











Regency Place February Calendar 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Activity Director Jane Rowe E-mail jrowe@northstarsl.com</p> 	<p>1 8:30 Dru E. Exercise 9:00 Morning Walk-(R) 10:00 Spelling Bee w/Shareen (Patio Area-Mask On) 1:00 Games-Hearts 1:00 Sunshine Walk 5:00 Bunco Game w/ Lynnnda</p>	<p>2 8:30 Exercise with Mike Video-(R) 10:00 Bible Study with Sam S. 10:00 Facetime/Skype 12:30 Afternoon Walk 1:00 21/Blackjack with Jane-Ralph 5:00 Games-(R)</p>	<p>3 8:30 Dru E. Exercise 10:00 Pinochle Game w/ Ellen W. -(R)  10:00 Wii Bowling-(AL) 12:30 Afternoon Walk 1:00 Bingo 2:00 Yahtzee-(R) 5:00 Evening Games-(R)</p>	<p>4 8:30 Morning Exercise 9:00 Scenic Ride 10:00 Morning Games-(R) 10:00 Facetime/Skype 10:00 Bunco Game w/ Lynnnda 12:30 Afternoon Walk 1:00 Bingo-(IL-Apt #2)</p>	<p>5 8:30 Dru E. Exercise 10:00 Bingo 10:30 Current Events w/Jerry H.-(IL Apt# 2) 12:30 Afternoon Walk 1:00 Happy Hour w/Ralph Gordon 5:30 Chicken Foot Game</p>	<p>6 8:30 Tai Chi Class 9:30 Nail Polish Day w/Jane  10:00 Facetime/Skype 10:00 Brain Fitness with Bob M. 10:30 Word Search 12:30 Games 1:00 Afternoon Walk</p>
<p>7 8:30 Morning Exercise-(R) 9:00 Movie & Popcorn With Ellen-(R) 1:00 Games-Phase 10 1:00 Sunshine Walk-(R) 2:00 Rummikub 3:00 Super Bowl Party </p>	<p>8 8:30 Dru E. Exercise 9:00 Morning Walk-(R) 10:00 Spelling Bee w/Shareen (Patio Area-Mask On) 1:00 Games-Hearts 1:00 Sunshine Walk 5:00 Bunco Game w/ Lynnnda</p>	<p>9 8:30 Exercise with Mike Video-(R) 10:00 Bible Study with Sam S. 10:00 Facetime/Skype 12:30 Afternoon Walk 1:00 21/Blackjack with Jane-Ralph 5:00 Games-(R)</p>	<p>10 8:30 Dru E. Exercise 10:00 Pinochle Game w/ Ellen W. -(R) 10:00 Wii Bowling-(AL) 12:30 Afternoon Walk 1:00 Bingo 2:00 Yahtzee-(R) 5:00 Evening Games-(R)</p>	<p>11 8:30 Morning Exercise 10:00 Facetime/Skype 10:30 (IL) Town Hall Meeting with Harumi (IL-Apt # 2) 10:00 Balloon Volleyball 12:30 Afternoon Walk 1:00 (AL) Activity w/ Liz 5:00 Bunco Game w/ Lynnnda</p>	<p>12 8:30 Dru E. Exercise 10:00 Bingo 12:30 Afternoon Walk 1:00 Valentines Happy Hour with Ralph Gordon  5:30 Kings in the Corner Game</p>	<p>13 8:30 Tai Chi Class 9:00 Nail Polish Day w/Jane-(D) 10:00 Facetime/Skype 10:00 Brain Fitness with Nancy W. 10:30 Word Search 11:30 February Birthday Celebration 12:30 Fun Games 2:00 Banagram game-(R) 5:30 Evening Games (R)</p>
