





Regency Place Journeys February Calendar 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><i>Cindy Feb. 11</i></p>	<p><u>1</u> 9:00 MORNING EXERCISE 9:30 DAILY CHRONICLES 10:30 TRIVIA 1:00 WALK-A-THON 2:00 MUSIC-SING ALONG TO MY FAVORITE TUNES 3:00 PUZZLES & GAMES 6:00 EVENING MUSIC</p>	<p><u>2 GROUNDHOG DAY</u> 9:00 CHAIR STRETCHES 9:30 DAILY NEWS 10:30 PUZZLES & GAMES 1:00 5 SECOND RULE 2:00 SING ALONG W/SUSIE Q- 50'S FUN 3:00 BINGO 6:00 EVENING STROLL</p>	<p><u>3</u> 9:00 FLEX & TWIST: RANGE OF MOTION 9:30 CHICKEN SOUP FOR THE SOUL- GOOD DEEDS 10:30 BALL TOSS 1:00 WALK YOUR WAY 2:00 MOVIN & GROOVIN 3:00 MANICURE</p>	<p><u>4</u> 9:00 YOGA: BODY & MIND 9:30 GLOBAL NEWS 10:30 THINGS: HUMOR IN A BOX 1:00 IN THE KITCHEN: COOKIES 2:00 DANCE TO ZUMBA 3:00 5 SECOND RULE GAME 6:00 EVENING STROLL</p>	<p><u>5</u> 9:00 STRETCH & MEDITATION 9:30 PEANUT BUTTER TIME 10:30 TRIVIA 1:00 BINGO 2:00 HAPPY HOUR 3:00 FAMILY FEUD 6:00 FRIDAY CINEMA</p>	<p><u>6</u> 9:00 MOVEMENT EXERCISE 9:30 BALL TOSS 10:30 GAMES & PUZZLES 1:00 COOKIE SOCIAL 2:00 MUSIC: SING ALONG TO HAPPY TUNES 3:00 NAIL SALON 6:00 EVENING MUSIC</p>
<p><u>7</u> 9:00 THE PURPOSE DRIVEN LIFE 9:30 SUNDAY MATINEE 1:00 WALK YOUR WAY-HEALTHY HEART 2:00 PRE-GAME EXTRAVAGANZA 3:00 SUPER BOWL 6:00 MUSIC: AEROMATHERAPY & MEDITATION</p>	<p><u>8</u> 9:00 YOGA: ENDURANCE & FLEXIBILITY 9:30 DAILY CHRONICLES 10:30 TRIVIA 1:00 BINGO 2:00 MUSIC: HELLO DOLLY 3:00 PUZZLES & GAMES 6:00 EVENING MUSIC</p>	<p><u>9</u> 9:00 LOW IMPACT AEROBICS 9:30 DAILY NEWS 10:30 PUZZLES & GAMES 1:00 5 SECOND RULE 2:00 SING ALONG TO MY FAVORITE TUNES 3:00 BINGO 6:00 EVENING STROLL</p>	<p><u>10</u> 9:00 MORNING EXERCISE 9:30 CHICKEN SOUP FOR THE SOUL-HAVE A LITTLE FAITH 10:30 BALL TOSS 1:00 FAMILY FEUD 2:00 SING ALONG W/SUSIE Q- 50'SFUN 3:00 MANICURE</p>	<p><u>11</u> 9:00 CHAIR STRETCHES 9:30 GLOBAL NEWS 10:30 THINGS: HUMOR IN A BOX 1:00 BIRTHDAY PARTY-CINDY 2:00 MUSIC: OPERA MUSIC 3:00 5 SECOND RULE GAME 6:00 EVENING STROLL</p>	<p><u>12 ABE LINCOLN DAY</u> 9:00 FLEX & TWIST: RANGE OF MOTION 9:30 PEANUT BUTTER TIME 10:30 LINCOLN TRIVIA 1:00 WALK-ATHON 2:00 HAPPY HOUR 3:00 FAMILY FEUD 6:00 FRIDAY CINEMA</p>	<p><u>13</u> 9:00 YOGA: BODY & MIND 9:30 BALL TOSS 10:30 GAMES & PUZZLES 1:00 COFFEE & TEA SOCIAL 2:00 MOVIN & GROOVIN 3:00 NAIL SALON 6:00 SMOOTH JAZZ:</p>
