

Regency Place May Calendar 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 8:30 Morning Exercise-(R) 9:00 Movie (Doctor Zhivago) & Popcorn-(S) with Ellen-(R) 1:00 Games-Phase 10 1:00 Sunshine Walk-(R) 2:00 Hearts-(R) 3:00 Sunday Service w/Pastor Mike-(V)	31  8:30 Jerry G. Exercise 9:00 Morning Walk-(R) 10:00 Spelling Bee w/Shareen 11:30 Southern BBQ Party 	Activity Director Jane Rowe E-mail jrowe@northstarsl.com 	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*	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)	 May 7 May 15 May 26 Jerry G. Christina T. Elaine S.	1 8:30 Tai Chi Class 9:00 Pamper Day w/Jane 10:00 Facetime/Skype 10:00 Brain Fitness with Bob M. 10:30 Word Search 1:00 Afternoon Walk-(D) 2:00 Paris Trivia-(D) 3:00 Chicken Foot Game-(R) 5:00 Fun Evening Games-(R)
2 8:30 Morning Exercise-(R) 9:00 Movie (Lawrence of Arabia) & Popcorn with Ellen-(R)  1:00 Games-Phase 10 1:00 Sunshine Walk-(R) 2:00 Rummikub-(R) 3:00 Sunday Service w/Pastor Mike-(V)	3 8:30 Jerry G. Exercise 9:00 Morning Walk-(R) 10:00 Spelling Bee w/Shareen 1:00 Games-Hearts 1:00 Sunshine Walk 2:00 21/Blackjack w/Bob-(B) 3:00 Skyjo Game-(R) 6:00 Board Games-(R)	4 8:30 Exercise with Mike Video-(R) 10:00 Scrabble Game 10:00 Facetime/Skype 12:30 Afternoon Walk 1:00 21/Blackjack with Jane-Ralph 3:00 Bananagram Game 5:00 Fun Games-(R)	5  9:00 Strength and Balance w/Jake-(PT) 10:00 Activity Meeting w/Jane  1:00 Salsa Tasting 3:00 Bible Study with /Pastor Mike-(V)	6 8:30 Around the World Fitness Class 9:00 Trip- Dollar Tree 10:00 Facetime/Skype (IL) Town Hall 10:30 Meeting with Harumi 12:30 Afternoon Walk 1:00 Jeopardy Game w/Ann 5:00 Phase 10 Game-(R)	7 11:30  Entertainer Alfredo 1:30 Afternoon Walk 7:00 Poker Game-(R)	8 8:30 Tai Chi Class 9:00 Nail Polish Day w/Jane-(D) 10:00 Facetime/Skype 10:00 Brain Fitness with Bob M. 10:30 Word Search 11:30 May Birthday's Celebration 1:00 Afternoon Walk-(D) 1:00 Spain Trivia-(D) 2:00 Bananagram Game-(R) 5:30 Evening Games (R)
9  8:30 Morning Exercise-(R) 9:00 Movie (Out of Africa) & Popcorn with Ellen-(R) 1:00 Games-Phase 10 2:00 Chicken Foot Game-(R) 5:00 Church Service w/Pastor Mike-(V)	10 8:30 Jerry G. Exercise 9:00 Morning Walk-(R) 10:00 Spelling Bee w/Shareen 1:00 Games-Hearts 1:00 Sunshine Walk-(R) 3:00 Skyjo Game-(R) 6:00 Board Games-(R)	11 *Multicultural Day* 8:30 Exercise with Mike Video-(R) 10:00 Picture Day 10:00 Facetime/Skype 12:30 Afternoon Walk 1:00 21 Blackjack w/Jane-Ralph 3:00 Bananagram Game 5:00 Games-(R)	12 9:00 Strength and Balance w/Jake-(PT) 10:00 Pinochle Game w/Ellen  10:00 Will Bowling-(AL) 12:30 Afternoon Walk 1:00 Bingo 3:00 Bible Study with /Pastor Mike	13 8:30 Trip- Bel-Air 10:00 Facetime/Skype 10:00 Billie Bender Celebration of Life Service 12:30 Afternoon Walk 2:00 Scrabble Game 5:00 Phase 10 Game-(R)	14 8:30 Strength and Balance Class-(R) 10:00 Bingo 12:30 Afternoon Walk 2:00 Happy Hour w/ Tommy T.  2:00 Fun Games 7:00 Poker Games-(R)	15 8:30 Tai Chi Class 9:30 Pamper Day w/Jane 10:00 Facetime/Skype 10:00 Brain Fitness with Bob M. 10:30 Word Search-(R) 1:00 Afternoon Walk-(D) 1:00 Hawaii Trivia 2:00 Chicken Foot Game 5:30 Fun Evening- (R)
