










# Regency Place December Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>30</b></p> <p>9:00 Morning Walk-(R) 9:30 Yahtzee - (R) 10:00 Movie &amp; Popcorn-TBA-(S) 1:25 49ers vs Rams-(TV) 1:30 Kings in the Corner w/ Dru - (R) 3:00 Sunday Service w/ Pastor Mike - (V) 6:30 Evening Games - (R)</p>	<p><b>31</b> <i>New Year's Eve</i></p> <p>9:00 Strength &amp; Balance w/Kathleen-(R) 11:30 Getting to know you social 1:00 Bridge Group w/Shirley-(R) 1:30 Hearts - (R) 1:30 21/Blackjack -w/James (R) 2:00  3:30 Yahtzee- (R) 6:30 Evening Games-(R)</p>	<p><b>Activity Director</b> <b>Jane Rowe</b> E-mail <a href="mailto:jrowe@northstarsl.com">jrowe@northstarsl.com</a></p> 	<p></p> <p>Dec 1 Elaine L. Dec 2 Faye G. Dec 4 Loleta J. Dec 5 Raymond N. Dec 19 Ruby M. Dec 22 June S. Dec 29 Billie B. Dec 29 Janiece F.</p>	<p>Sacramento Bee in Activity Room Daily</p> <p>Morning Medical Appointments</p> <p>Monday, Tuesday and Friday.</p> <p>Wednesday is Errand Day.</p> <p>Thursday and Saturday</p>	<p><b>Key Code Activities</b> Lead By: Resident- R Volunteer-V Director-D Staff-S Club House-CH Personal Trainer- PT</p> <p>*Calendar Is Subject To Change*</p>	<p><b>1</b></p> <p>9:00 Group Exercise w/Dru-(R) 9:00 Nail Polish Day - (D) 9:30 Hearts-(R) 1:00 Room Visit-(D) 1:00 Wii Bowling - (R) 2:00 Ice Cream Cone-(D)  2:30 Brain Fitness- (D) 3:00 Word Search - (D) 7:00 Poker - (R)</p>
<p><b>2</b></p> <p>9:00 Morning Walk-(R) 9:30 Yahtzee - (R) 10:00 Movie &amp; Popcorn-TBA-(S)</p>  <p>1:25 49ers vs Seahawks-(TV) 1:30 Kings in the Corner w/ Dru - (R) 3:00 Sunday Service w/ Pastor Mike - (V) 6:30 Evening Games - (R)</p>	<p><b>3</b></p> <p>9:00 Strength &amp; Balance w/Kathleen-(R) 9:00 <b>Podiatry Care</b> 11:30 Getting to know you social 1:00 Bridge Group w/Shirley-(R) 1:30 Hearts - (R) 1:30 21/Blackjack - w/James(R) 2:30 Games-(R) 3:30 Yahtzee- (R) 5:15 Redskins vs Steelers-(TV) 6:30 Evening Games-(R)</p>	<p><b>4</b></p> <p>9:00 Tai Chi Class- (R)</p>  <p>10:00 Creative Art Class-(D) 1:00 Money Bingo - (D)</p>  <p>2:00 Board Games- (S) 4:00 Rummikub - (R) 6:30 Evening Games-(R)</p>	<p><b>5</b></p> <p>9:00 Trip /WinCo Foods  9:00 Dollar Store 9:00 Strength &amp; Balance Class - (R) 9:30 Catholic Communion / Rene &amp; Bernard-(V) 1:00 Money Bingo - (D) 1:00 Bridge Group w/Shirley 3:00 Bible Study w/ Pastor Mike - (V) 4:00 Yahtzee-w/Bob-(R)</p>	<p><b>6</b></p> <p>9:00 Strength &amp; Balance w/ Jake Weathers (PT) 10:00 Spelling Bee-with Shareen- (R) 10:00 Trip/ Arden Fair Mall 1:00 Games - (R) 2:00 21/ Blackjack - (D) 3:00 Battleship Game-(R) 6:30 Evening Games - (R)</p>	<p><b>7</b></p> <p>9:00 Chair Exercise w/ Kathleen - (R) 10:00 Prayer Group w/Earl M 10:30 Current Events w/ Richard W.