

WHAT'S COMING UP

April 1st

April Fools' Day

April 2nd

Autism Awareness Day

April 3rd

National Walking Day

April 5th

National Self Care Day

April 8th

National Zoo Lovers Day

April 18th

National Exercise Day

April 22nd

Earth Day

Passover Begins

April 23rd

National Picnic Day

April 27th

National Tell a Story Day



APRIL 2024 NEWSLETTER



Residents, Families and Friends,

As the warmth of spring envelops us, we are reminded of the ever-renewing love of our Savior, Jesus Christ. Just as the earth awakens from its winter slumber, so too does our spirit rejoice in the promise of new beginnings.

In this season of blooming flowers and chirping birds, let us take a moment to reflect on the beauty of God's creation and the abundant blessings He bestows upon us. As we witness the earth coming to life again, may it serve as a reminder of His endless grace and mercy.

As you enjoy the sunshine on your face and the fragrant scent of blossoms in the air, remember that each day is a gift from above. Let us embrace this time with open hearts and minds, ready to embrace the opportunities for growth and renewal that spring brings.

Just as the flowers unfurl their petals to bask in the sunlight, may we too open ourselves to the warmth of God's love and allow it to fill our souls with joy and peace. Let us spread His love to those around us, sharing kindness and compassion with every interaction.

With love and blessings,

Sincerely,
Your Regency Family

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 60 days from the move-in date.



Read Across America

It was an honor for the fourth and fifth graders to come and read to our residents. We thank University Place Elementary School for stopping by and reading to us!



National Cheerleaders Week

What an exciting week we had with different cheerleading squads coming to visit us at Regency. We had Tuscaloosa County High and Alabama Crimson Tide cheerleaders. We had a ball and enjoyed their company.





Hand in Paw

Hand in Paw is a non-profit organization out of Birmingham. Their mission is to improve human health and well-being through animal-assisted therapy. We enjoy Hand in Paw on the first Saturday of each month. It is so therapeutic and a joy to see different dogs come and love on us and do tricks!



Crazy Hat Day

Fun-tastic Friday at Regency was Crazy Hat Day on March 1st. Join us on EVERY first Friday of each month for a FUN-TASTIC FRIDAY at Regency!!





National Library Week

April 7th through 13th

It's National Library week! The Tuscaloosa Library "Book Mobile" will be here on April 9th from 1:00pm to 2:00 pm. Come check out their selections from horror to romantic novels and so much more. They also have a DVD selection. If you would like to receive a library card please see Brittani. If you need to renew your card come see the lovely ladies from the book mobile.



George Winter

April 19th from 2:00 pm to 3:00 pm

Please join us on Friday, April 19th from 2:00 pm to 3:00 pm for a fun music performance by George Winter. He plays all types of music like Big Band, '60s Rock, Gospel and Patriotic. Let's have some fun! Don't meet me there BEAT me there!



New Resident Reception

April 17th at 2:00 pm

It's always a pleasure meeting new residents. Join us on Tuesday, April 16th at 2:00 pm, as we join in fellowship with our new Regency residents. Make them feel at home while introducing yourself.





Chair Yoga

April 3rd and 10th at 1:00 pm

Chair yoga invites you to find mobility in a way that is soft and gentle but also really supportive and beneficial to you. Join us on April 3rd and April 10th with Justin Simon from B-Home Care.



What's Cooking? – Alabama A-Day Game

April 12th

It's springtime, so you know what that means! Alabama A-Day is near. We will be grilling hot dogs and some good ol' hamburgers for lunch. Join us from 11-1 pm for a ballpark hot dog. Dress in your favorite college football team attire!



National Pet Day

April 11th

The world decided to dedicate an entire day to celebrating the joys that pets bring into our lives! Join us Thursday April 11th for pet therapy with Tuscaloosa Metro Animal Shelter and of course our very own Miss Bonnie with Rob Steinbrook.



ROMEO and JULIET

April 8th and 15th at 11:00 am

I am calling all men and women to join in on our fun! Join our ROMEO and JULIET groups. We go once a month on an outing to eat. You are responsible for purchasing your meal and Brittani will provide the T-shirts. This month ROMEOs will be going to Hooters at 11:00 am on April 15th and JULIETs will be going to Billy's at 11:00 am on April 8th.