<p><u>14 VALENTINE'S DAY</u> 9:00 THE MORMON TABERNACLE CHOIR 9:30 SUNDAY MATINEE 1:00 WALK YOUR WAY 2:00 SING ALONG 3:00 VALENTINE TRIVIA 6:00 SMOOTH JAZZ</p> 	<p><u>15 G. WASHIGTON DAY</u> 9:00 STRETCH & MEDITATION 9:30 DAILY CHRONICLES 10:30 WASHINGTON TRIVIA 1:00 BINGO 2:00 DANCE TO ZUMBA 3:00 PUZZLES & GAMES 6:00 EVENING MUSIC</p>	<p><u>16</u> 9:00 MOVEMENT EXERCISE 9:30 DAILY NEWS 10:30 PUZZLES & GAMES 1:00 5 SECONG RULE 2:00 SING ALONG TO HAPPY TUNES 3:00 BINGO 6:00 EVENING STROLL</p>	<p><u>17</u> 9:00 YOGA: ENDURANCE & FLEXIBILITY 9:30 CHICKEN SOUP FOR THE SOUL-SAVED BY AN ANGEL 10:30 BALL TOSS 1:00 FAMILY FEUD 2:00 MOVIN & GROOVIN 3:00 MANICURE</p>	<p><u>18</u> 9:00 LOW IMPACT AEROBICS 9:30 GLOBAL NEWS 10:30 THINGS: HUMOR IN A BOX 1:00 IN THE KITCHEN: BROWNIES 2:00 SING ALONG W/SUSIE Q 50'S FUN 3:00 5 SECOND RULE GAME</p>	<p><u>19</u> 9:00 MORNING EXERCISE 9:30 PEANUT BUTTER TIME 10:30 TRIVIA 1:00 BINGO 2:00 HAPPY HOUR 3:00 FAMILY FEUD 6:00 FRIDAY CINEMA</p>	<p><u>20</u> 9:00 CHAIR STRETCHES 9:30 BALL TOSS 10:30 GAMES & PUZZLES 1:00 ICE CREAM SOCIAL 2:00 MUSIC: MALT SHOP 50'S & 60'S 3:00 NAIL SALON 6:00 EVENING MUSIC</p>
<p><u>21</u> 9:00 THE PURPOSE DRIVEN LIFE 9:30 SUNDAY MATINEE 1:00 WALK YOUR WAY-HEALTHY HEART 2:00 SING ALONG W/SUSIE Q 50'S FUN 3:00 TRIVIA 6:00 SOOTHING CONTEMPOARY MUSIC</p>	<p><u>22</u> 9:00 FLEX & TWIST: RANGE OF MOTION 9:30 DAILY CHRONICLES 10:30 TRIVIA 1:00 WALK YOUR WAY 2:00 MUSIC-SING ALONG TO MY FAVORITE TUNES 3:00 PUZZLES & GAMES</p>	<p><u>23</u> 9:00 YOGA: BODY & MIND 9:30 DAILY NEWS 10:30 PUZZLES & GAMES 1:00 5 SECOND RULE 2:00 MUSIC: HELLO DOLLY 3:00 BINGO 6:00 EVENING STROLL</p>	<p><u>24</u> 9:00 STRETCH & MEDITATION 9:30 FIND PEACE IN FAITH 10:30 BALL TOSS 1:00 WALK-A-THON 2:00 SING ALONG TO HAPPY TUNES 3:00 MANICURE</p>	<p><u>25</u> 9:00 MOVEMENT EXERCISE 9:30 GLOBAL NEWS 10:30 THINGS: HUMOR IN A BOX 1:00 IN THE KITCHEN: MUFFINS 2:00 MOVIN & GROOVIN 3:00 5 SECOND RULE GAME 6:00 EVENING STROLL</p>	<p><u>26</u> 9:00 YOGA: ENDURANCE & FLEXIBILITY 9:30 PEANUT BUTTER TIME 10:30 TRIVIA 1:00 BINGO 2:00 HAPPY HOUR 3:00 FAMILY FEUD 6:00 FRIDAY CINEMA</p>	<p><u>27</u> 9:00 LOW IMPACT AEROBICS 9:30 BALL TOSS 10:30 GAMES & PUZZLES 1:00 ROOT BEER FLOAT SOCIAL 2:00 SING ALONG TO MY FAVORITE TUNES 3:00 NAIL SALON</p>
<p><u>28</u> 9:00 ROMAN CATHOLIC LIVE MASS 9:30 SUNDAY MATINEE 1:00 WALK YOUR WAY-HEALTHY HEART 2:00 SING ALONG TO HAPPY TUNES 3:00 TRIVIA 6:00 SMOOTH JAZZ</p>						<p><i>kindness changes everything</i></p> <p><i>Resident Service Director Barbara Rose</i></p>