-(R) 1:00 Bridge Group - (R) 1:30 Games - (R) 3:00 Happy Hour w/ Tommy T. 4:00 Yahtzee - (R)</p>	<p><b>8</b></p> <p>9:00 Group Exercise w/Dru-(R) 9:00 Nail Polish Day - (D) 9:30 Hearts-(R) 1:00 Wii Bowling- (D) 1:00 Trip/Sacramento Theatre Company "A Christmas Carol" 2:30 Brain Fitness - (D) 3:00 Word Search - (D) 7:00 Poker - (R)</p>
<p><b>9</b></p> <p>9:00 Morning Walk 9:30 Yahtzee-(R) 10:00 Movie &amp; Popcorn-TBA-(S) 1:05 Broncos vs 49ers -(TV) 1:30 Kings in the Corner w/Dru- (R) 3:00 Sunday Service w/ Pastor Mike - (V) 6:30 Evening Games -(R)</p>	<p><b>10</b></p> <p>9:00 Strength &amp; Balance w/Kathleen-(R) 10:30 Getting to know you social 1:00 Bridge Group w/Shirley-(R) 1:30 Hearts - (R) 1:30 21/Blackjack-w/James(R) 2:30 Games-(R) 3:30 Yahtzee-(R) 5:15 Vikings vs Seahawks-(TV) 6:30 Evening Games-(R)</p>	<p><b>11</b></p> <p>9:00 Tai Chi Class- (R) 10:00 Balloon Volleyball-(S) 10:30 Town Hall Meeting</p>  <p>1:00 Money Bingo - (D) 2:00 Holiday Stress/ Resident Service Director/ Jena Larkin 4:00 Rummikub - (R) 6:30 Evening Game</p>	<p><b>12</b></p> <p>9:00 Trip/ Bel-Air 9:00 Strength &amp; Balance Class-(R) 9:30 Catholic Communion w/ Rene &amp; Bernard- (V) 10:30 Trip/ Target  1:00 Money Bingo 1:00 Bridge Group w/Shirley 3:00 Bible Study w/ Pastor Mike - (V) 6:00 Board Games - (R)</p>	<p><b>13</b> </p> <p>9:00</p> <p>10:45 Trip/ Paesanos Restaurant Games - (R) 1:00 21/Blackjack - (S) 2:00 The Game of Life-(R) 3:00 Evening Games - (R)</p>	<p><b>14</b></p> <p>9:00 Chair Exercise w/ Kathleen - (R) 10:00 Prayer Group w/Earl M 10:30 Current Events w/ Fred R.- (R) 1:00 Bridge Group - (R) 1:30 Games - (R) 3:00 Happy Hour w/Nat Brown 4:00 Yahtzee-(R)</p>	<p><b>15</b></p> <p>9:00 Group Exercise w/Dru-(R) 9:00 Nail Polish Day 9:30 Hearts-(R) 1:00 Trip/ Capital Christian School "Singing Christmas Tree" 2:00 Ice Cream Social-(D)  2:30 Brain Fitness - (D) 3:00 Word Search - (D) 7:00 Poker - (R)</p>
<p><b>16</b></p> <p>9:00 Morning Walk-(R) 9:30 Yahtzee-(R) 10:00 Movie &amp; Popcorn -TBA-(S) 1:05 Seahawks vs 49ers-(TV) 1:30 Kings in the Corner w/Dru- (R) 3:00 Sunday Service w/ Pastor Mike-(V) 6:30 Evening Games-(R)</p>	<p><b>17</b></p> <p>9:00 Strength &amp; Balance w/Kathleen-(R) 10:30 <b>Food For Thought Meeting w/Chef Rommel-(D)</b> 1:00 Bridge Group w/Shirley-(R) 1:30 Hearts - (R) 1:30 21/Blackjack -w/James (R) 2:30 Games-(R) 3:30 Yahtzee-(R) 6:30 Evening Games-(R)</p>	<p><b>18</b></p> <p>9:00 Tai