<p>14  8:30 Morning Exercise-(R) 9:00 Movie & Popcorn With Ellen-(R) 1:00 Games-Phase 10 1:00 Sunshine Walk-(R) 5:00 Evening Games</p>	<p>15 8:30 Dru E. Exercise 9:00 Morning Walk-(R) 10:00 Spelling Bee w/Shareen (Patio Area-Mask On) 1:00 Games-Hearts 1:00 Sunshine Walk-(R) 5:00 Bunco Game w/ Lynnnda</p>	<p>16 8:30 Exercise with Mike Video-(R) 10:00 Resident Council Meeting (AL) with Jane 10:00 Facetime/ Skype 12:30 Afternoon Walk 1:00 Classical Music w/Daniel 1:15 Book Mobile  5:00 Games-(R)</p>	<p>17 8:30 Dru E. Exercise 10:00 Pinochle Game w/ Ellen W.-(R) 10:00 Wii Bowling 12:30 Afternoon Walk 1:00 Activity Meeting with Jane (Activity Room) 2:00 Yahtzee-(R) 5:00 Evening Games-(R)</p>	<p>18 8:30 Morning Exercise 10:00 Facetime/Skype 10:30 Current Events with Jerry G. 12:30 Afternoon Walk 1:00 Jeopardy Game w/Ann 5:00 Bunco Game w/ Lynnnda</p>	<p>19 <u>2nd Vaccination Shot</u> 8:30 Dru E. Exercise 10:00 Bingo 12:30 Afternoon Walk 1:00 Happy Hour with Ralph Gordon 5:30 Games</p>	<p>20 8:30 Tai Chi Class 10:00 Facetime/Skype 10:00 Brain Fitness with Bob M. 10:30 Word Search-(R) 12:30 Games 1:00 Afternoon Walk 2:00 Chicken Foot Game 5:30 Evening Games (R)</p>
<p>21 8:30 Morning Exercise-(R) 9:00 Movie & Popcorn-(S) With Ellen-(R) 1:00 Games-Phase 10 1:00 Sunshine Walk-(R) 5:00 Evening Games</p>	<p>22 8:30 Dru E. Exercise 9:00 Morning Walk-(R) 10:30 Food For Thought With Chef Rommel 1:00 Games-Hearts 1:00 Sunshine Walk-(R) 5:00 Bunco Game w/ Lynnnda</p>	<p>23 8:30 Exercise with Mike Video-(R) 10:00 Bible Study with Sam S. 10:00 Facetime/Skype 12:30 Afternoon Walk 1:00 21/Blackjack with Jane-Ralph 5:00 Games-(R)</p>	<p>24 8:30 Dru E. Exercise 10:00 Pinochle Game 10:00 Will Bowling-(AL) 12:30 Afternoon Walk 1:00 Bingo 2:00 Yahtzee-(R) 5:00 Evening Games-(R)</p>	<p>25 8:30 Morning Exercise 9:30 Art & Crafts w/ Cathy G. 10:00 Facetime/Skype 1:00 21/Blackjack w/ Jane-Ralph 5:00 Bunco Game w/ Lynnnda</p>	<p>26 8:30 Dru E. Exercise 10:00 Bingo 12:30 Afternoon Walk 1:00 Happy Hour with Ralph Gordon 5:30 Games-King in the Corner-(R)</p>	<p>27 8:30 Tai Chi Class 9:30 Nail Polish Day w/Jane-(D) 10:00 Facetime/Skype 10:00 Brain Fitness with Bob M. 10:30 Word Search-(R) 12:30 Games 2:00 Rummikub-(R) 5:30 Evening Games (R)</p>
<p>28 8:30 Morning Exercise-(R) 9:00 Movie & Popcorn-(R) With Ellen-(R)  1:00 Games-Phase 10 1:00 Sunshine Walk-(R) 5:00 Evening Games</p>				<p>Key Code Activities Lead By: Memory Care-MC Resident- R Volunteer-V Director-D Staff-S Club House-CH Personal Trainer- PT Independence Apartment (IL) Assisted Living (AL)</p>	<p>Sacramento Bee in Activity Room Daily Morning Medical Appointments 8:30-1:00pm Monday, Tuesday and Friday. Wednesday is Errand Day. Thursday and Saturday Is Outing Days *Calendar are subject to change*</p>	<p>Happy Birthday February 1 William J. February 7 Opal P. February 12 Georgia H. February 17 Jane A.</p>

Regency Place Senior Living
8190 Arroyo Vista Drive
Sacramento, CA 95823
916) 681-7800
Lic # 347005940  

