## Assisted Living

## March 2024 Events

## Regency Retirement Village of Tuscaloosa

WEDNESDAY THURSDAY MONDAY Tuesday FRIDAY SATURDAY 9:00 Morning Meditation 9:00 Morning Walk 10:00 BINGO 10:00 Hands in Paws 1:00-3:00 Tuscaloosa County High Pet Therapy Cheerleaders 10:00 Manager Special TBD 3:30 Resistance Bands & 2:00 Cranium Crunches Lower Back 3:00 UNO Attack 4:00 Evening Stroll 6 9:00 Morning Meditation 8 9:00 Morning Meditation 3 9:00 Morning Walk 5 9:00 Morning Walk 7 9:00 Morning Walk 9:00 Sunday School 10:00 BINGO 10:00 Bible Study w/ John McKay 10:00 Penny Auction w/Chris 10:00 BINGO 10:00 Manager Special TBD w/ Jimmy Singley 9:00 Morning Meditation 9:30 Church Worship w/ John & 2:00 Lift Students (Culverhouse 10:00 Bible Study w/ Harry Garrett 2:00 Resident Council Meeting (Cornerstone Caregivers) 1:30 Friday Movie Matinee 2:00 Word Search Peggy McKay School of Accountancy) 1-2 BOOK MOBILE VISIT 2:30 National Oreo Cookie Day Manicures 3:30 Resistance Bands & 3:00 Board Game of Choice 10:00 Manager Special TBD 3:00 National Pound Cake Day 2:00 Alzheimer's & Dementia (Oreo Taste Test) 1:30 Terrific Tune Thursday Lower Back 4:00 Evening Stroll Support Group w/Laura Raschilla 3:00Resistance Bands & 2:00 Manicures 3:00 Board Game Thursday (Southern Care New Beacon) Lower Back 16 15 10 9:00 Morning Walk 9:00 Sunday School 14 9:00 Morning Walk 9:00 Morning Meditation 9:00 Morning Walk 9:00 Morning Meditation w/ Jimmy Singley 10:00 BINGO 10:00 Bible Study w/ Harry Garrett 10:00 Bible Study w/ John McKay 10:00 Devotional w/ Rob Steinbrook 10:00 BINGO 9:00 Morning Walk 9:30 Church Worship w/ John & 11:00 JULIET Group- The Fish 2:00 Leprachaun's Hat pot 2:00 Leprechaun Lookers Craft (Oasis Hospice) 2:00-4:00 Employee Of The Year 10:00 Manager Special TBD Peggy McKay 3:00 Manicures 3:00 Resistance Bands & 2:00 St. Patrick's Day Social Celebration 2:00 Spade Card Game Market 10:00 Manager Special TBD 2:00 Lift Students (Culverhouse w/Mallory (Enhabit Home Health 3:00 Daily Delight Lower Back School of Accountancy) and Hospice) 4:00 Evening Stroll 3:00 Resistance Bands & Lower 3:00 St. Patrick Day Trivia Back 17 9:00 Morning Walk 18 9:00 Morning Meditation 20 9:00 Morning Meditation 21 9:00 Morning Walk 9:00 Morning Meditation 9:00 Sunday School 9:00 Morning Walk 10:00 BINGO w/Al Mugit w/ Jimmy Singley 10:00 BINGO 10:00 Bible Study w/ Harry Garrett 10:00 Bible Study w/ John McKay 10:00 Easter Egg Craft 10:00 BINGO 9:30 Church Worship w/ John & 11:00 ROMEO Group-1:00 Chair Yoga w/Justin Simon 11:00-1:00 What's Cooking 2:00-6:00 Spring Into Regency 2:00 Penny Auction w/Lisa Nixon 2:00 Word Search Dreamland BBQ 2:00 Bunny Tail Craft Wednesday? Irish Style Cuisine 3:00 Board Game of Choice Peggy McKay (Open House) (Forest Manor Rehab) 10:00 Manager Special TBD 2:00 Lift Students (Culverhouse 3:00 Terrific Tune Tuesday 2:00 Craft 3:00 Resistance Bands & 4:00 Evening Stroll 1:30 This History of St. Patrick's School of Accountancy) 3:00 Resistance Bands & Lower Back Day w/Jim Phililps 3:00 Resistance Bands & Lower Back Lower Back 28 9:00 Morning Meditation 24/3125 National Purple Day 26 9:00 Morning Walk 29 9:00 Morning Walk 30 27 9:00 Morning Meditation 9:00 Morning Walk 9:00 Sunday School 10:00 Bible Study w/ John McKay 10:00 BINGO (Wear Your Purple) 10:00 Devotional w/ Rob Steinbrook 10:00 BINGO 10:00 Manager Special TBD w/ Jimmy Singley 9:30 Church Worship w/ John & 1:30 Country Ride 9:00 Morning Meditation 2:00 Manicures (Oasis Hospice) w/Amy & Monica (Amedisys) 2:00 Cranium Crunches Peggy McKay 3:00 Resistance Bands & 3:00 UNO Attack 2:00 Lift Students (Culverhouse 10:00 Bible Study w/ Harry Garrett 1:30 Movie Matinee 2:00 March Birthdays Celebration 10:00 Manager Special TBD School of 2:00 Penny Auction w/Lisa Lower Back 3:30 Resistance Bands & 4:00 Evening Stroll (Southern Care New Beacon) 11:00-1:00 Easter Brunch Accountancy) Lower Back 3:00 Resistance Bands & 3:00 Terrific Tune Tuesday Lower Back 3:30 Men's Group Domino