

ASSISTED LIVING

AUGUST 2023 EVENTS

Regency Retirement Village of Tuscaloosa

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Morning Walk 1 10:00 Bible Study w/ Harry Garrett 2:00 Cherry Blossom Art 3:00 Guess the Movie by the Song Game	9:00 Morning Meditation 2 10:00 Bible Study w/ John McKay 2:00 Resident Council Meeting 2:30 National Ice Cream Sandwich Day 3:00 Manicures 4:00 Exercise	8:30 Morning Walk 3 9:00 Devotional w/ Brain Moon (ProHealth Home Health and Hospice) 10:00 Cornhole (Outside) 2:00 National Watermelon Day 2:30 August IQ Trivia (Test Your IQ)	FUN-tastic Friday: 4 Clown Day 9:00 Morning Meditation 10:00 BINGO 1:30 Movie Matinee: Stars Fell on Alabama 2:00 Popcorn Friday 3:00 Exercise	9:00 Morning Walk 5 10:00 Manager Special TBD 2:00 Get Some Fresh Air 3:00 Daily Delight 4:00 Evening Stroll
9:00 Sunday School w/ Jimmy Singley 6 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special 11:00 Fine China Luncheon 2:00 Daily Delight 3:00 Enjoy a Nice Breeze in the Courtyard	9:00 Morning Walk 7 10:00 BINGO 2:00 SunCather Craft 3:00 Exercise	9:00 Morning Meditation 8 10:00 Bible Study w/ Harry Garrett 2:00 Nutrition Class w/ Cassandra Payne 3:00 Cranium Crunches 3:00 Fill in the Blank 4:00 Word Search	9:00 Morning Walk 9 10:00 Bible Study w/ John McKay 11:30-1 What's Cooking Wednesday? Luau Style 2:30 Performace from Elvis Presley 3:30 Exercise 3:30 Evening Walk in Courtyard	8:30 Morning Meditation 10 9:00 Devotional w/ Brain Moon (ProHealth Home Health and Hospice) 10:00 Nutrition Class w/ Cassandra Payne 2:00 National S'Mores Day (Make Your Own S'More)	9:00 Morning Walk 11 10:00 BINGO w/ Amy Creel (Amedisys Home Health Care) 2:00 Snow Cone Social 2:30 August Modern Jeopardy Trivia 3:30 UNO	9:00 Morning Meditation 12 10:00 Manager Special 2:00 Cranium Crunches 3:00 UNO Attack 4:00 Evening Stroll
9:00 Sunday School w/ Jimmy Singley 13 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special 11:00 Fine China Luncheon 2:00 Card Game 3:00 Enjoy a Nice Breeze in the Courtyard	9:00 Morning Meditation 14 10:00 BINGO 2:00 Make Doggy Treats 3:00 Exercise 3:30 Evening Walk in Courtyard	9:00 Morning Walk 15 10:00 Bible Study w/ Harry Garrett 2:00 Pet Therapy w/ Tuscaloosa Metro Animal Shelter 2:30 Alzheimer's & Dementia Support Group w/ Laura Raschilla	9:00 Morning Meditation 16 10:00 Bible Study w/ John McKay 2:00 Manicures 3:00 Snack & Music Social 3:30 Exercise 4:00 Evening Walk in Courtyard	8:30 Morning Walk 17 9:00 Devotional w/ Brain Moon (ProHealth Home Health and Hospice) 10:00 August Random Trivia 11:00 Veterans Luncheon 1:00 Fish & Loaves Gospel Group	9:00 Morning Meditation 18 10:00 BINGO w/ Kiara(Volunteer Coordinator w/ ProHealth) 1:30 Movie Matinee: The Sandlot 2:00 National Ice Cream Pie Day	9:00 Morning Walk 19 10:00 Manager Special TBD 2:00 Word Search 3:00 Board Game of Choice 4:00 Evening Stroll
9:00 Sunday School w/ Jimmy Singley 20 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special 11:00 Fine China Luncheon 2:00 Board Game of Choice 3:00 Enjoy a Nice Breeze in Courtyard	9:00 Morning Walk 21 10:00 BINGO 11:30 "ROMEO" Lunch Outing (MEN'S GROUP ONLY) 2:00 Q-Tip Painted Lavender Plant 3:00 EXercise 3:30 Evening Walk in Courtyard	9:00 Morning Meditation 22 10:00 Bible Study w/ Harry Garrett 2:00 Remembering the Drifters 3:00 Music Soical	9:00 Morning Walk 23 10:00 Bible Study w/ John McKay 1:30 Paper Lantern Craft 2:30 Who, What & When 3:00 Exercise 3:30 Evening Walk in Courtyard	8:30 Morning Meditation 24 9:00 Devotional w/ Brain Moon (ProHealth Home Health and Hospice) 10:00 Flip Flop Door Hanger 2:00 Penny Auction w/ Felicia Roberston (Aspire Rehab)	9:00 Morning Walk 25 10:00 BINGO 2:00 Penny Auction w/ Lisa Nixon (Forest Manor) 2:30 National Banana Split Day 3:30 Music Social	9:00 Morning Meditation 26 9:30 Caring Days Walk 10:00 BINGO w/ Al Muquit Court (Senior Citizen Group) 2:00 Word Search 3:00 Board Game of Choice 4:00 Evening Stroll
9:00 Sunday School w/ Jimmy Singley 27 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special 2:00 Card Game 3:00 Enjoy Nice Breeze in the Courtyard	9:00 Morning Meditation 28 10:00 BINGO 1:30 Country Ride 2:30 Word Search 3:00 Exercise 3:30 Evening Walk in Courtyard	9:00 Morning Walk 29 10:00 Bible Study w/ Harry Garrett 2:00 Floral Butterfly Frames 2:30 Desert Trivia 3:30 Music Social	9:00 Morning Meditation 30 10:00 Bible Study w/ John McKay 2:00 Birthday Celebration For The Month Of August w/ Kelly Bonner (Hospice of West Alabama) 3:00 August Trivia 4:00 Evening Walk in Courtyard	8:30 Morning Walk 31 9:00 Devotional w/ Brain Moon (ProHealth Home Health and Hospice) 10:00 1:30 Football Kickoff Pep Rally 3:00 UNO 4:00 Music Social		