

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9:00 Morning Walk 10:00 BINGO 2:00 Spade Card Game 3:00Resistance Bands & Lower Back Canada Day	9:00 Morning Mediation 10:00 Bible Study w/ Harry Garrett 9:00 Outing Peach Park 1:00-2:00 Bookmobile 2:00 Tuesday Tabletop Games 2:30 Music Social	9:00 Morning Walk 10:00 Bible Study w/ John McKay 1:30 Resident Council Meeting 2:00 Manicures 3:00 Domino Wednesday 3:00 Chair Exercise 3:30 Music Social	9:00 Morning Mediation 9:30 Walmart Shopping 10:00 Firework Salt Painting 11:00 What's Cooking at Regency? Independence Day Luncheon 1:30 Outdoor Activities: Cornhole, Bubble Blowing, Snow Cone, Water Balloon Toss (if weather permits) Independence Day (US)	Funtastic Friday: Favorite Holiday Celebration 9:00 Morning Walk 10:00 BINGO 1:30 Friday Movie Matinee 2:30 Popcorn Friday 3:00Resistance Bands & Lower Back	9:00 Morning Walk 10:00 Pet Therapy w/Hand in Paw 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 2:00 Board Game of Choice 3:00 Word Search	9:00 Morning Mediation 10:00 BINGO 11:00 JULIET Lunch Outing: Cracker Barrel Old Country Store 2:00 Domino Fun 3:00Resistance Bands & Lower Back	9:00 Morning Walk 10:00 Bible Study w/ Harry Garrett 9:30-11:30 Outing to CONNECT 2:00 Tuesday Tabletop Games 2:30 EZ Music: Finish the Song Lyric 3:00 Cranium Crunches	9:00 Morning Mediation 10:00 Bible Study w/ John McKay 2:00 New Resident Reception 2:30 Jeopardy Trivia 3:00 Chair Exercise	9:00 Morning Walk 10:00 Picnic in the park (if weather permits) 2:00 Penny Auction w/Mallory (Enhabit Home Health& Hospice)	9:00 Morning Mediation 10:00 BINGO w/CeCe Washington 1:30 Pool Side Fun (If weather permits) 2:30 Snow Cone Friday 3:00Resistance Bands & Lower Back	9:00 Morning Mediation 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 2:00 Nice Refreshing Walk in the Courtyard 3:00 Daily Delight	9:00 Morning Walk 10:00 BINGO 11:00 ROMEO Lunch Outing: Full Moon BBQ 2:00 Balloon Swat Exercise 3:00Resistance Bands & Lower Back	9:00 Morning Mediation 10:00 Bible Study w/ Harry Garrett 9:30-11:30 Outing to CONNECT 2:00-3:00 Ice Cream Bar w/Melissa (Oak Street Health) 3:30 Music Social	9:00 Morning Walk 10:00 Bible Study w/ John McKay 1:30 Manicures 3:00 Music Therapy w/Mary Paige (Enhabit HomeHealth) 3:00 Chair Exercise	9:00 Morning Mediation 9:30 Walmart Shopping 10:00 Donuts and Coffee with Regency Veterans w/ Kiara (Alabama Hospice of Tuscaloosa) 2:00 Ocean in a bottle craft	9:00 Morning Walk 10:00 BINGO w/Employees of Jamison Money Farmer PC 1:30 Friday Movie Matinee 2:30 Popcorn Friday 3:00Resistance Bands & Lower Back	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 11:00 Fine China Luncheon 2:00 3:00 Enjoy a nice breeze courtyard	9:00 Morning Walk 10:00 BINGO 2:00 Dollar Tree Shopping 2:30 UNO Card Game 3:00Resistance Bands & Lower Back	9:00 Morning Walk 10:00 Bible Study w/ Harry Garrett 9:30-11:30 Outing to CONNECT 2:00 Spade Card Game 2:30 Summer Days: Five Clue What is it? 3:00 Trivia	9:00 Morning Mediation 10:00 Bible Study w/ John McKay 1:30 Wednesday Movie Matinee 3:00 Chair Exercise	9:00 Morning Walk 10:00 The Connect Group (Lori) 2:00 National Hot Fudge Sundae Day 2:30 Trivia Day 3:00 Music Social	9:00 Morning Mediation 10:00 BINGO w/CeCe Washington 2:00 July Birthday Celebration w/Kasyn (ProHealth Home Health) 2:30 Test Your July IQ & Trivia 3:00Resistance Bands & Lower Back	9:00 Morning Mediation 9:00 Morning Mediation 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 11:00 Fine China Luncheon 2:00 Daily Delight 3:00 Enjoy a nice breeze courtyard	9:00 Morning Walk 10:00 BINGO 1:30 Summer Craft 2:30 Dominoes with Music Social 3:00Resistance Bands & Lower Back	9:00 Morning Mediation 10:00 Bible Study w/ Harry Garrett 2:00-3:00 BINGO w/Melissa (Oak Street Health) 3:00 Evening Stroll	9:00 Morning Walk 10:00 Bible Study w/ John McKay 1:30 Country Ride 2:00 Manicures 3:00 Chair Exercise	<h1>July 2024</h1>			