

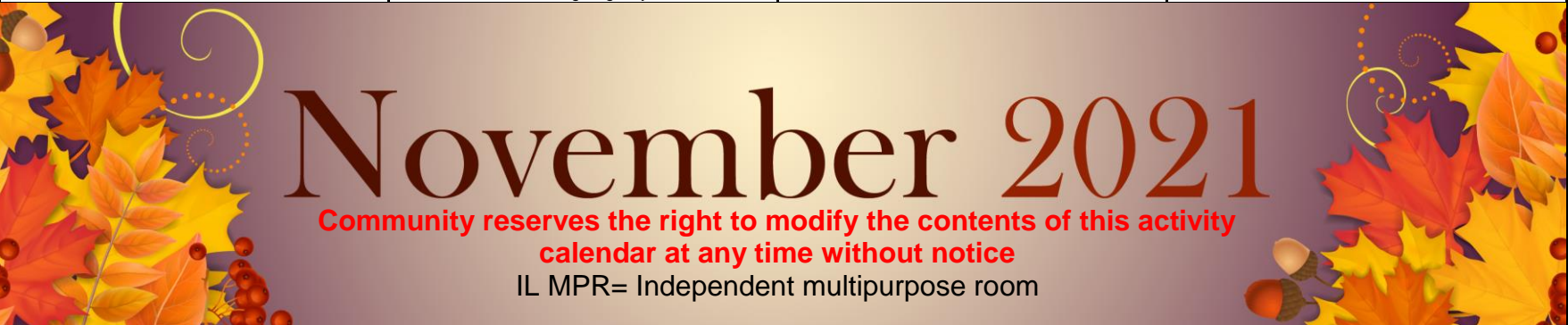


| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |   |
|--|--|---|---|--|---|--|---|
|  | Enjoy a morning walk* <b>1</b><br>9:30 exercise in AL MPR<br><b>We will only do shopping in the afternoon today</b><br><b>12:50 Walmart</b><br>3:45 Hymn Singing is located in Independent multipurpose room   | Early morning walk <b>2</b><br>9:30 Exercise in AL MPR<br><b>2:00 Bingo AL MPR</b><br>4:00 Chit chat with friends in AL Lobby   | Enjoy a morning walk* <b>3</b><br>9:30 Exercise AL MPR<br>12:30 Trivia Time AL Lobby<br><b>1:00 Craft time—Craft for World Kindness month AL MPR</b><br>4:00 Chit chat with friends in AL Lobby share something positive with someone | Enjoy a morning walk* <b>4</b><br>9:30 Exercise AL MPR<br><b>9:50 Shopping in Rainbow City area</b><br><b>2:00 Music with Wayne Lowe in AL Lobby</b><br>3:00 Meet up with friends for card game AL MPR                                   | Enjoy a morning walk* <b>5</b><br>9:30 Exercise AL MPR<br><b>2:30 Hot Cider/ coffee AL Lobby</b><br>4:00 Chit chat with friends in AL lobby   | Enjoy a morning walk* <b>6</b><br>Work on puzzle in lobby with friends<br>2:00 Rummy AL MPR<br>4:00 Chit Chat with friends in AL lobby   |   |
|  | Enjoy a morning walk* <b>7</b><br>9:00 Church is located in Independent multipurpose room<br>12:00 Soothing music in AL lobby-tv/cd<br>2:00 Meet friends in Al Lobby to work on puzzle<br>4:00 Chit Chat with friends in AL lobby<br>Daylight Saving Time Ends | Enjoy a morning walk* <b>8</b><br>9:30 exercise in AL MPR<br><b>9:50 Grocery shopping/bank RBC</b><br><b>12:50 Hobby Lobby, Kirkland's, Ross</b><br>3:45 Hymn Singing is located in Independent multipurpose room           | Early morning walk <b>9</b><br>9:30 Exercise in AL MPR<br><b>2:00 Bingo AL MPR</b><br>4:00 Chit chat with friends in AL Lobby<br><b>4:00 Dinner at Harp &amp; Clover</b>  | Enjoy a morning walk* <b>10</b><br>9:30 Exercise AL MPR<br>12:30 Trivia Time AL Lobby<br><b>2:00 Cookies and fun in AL Lobby</b><br>4:00 Chit chat with friends in AL Lobby share something positive with someone                        | Enjoy a morning walk* <b>11</b><br>9:30 Exercise AL MPR<br><b>2:00 Honor and Remember Veterans Program in IL Lobby</b><br>4:00 Meet up with friends for card game AL MPR<br>Veterans Day<br>Remembrance Day (Canada)  | Enjoy a morning walk* <b>12</b><br>9:30 Exercise AL MPR<br><b>9:50 Shopping in Rainbow City area</b><br><b>2:30 Hot Cider/Coffee AL Lobby</b><br>4:00 Chit chat with friends in AL lobby             | Enjoy a morning walk* <b>13</b><br>Work on puzzle in lobby with friends<br>2:00 Rummy AL MPR<br>4:00 Chit Chat with friends in AL lobby |