16 8:30 Morning Exercise-(R) 9:00 Movie (Entertaining The Troops Bob Hope) & Popcorn-(S) with Ellen-(R) 1:00 Games-Phase 10 1:00 Sunshine Walk-(R) 2:00 Hearts-(R) 3:00 Sunday Service w/Pastor Mike-(V)	17 8:30 Jerry G. Exercise 9:00 Morning Walk-(R) 10:00 Spelling Bee w/Shareen 1:00 Games-Hearts 1:00 Sunshine Walk-(R) 2:00 21/Blackjack w/Bob-(R) 3:00 Skyjo Game-(R) 6:00 Board Games-(R)	18 8:30 Exercise with Mike Video 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  2:00 Uno Game-(R)	19 9:00 Strength and Balance w/Jake-(PT) 10:00 Learn How To Play Pinochle Game w/Ellen 10:00 Will Bowling-(AL) 12:30 Afternoon Walk 1:00 Bingo 3:00 Bible Study with /Pastor Mike-(V)	20 8:30 Fitness Class 9:00 Trip- Walmart 9:30 Art & Crafts w/ Cathy G. 10:00 Facetime/Skype 1:00 Wii Bowling & Games 2:00 Garden Club 3:00 Surprise Activity w/Liz (BOD) 5:00 Phase 10 Game-(R)	21 8:30 Strength and Balance Class-(R) 10:00 Bingo 12:30 Afternoon Walk 2:00 Happy Hour with Susan Watson 3:00 Scattergories Game-(R) 7:00 Poker Game-(R)	22 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) 1:00 Afternoon Walk-(D) 1:00 Brazil Trivia-(D) 2:00 Rummikub-(R) 5:30 Evening Games (R)
23 8:30 Morning Exercise-(R) 9:00 Movie (The King and I) & Popcorn with Ellen-(R)  1:00 Games-Phase 10 1:00 Sunshine Walk-(R) 2:00 Chicken Foot Game-(R) 3:00 Sunday Service w/Pastor Mike-(V)	24 8:30 Jerry G. Exercise 9:00 Morning Walk-(R) 10:00 Spelling Bee w/Shareen 1:00 Games-Hearts 1:00 Sunshine Walk-(R) 3:00 Skyjo Game-(R) 6:00 Board Games-(R)	25 8:30 Exercise with Mike Video-(R) 10:00 Volleyball -(S) 10:00 Facetime/Skype 12:30 Afternoon Walk 1:30 Around The World Cooking with Chef Rommel 2:00 Uno Game-(R) 5:00 Games-(R) 	26 9:00 Strength and Balance w/Jake-(PT) 10:00 Pinochle Game w/Ellen 10:00 Will Bowling-(AL) 12:30 Afternoon Walk 1:00 Who Let the Dogs Out- Pet Therapy 3:00 Bible Study with /Pastor Mike-(V)	27 8:30 Fitness Class 9:00 Trip- Road Trip Around Sacramento-Roseville 9:30 Current Events with Jerry G 10:00 Facetime/Skype 1:00 Wii Bowling & Games 2:00 Volleyball-(S) 5:00 Phase 10 Game-(R)	28 8:30 Strength and Balance Class-(R) 10:00 Bingo 12:30 Afternoon Walk 2:00 Happy Hour with Nat Brown 3:00 Scattergories Game-(R) 5:30 Late Night Games-(R) 7:00 Poker Game-(R)	29 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) 1:00 Afternoon Walk-(D) 1:00 London Trivia-(D) 2:00 Rummikub-(R) 5:30 Evening Games (R)

Regency Place Senior Living
8190 Arroyo Vista Drive
Sacramento, CA 95823
916) 681-7800
Lic # 347805940

