

# ASSISTED LIVING

# MARCH 2024 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 Meditation 10:00 BINGO 1:00-3:00 Tuscaloosa County High Cheerleaders 3:30 Resistance Bands & Lower Back	9:00 Morning Walk 10:00 Hands in Paws Pet Therapy 10:00 Manager Special TBD 2:00 Cranium Crunches 3:00 UNO Attack 4:00 Evening Stroll
9:00 Sunday School w/ Jimmy Singley 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special TBD	9:00 Morning Walk 10:00 BINGO 2:00 Lift Students (Culverhouse School of Accountancy) 3:00 National Pound Cake Day	9:00 Morning Meditation 10:00 Bible Study w/ Harry Garrett 1-2 BOOK MOBILE VISIT 2:00 Alzheimer's & Dementia Support Group w/Laura Raschilla (Southern Care New Beacon)	9:00 Morning Walk 10:00 Bible Study w/ John McKay 2:00 Resident Council Meeting 2:30 National Oreo Cookie Day (Oreo Taste Test) 3:00 Resistance Bands & Lower Back	9:00 Morning Meditation 10:00 Penny Auction w/Chris (Cornerstone Caregivers) Manicures 1:30 Terrific Tune Thursday 2:00 Manicures 3:00 Board Game Thursday	9:00 Morning Walk 10:00 BINGO 1:30 Friday Movie Matinee 3:30 Resistance Bands & Lower Back	9:00 Morning Meditation 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 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special TBD	9:00 Morning Walk 10:00 BINGO 11:00 JULIET Group- The Fish Market 2:00 Lift Students (Culverhouse School of Accountancy) 3:00 Resistance Bands & Lower Back	9:00 Morning Meditation 10:00 Bible Study w/ Harry Garrett 2:00 Leprachaun's Hat pot 3:00 Manicures	9:00 Morning Walk 10:00 Bible Study w/ John McKay 2:00 Leprechaun Lookers Craft 3:00 Resistance Bands & Lower Back	9:00 Morning Meditation 10:00 Devotional w/ Rob Steinbrook (Oasis Hospice) 2:00 St. Patrick's Day Social w/Mallory (Enhabit Home Health and Hospice) 3:00 St. Patrick Day Trivia	9:00 Morning Walk 10:00 BINGO 2:00-4:00 Employee Of The Year Celebration	9:00 Morning Walk 10:00 Manager Special TBD 2:00 Spade Card Game 3:00 Daily Delight 4:00 Evening Stroll
9:00 Sunday School w/ Jimmy Singley 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special TBD 1:30 This History of St. Patrick's Day w/Jim Phililps	9:00 Morning Walk 10:00 BINGO 11:00 ROMEO Group- Dreamland BBQ 2:00 Lift Students (Culverhouse School of Accountancy) 3:00 Resistance Bands & Lower Back	9:00 Morning Meditation 10:00 Bible Study w/ Harry Garrett 1:00 Chair Yoga w/Justin Simon 2:00 Bunny Tail Craft 3:00 Terrific Tune Tuesday	9:00 Morning Walk 10:00 Bible Study w/ John McKay 11:00-1:00 What's Cooking Wednesday? Irish Style Cuisine 2:00 Craft 3:00 Resistance Bands & Lower Back	9:00 Morning Meditation 10:00 Easter Egg Craft 2:00-6:00 Spring Into Regency (Open House)	9:00 Morning Walk 10:00 BINGO 2:00 Penny Auction w/Lisa Nixon (Forest Manor Rehab) 3:00 Resistance Bands & Lower Back	9:00 Morning Meditation 10:00 BINGO w/AI Muqit 2:00 Word Search 3:00 Board Game of Choice 4:00 Evening Stroll
9:00 Sunday School w/ Jimmy Singley 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special TBD 11:00-1:00 Easter Brunch	9:00 Morning Walk 10:00 BINGO 1:30 Country Ride 2:00 Lift Students (Culverhouse School of Accountancy) 3:00 Resistance Bands & Lower Back	National Purple Day (Wear Your Purple) 9:00 Morning Meditation 10:00 Bible Study w/ Harry Garrett 2:00 Penny Auction w/Lisa (Southern Care New Beacon) 3:00 Terrific Tune Tuesday 3:30 Men's Group Domino	9:00 Morning Walk 10:00 Bible Study w/ John McKay 2:00 Manicures 3:00 Resistance Bands & Lower Back	9:00 Morning Meditation 10:00 Devotional w/ Rob Steinbrook (Oasis Hospice) 1:30 Movie Matinee	9:00 Morning Meditation 10:00 BINGO w/Amy & Monica (Amedisys) 2:00 March Birthdays Celebration 3:30 Resistance Bands & Lower Back	9:00 Morning Walk 10:00 Manager Special TBD 2:00 Cranium Crunches 3:00 UNO Attack 4:00 Evening Stroll