|  | Enjoy a morning walk* <b>14</b><br>9:00 Church is located in Independent multipurpose room<br>12:00 Soothing music in AL lobby-tv/cd<br>2:00 Meet friends in Al Lobby to work on puzzle<br>4:00 Chit Chat with friends in AL lobby                             | Enjoy a morning walk* <b>15</b><br>9:30 exercise in AL MPR<br><b>9:50 Grocery shopping/bank RBC</b><br><b>12:50 Walmart</b><br>3:45 Hymn Singing is located in Independent multipurpose room                                | Early morning walk <b>16</b><br>9:30 Exercise in AL MPR<br><b>1:00 Join us to work on Operation Christmas Child Shoe Boxes in IL MPR</b><br><b>2:00 Bingo AL MPR</b><br>4:00 Chit chat with friends in AL Lobby                       | Enjoy a morning walk* <b>17</b><br>9:30 Exercise AL MPR<br>12:30 Trivia Time AL Lobby<br><b>3:00 Penny Auction with Mike-Kindred Home Health AL MPR</b><br>4:00 Chit chat with friends in AL Lobby share something positive with someone | Enjoy a morning walk* <b>18</b><br>9:30 Exercise AL MPR<br><b>2:00 Penny Auction with Butter Fly Home Care in AL MPR</b><br>3:00 Meet up with friends for card game AL MPR<br><b>Country Thanksgiving Themed Dinner -Music with Foggy Hollow starting at 6:00 in IL Lobby</b> | Enjoy a morning walk* <b>19</b><br>9:30 Exercise AL MPR<br><b>9:50 Shopping in Rainbow City area</b><br><b>11:30 Resident birthday party during lunch</b><br>4:00 Chit chat with friends in AL lobby | Enjoy a morning walk* <b>20</b><br>Work on puzzle in lobby with friends<br>2:00 Rummy AL MPR<br>4:00 Chit Chat with friends in AL lobby |
|  | Enjoy a morning walk* <b>21</b><br>9:00 Church is located in Independent multipurpose room<br>12:00 Soothing music in AL lobby-tv/cd<br>2:00 Meet friends in Al Lobby to work on puzzle<br>4:00 Chit Chat with friends in AL lobby                             | Enjoy a morning walk* <b>22</b><br>9:30 exercise in AL MPR<br><b>9:50 Grocery shopping/bank RBC</b><br><b>12:50 Bargain Hunt/ Dollar Tree East Gadsden</b><br>3:45 Hymn Singing is located in Independent multipurpose room | Early morning walk <b>23</b><br>9:30 Exercise in AL MPR<br><b>2:00 Bingo AL MPR</b><br>4:00 Chit chat with friends in AL Lobby  | Enjoy a morning walk* <b>24</b><br>9:30 Exercise AL MPR<br><b>10:00 Shopping in Rainbow City Area</b><br>12:30 Trivia Time AL Lobby<br>4:00 Chit chat with friends in AL Lobby share something positive with someone                     | Enjoy A Morning Walk* <b>25</b><br><b>We will not have community transportation today</b><br><br>3:00 meet up with friends for card game AL MPR<br>Thanksgiving Day                      | Enjoy a morning walk* <b>26</b><br><b>We will not have community transportation today</b><br>3:00 meet up with friends for card game AL MPR  | Enjoy a morning walk* <b>27</b><br>Work on puzzle in lobby with friends<br>2:00 Rummy AL MPR<br>4:00 Chit Chat with friends in AL lobby |
|  | Enjoy a morning walk* <b>28</b><br>9:00 Church is located in Independent multipurpose room<br>12:00 Soothing music in AL lobby-tv/cd<br>2:00 Meet friends in Al Lobby to work on puzzle<br>4:00 Chit Chat with friends in AL lobby<br>Hanukkah Begins          | Enjoy a morning walk* <b>29</b><br>9:30 exercise in AL MPR<br><b>9:50 Grocery shopping/bank RBC</b><br><b>12:50 Bargain Hunt/ Dollar Tree East Gadsden</b><br>3:45 Hymn Singing is located in Independent multipurpose room | Early morning walk <b>30</b><br>9:30 Exercise in AL MPR<br><b>2:00 Bingo AL MPR</b><br>4:00 Chit chat with friends in AL Lobby  |   |   |  |   |

