNO</p>	<p>23 9:30 Morning Walk 10:00 BINGO 2:00 Is It Groovy in 1960? 3:30 Exercise w/ Jenny (Enhabit) 4:00 Cool Down in the Courtyard (if weather permits)</p>	<p>24 9:30 Morning Meditation 10:00 Bible Study w/Harry Garrett 1:30-3:30 Matter of Balance Class w/ Lauran Ballard (Area Agency on Aging) 4:00 Cool Down in the Courtyard</p>	<p>25 9:30 Morning Walk 10:00 Bible Study w/ John Mckay 2:00 Jousha's Joy Ministry 3:00 Manicures</p>	<p>26 9:30 Morning Meditation 10:00 Psalm 17:6 Prayer Box Craft 1:30-3:30 Matter of Balance Class w/ Lauran Ballard (Area Agency on Aging) 4:00 Cool Down in the Courtyard</p>	<p>27 9:30 Morning Walk 10:00 BINGO w/ Amy 2:00 January Birthday Celebration 3:00 Mix and Mingle Social</p>	<p>28 9:00 Morning Meditation 10:00 Manager Special TBD 2:00 Weekend Packet 3:00 Get Some Fresh Air</p>
<p>29 9:00 Sunday School 9:30 Church Worship 10:00 Manger Special TBD 11:00 Fine China Luncheon 2:00 Daily Delight 3:00 Card Game of Choice</p>	<p>30 9:30 Morning Meditation 10:00 BINGO 2:00 Tape Resist Snowflake Painting 3:30 Exercise w/ Jenny (Enhabit) 4:00 Cool Down in the Courtyard (if weather permits)</p>	<p>31 9:30 Morning Meditation 10:00 Bible Study w/ Harry Garrett 1:30-3:30 Matter of Balance Class w/ Lauran Ballard (Area Agency on Aging) 4:00 Cool Down in the Courtyard</p>				