

WHAT'S COMING UP

July 4

Independence Day

July 7

National Father Daughter
Take a Walk Day
World Chocolate Day

July 14

National Mac and Cheese
Day

July 16

National Ice Cream Day

July 19

National Hot Dog Day

July 23

National Parents' Day

July 28

Buffalo Soldiers Day

July 30

International Day of
Friendship



JULY 2023 NEWSLETTER



Hello Residents,

Regency is proud to announce a Celebration of Seniors. We are having various activities throughout the next few months and hope that you will join us.

In the month of June, we enjoyed celebrating all of the men in our lives that have been father figures to us in one way or another. I would also like to thank one of our nurses, Savannah Helus, for bringing in a phenomenal group of men to spend some time with our guys here at Regency. There is nothing like having company, people to talk to, and stories to share.

If you have a group that you belong to that would like to share some love at Regency, please contact Brittani Henderson at 205-752-5500. Brittani loves working with volunteers and will be glad to give you a meaningful job that impacts lives.

Jennifer Anderson,
Executive Director

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.*



The Hallelujah Girls Play

We attended a play at Shelton State Community College at the Bean-Brown Theater. This play was about five best gal pals who set out to start a new life by renovating an old church into their dream beauty parlor, the Spa-Dee-Dah! When their arch-rival announces she will stop at nothing to shut them down, the ladies band together to keep their dream alive! We had a blast, and I encourage you all to join us on our next outing to the Bama Theatre!



Watermelon Art

In one of our art activities, our residents made their very own watermelon portrait. We shared fun facts and listened to soothing music while painting. I encourage you to attend all of our activities, you might learn something new!



Run For The Wall

The light rain didn't stop us from showing up and watching the motorcycles ride through the Tuscaloosa VA Medical Center. We enjoyed seeing the many motorcycles and receiving souvenirs from the veterans and bikers!



Community Of The Month

Regency Retirement Village of Tuscaloosa was selected for Community of the Month! We celebrated with some good ol' BBQ, music, and ended our day with an ice cream truck. Thank you, Cajun Cream and Gifts, for a varied selection of ice cream!





BINGO with S.A.L.T Ministry

July 1st at 10:00 am

The S.A.L.T. Ministry (Senior Adult Living Triumphantly) of Cornerstone Full Gospel Baptist Church encourages those in our church family to fellowship and participate in activities that promote spiritual and personal growth, healthy living, and evangelistic outreach. Please join the S.A.L.T Ministry in the activity room on the first floor!



What's Cooking Independence Day Luncheon

July 3rd at 11:00 am

Join us July 3rd from 11:00 am - 1:00 pm for some good ol' barbecue and live music with James and James, a father and son duo! Let's have a great time!



The Declaration of Independence and the American Revolution

July 4th at 2:00 pm

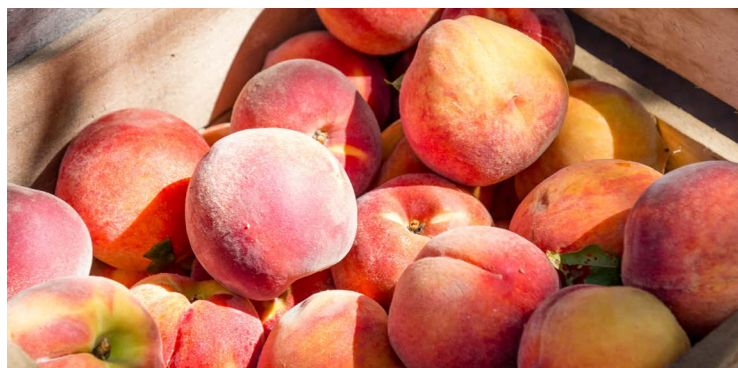
This talk explores the heroic acts of American patriots during the American Revolution and the writing of our Declaration of Independence. All stories are true, and many of them are hard to believe. Please join us in the first floor activity room to hear some great stories with Mr. Jim Phillips.



Nutrition Classes with Cassandra Payne

July 6th at 10:00 am

This program is to improve the health of senior adults and residents of public housing. By making wise food choices and lifestyle changes, we can improve the overall health and well-being of individuals and their families. Please join us twice a week for some fun games, presentations, and nutrition classes.