Chi Class- (R) 10:00 Creative Art Class- (D) 1:00 Money Bingo - (D) 1:15 Book Mobile</p>  <p>2:00 John Miller- Christmas Music 4:00 Rummikub - (R) 6:30  LEND A HEART LEND A HAND ANIMAL- ASSISTED THERAPY</p>	<p><b>19</b></p> <p>9:00 Trip /Food Co 9:00 Strength &amp; Balance Class - (R) 9:30 Catholic Communion 10:30 Trip / Walmart 1:00 Money Bingo -(D) 1:00 Bridge Group w/Shirley 3:00 Bible Study w/ Pastor Mike - (V) 4:00 Yahtzee - w/Bob- (R)</p>	<p><b>20</b></p> <p>9:00 Strength &amp; Balance w/ Jake Weathers (PT) 9:30 Alpha One-Blood Pressure Check  10:45 Trip/ Brick House Restaurant Games - (R) 1:00 21/ Blackjack - (D) 2:00 Battleship Game-(R) 3:00 Evening Games - (R)</p>	<p><b>21</b> </p> <p>11:30 w/ Daniel Remeta Bridge Group - (R) Games - (R) 4:00 Yahtzee-(R)</p>	<p><b>22</b></p> <p>9:00 Group Exercise w/Dru-(R) 9:00 Nail Polish Day-(D)  9:30 Hearts-(R) 1:00 Room Visit - (D) 1:00 Wii Bowling-(D) 2:00 CRC Gospel Choir &amp; Community Chinese Baptist Church 7:00 Poker - (R)</p>
<p><b>23</b></p> <p>9:00 Morning Walk-(R) 9:30 Yahtzee-(R) 10:00 Movie &amp; Popcorn -TBA-(S) 1:05 Bears vs 49ers-(TV) 1:30 Kings in the Corner w/ Dru-(R) 3:00 Sunday Service w/ Pastor Mike-(V) 6:30 Evening Games- (R)</p>	<p><b>24</b> </p> <p>9:00 Strength &amp; Balance w/Kathleen-(R) 10:30 Getting to know you social 1:00 Bridge Group w/Shirley-(R) 1:30 Hearts - (R) 1:30 21/Blackjack - w/James(R) 2:30 Games-(R) 3:30 Yahtzee-(R) 5:15 Broncos vs Raiders-(TV)</p>	<p><b>25</b> </p> <p>9:00 Tai Chi Class- (R) 10:00 Christmas Creative Art Class 10:30 Activity Meeting w/ Jane-(D) 3:30 Chicken Foot - (R) 4:00 Rummikub - (R) 6:30 Evening Games-(R)</p>	<p><b>26</b></p> <p>9:00 Trip / Trader Joe 9:00 Strength &amp; Balance Class - (R) 9:30 Catholic Communion 1:00 Money Bingo -(D) 1:00 Bridge Group w/Shirley 3:00 Bible Study w/ Pastor Mike - (V) 4:00 Yahtzee - w/Bob-(R)  6:00 Board Games- (R)</p>	<p><b>27</b></p> <p>9:00 Strength &amp; Balance w/ Jake Weathers (PT) 10:00 Spelling Bee -with Shareen-(R) 10:30 Trip/ Lucille's Smoke-House Bar-B-Que Games - (R) 1:00 21/Blackjack - (S) 2:00 The Game of Life-® 3:00 Evening Games - (R)</p>	<p><b>28</b></p> <p>9:00 Chair Exercise w/ Kathleen - (R) 10:00 Prayer Group w/Earl M 10:30 Treasure Auction-(D) 1:00 Bridge Group - (R) 1:30 Games - (R) 3:00 Happy Hour w/Gary Mendoza 4:00 Yahtzee-(R)</p>	<p><b>29</b></p> <p>9:00 Group Exercise w/Dru-(R) 9:00 Nail Polish Day-(D) 9:30 Hearts-(R) 1:00 Room Visit - (D) 1:00 Wii Bowling-(D) 2:00 December Birthday Celebration  2:30 Brain Fitness - (D) 3:00 Word Search - (D) 7:00 Poker - (R)</p>