Michael McKay

Mike McKay was born in Harrisburg, PA to Laird and Elizabeth McKay. He has two siblings: Marian Rosato and John McKay. Although Mike attended New Providence High School in New Jersey, he graduated from Berry High School in Birmingham. Mike was a co-owner of Charlemagne Record Exchange in Birmingham Southside. It was a very popular family-owned record store from 1977 to 2020. Mike was a key person in the store's daily operation for many years. His hobbies are collecting baseball cards and collecting vinyl records (including blues, jazz, country and Rock 'n Roll).

Mike loves to play a tabletop baseball simulation game called APBA. He follows the Atlanta Braves and the Baltimore Orioles. He roots for Alabama football in college and he has been a lifetime fan of the Detroit Lions in the NFL. Mike loves Jesus very much and has served the Lord for years by having a card ministry at his church, All Saints Episcopal, in Homewood, AL. His cards of encouragement, on which he wrote scriptures and encouraging notes, were a real blessing to people who needed to be reminded that God's love is real.

Happy Birthday

Resident

Emma Baxter Apr. 5th
 Sarah Hester Apr. 6th
 Carla Killiam Apr. 6th
 Prentess Miller Apr. 6th
 Janice Thomas Hamilton Apr. 7th

Employee

Lorna Smith Apr. 15th
 Albert Weatherspoon Apr. 17th
 James Booner Apr. 22nd
 Betty Pippins Apr. 29th
 Meghan Dauscher Apr. 12th
 Shi'Kerria Ervin Apr. 26th

COMMUNITY STORY



On April 15th, at 1:30 pm, we will be working on an experiment and I would like for you to join us. We will watch caterpillars change into beautiful butterflies! Be thinking of some potential names for our butterflies. There will be two: one for our first floor and one on the second floor. I need you guys to help me monitor the daily changes. If you would like to help, please see Brittani!

WELCOME NEW RESIDENTS! 🏠

James Sanford

Jack Sledge



WORD FIND

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

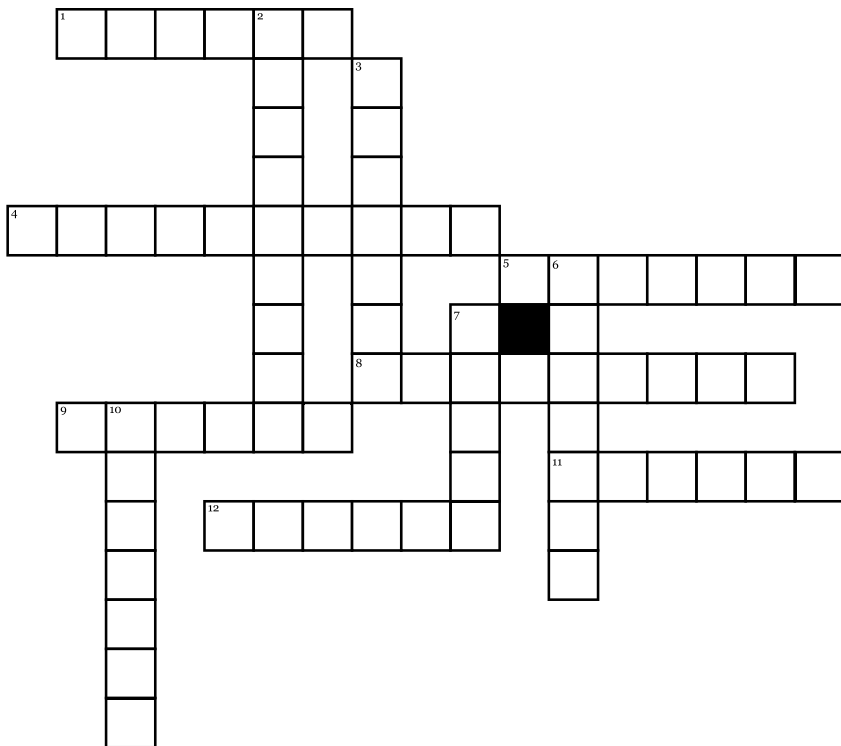
CHERNOBYL
 OLYMPICS
 ICEBERG

TITANIC
 GREGORIAN
 DIAMOND

BIRTHSTONE
 SOUTHERN
 HEMISPHERE

APRIL
 OCTOBER
 CANTERBURY

CROSSWORD



Down

- 2. Battle of _____ and Concord
- 3. Ford muscle car
- 6. "Houston we've had a _____ here"
- 7. Romans goddess
- 10. Ship that hit an iceberg