Peach Park Outing

July 10th at 9:30 am

We are going back to Clanton, Alabama! Join us as we travel to the farmers market to get some juicy peaches as well as other fruits and vegetables. Peach Park also has a BBQ pit where we will be eating lunch. Join us on this outing to the farmers market and enjoy its beautiful park and home-cooked food!



Veterans Luncheon

July 20th at 11:30 am

Regency of Tuscaloosa will be honoring our amazing veterans with an appreciation luncheon once a month. For our first luncheon, Mr. William Glen will be our guest speaker. This luncheon will give the veterans time to share their stories, sacrifices, and courage. We salute you for your service.



Sister Act

July 22nd at 2:00 pm

This play will be at The Bama Theatre, and tickets for a group are \$16 with ten individuals or more. Deloris Van Cartier is an aspiring singer in Philadelphia who, after witnessing a murder by her gangster boyfriend, is placed in a witness protection program. The program lands Deloris in a nunnery where she has to hide her boisterous personality among self-contained nuns.



Emma Baxter

Emma Baxter was born in Forkland, Alabama. She has one child but raised several. She was a proud member of the VISTA Corps (Volunteers in Service to America). Emma attended Stillman College and received her bachelor's degree in Elementary Education, then taught for twenty-five and a half years at Stillman Heights Elementary School.

Emma was a part of the Civil Rights Movement here in Tuscaloosa and was present at First African Baptist Church on Bloody Tuesday when she and others were tear gassed and attacked. She also crossed the Selma Bridge with Dr. Martin Luther King Jr. and other foot soldiers on the final march from Selma to Montgomery.

She has several grandchildren who call her Grandma and Nana. Her favorite foods are apples, baked chicken, hamburgers, and pizza. Emma has a green thumb and loves to plant and garden. Thank you for all you are, Emma!

WELCOME NEW RESIDENTS! 🏠

Emma Baxter
Marsha Patterson
Russell Wade

Happy Birthday



Resident

William "Billy" Wilson	July 7th
Donna Roberts	July 12th
Annette Owens	July 14th
Julia Dyer	July 22nd

Employee

Jeanette Hargress	July 3rd
Darlene Cottrell	July 4th
Ireka Williams	July 5th
Angela Green	July 9th
Steven Shirley	July 20th

FUN FACTS

- » Many countries have their Independence Day in July. These include the United States, Belarus, Venezuela, Argentina, Belgium, the Bahamas, and the Maldives. The national days for France and Canada occur in July as well.
- » July's birthstone, the ruby, is often associated with contentment, love, passion, and integrity.
- » July 27th is "Take Your Houseplants for a Walk Day."
- » July's full Moon, the Full Buck Moon, occurs on Monday, July 3. It reaches peak illumination at 7:39 A.M. (EDT) that morning, rising above the horizon after sunrise—but, it will seem spectacular in the night sky. Plus, it's the most prominent and brightest supermoon of the year.
- » The Tour de Donut is a 30-mile bike race in Illinois where riders take 5 minutes off their time for each donut they eat along the way. It takes place on July 8th this year.
- » Leo is the fifth astrological sign in the Zodiac, represented by the Lion. It is associated with the element of fire and is considered a fixed sign. Those born under this sign are said to be confident, ambitious, and proud.
- » On July 1, 1881, the world's first international telephone call was made between St. Stephen, New Brunswick, Canada, and Calais, Maine, United States.

WORD FIND

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

SUMMER

LEO

BEANS

BREAD

JULIUS

MOON

FIREWORKS

RUBY

NASA

TOUR

SEINFELD

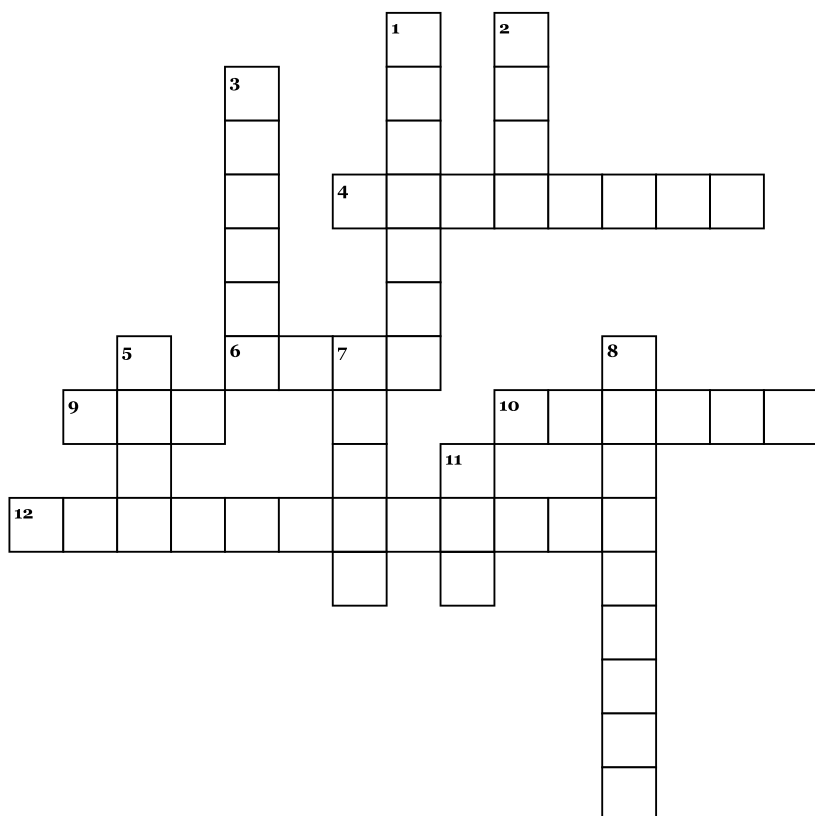
INDEPENDENCE

LIBERTY

FORD

DONUT

CROSSWORD

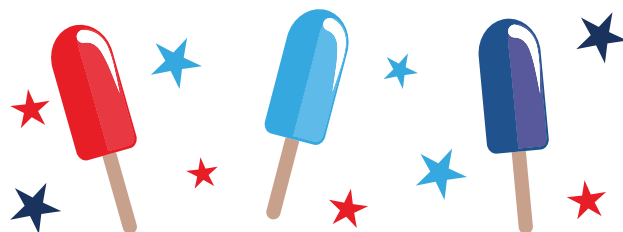


Down

1. Bell found in Pennsylvania
2. Neil and Buzz walked on this
3. July's namesake
5. Mustang company
7. Popular BBQ side dish
8. Colorful explosions
11. The lion of astrology

Across

4. Show with Jerry and friends
6. Red stone
9. ____ days of Summer,
10. The best thing since ____ bread
12. What July 4th represents



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Join Our Facebook Group

Scan the QR Code below to join our exclusive Friends & Family community on Facebook, and stay up to date on all things Regency Tuscaloosa.



EMPLOYEE OF THE MONTH

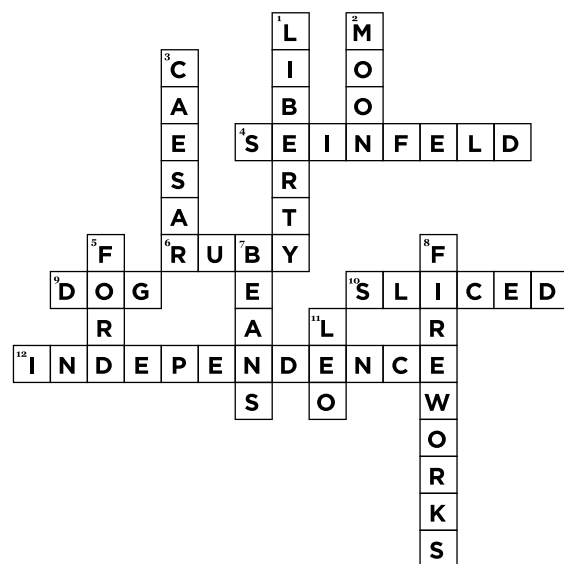
Frances Lanette Coleman



Frances and her husband have been married for eight years, and they have eight children together: Terrance, Tameka, Kaela, Brittany, Anthony, Jason, Thaddeus, and Tyrone. She has thirteen grandchildren whom she loves dearly. She loves to dance and her favorite music is the blues. Her favorite food is fried fish. She loves a good old fish fry!

Frances loves planning family events because it gives her a chance to spend time with her children and grandchildren. She also enjoys going to basketball games. She loves her job, and taking care of the residents gives her a wonderful feeling! Frances would like to thank everyone for being chosen as the Employee of the Month for July.

ANSWER KEY



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