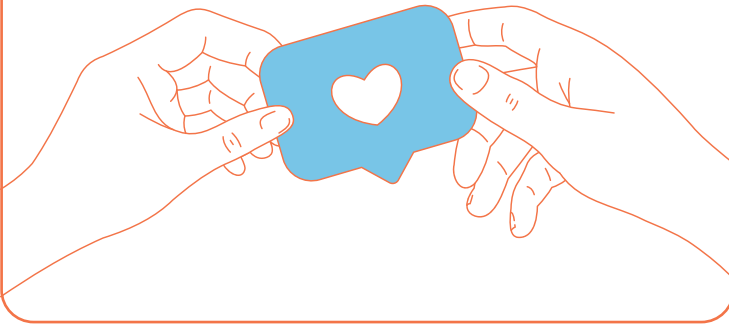
Across

- 1. NASA space program
- 4. First President of the United States
- 5. April in Latin
- 8. Roman calendar
- 9. Olympic city
- 11. April meteor shower
- 12. Roman Emperor _____ Caesar

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Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.



EMPLOYEE OF THE MONTH

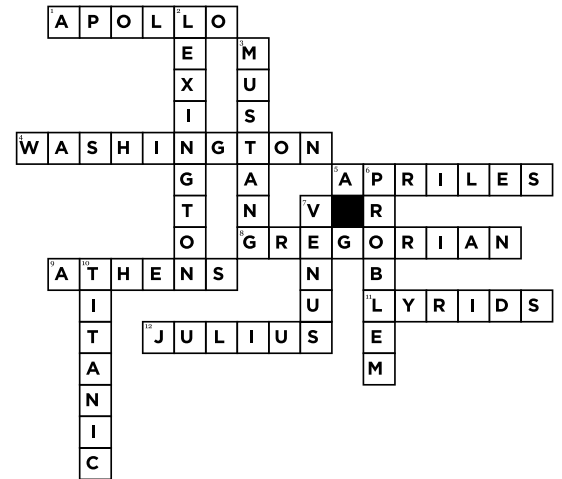
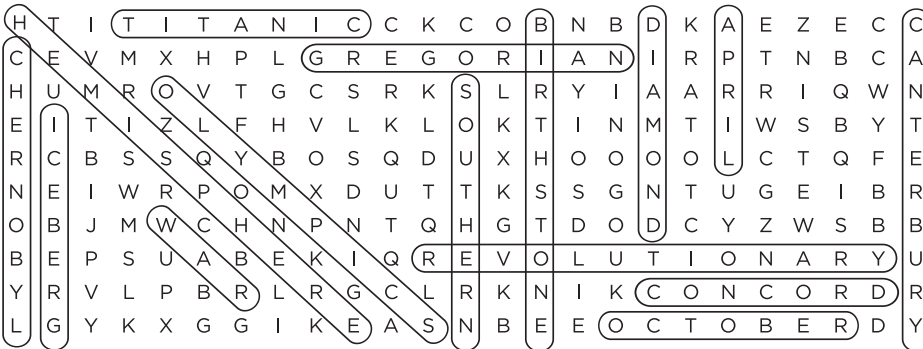
Katie Rentas

Katie is currently a nursing school student at the University of Alabama with a minor in food and nutrition. Her parents still live in the Chicago area. She has twin brothers — one in the army in Tennessee and another living in Chicago as a computer software designer.

Her favorite food is anything pasta, specifically chicken alfredo. Her favorite vacation was a trip to Ecuador and the Galapagos Islands. Her favorite hobbies are playing pickleball and hiking.


She would like to thank everyone who nominated her for Employee of the Month!

ANSWER KEY



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 [RegencyTuscaloosa.com](https://www.RegencyTuscaloosa.com)

Regency Senior Living's mission is to
 Serve our residents and families while
 Engaging in relationships
 Respecting individuality and
 Valuing the contributions of those who
 Evolve our care every day