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

|   |  |  |   |  |   |   |
|---|--|--|---|--|---|---|
| <p><b>Regency Pointe</b></p> <p><b>World Kindness Month</b></p>   | <p>Enjoy A Morning Walk* <b>1</b></p> <p><b>We will only do shopping at 1:00 today</b></p> <p>10:30 Share Something positive with someone</p> <p><b>1:00 Scrabble Card Room</b></p> <p><b>1:00 Walmart</b></p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p><b>6:30 Black Jack IL MPR*</b></p>            | <p>Enjoy A Morning Walk* <b>2</b></p> <p>9:15 Coffee / Pastry IL Lobby</p> <p>9:30 Meditation Before Exercise IL MPR</p> <p>10:00 Exercise IL MPR</p> <p>12:30 Trivia Tuesday-Piano</p> <p>3:00 Bible Study-IL MPR</p> <p><b>6:30 Rummikub- IL Card Room*</b></p>  | <p>Enjoy A Morning Walk* <b>3</b></p> <p><b>10:00 Covid Booster Shots in IL MPR- Sign up before hand</b></p> <p><b>2:00 Craft for World Kindness Month IL MPR</b></p> <p>3:00 Bingo IL MPR</p> <p><b>6:30 Bridge / Mexican Dominos *</b></p>  | <p>Enjoy A Morning Walk* <b>4</b></p> <p>9:15 Coffee / Chit Chat IL Lobby</p> <p>9:30 Meditation Before Exercise IL MPR</p> <p><b>10:00 Shopping in Rainbow City Area</b></p> <p>10:00 Exercise IL MPR</p> <p><b>3:00 Music with Alexanders in IL Lobby</b></p>  | <p>Enjoy A Morning Walk* <b>5</b></p> <p>10:00 Exercise IL MPR</p> <p>10:30-10:45 Share Something Positive</p> <p>11:00 Fun with Wii Sport IL MP</p> <p><b>3:00 Drive to Cave Springs visit Spring then Dinner at Linda Marie's</b></p> <p>2:00 "Kick Back Friday" IL Lobby</p> <p><b>3:00 Mexican Dominos IL Pool Room</b></p> <p><b>6:30 Chicken Foot / Rook * IL MPR</b></p>       | <p>10:00 Pick Up Your Trivia IL Lobby <b>6</b></p> <p><b>1:00 Fun with The Wii* IL MPR</b></p> <p>It's Football Saturday gather with your friends and enjoy the day</p>                                    |
| <p>Enjoy A Morning Walk* <b>7</b></p> <p>9:00 Church Service IL MPR</p> <p>Rev. Bobby Bryant Attalla First Baptist</p> <p><b>2:00 LCR IL MPR *</b></p> <p>Enjoy an Evening Walk</p> <p>5:00 Coffee/ Chit Chat In The Lobby*</p> <p><small>Daylight Saving Time Ends</small></p> | <p>Enjoy A Morning Walk* <b>8</b></p> <p><b>10:00 Grocery Shopping/Bank</b></p> <p>10:00 Exercise IL MPR</p> <p>10:30 Share Something positive</p> <p><b>1:00 Gadsden Mall</b></p> <p><b>1:00 Scrabble Card Room*</b></p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p><b>6:30 Black Jack IL MPR*</b></p> | <p>Enjoy A Morning Walk* <b>9</b></p> <p>9:15 Coffee/ Pastry IL Lobby</p> <p>9:30 Meditation Before Exercise IL MPR</p> <p>10:00 Exercise IL MPR</p> <p><b>1:00 "Get Movin' and Get Groovin'" Party in IL Lobby</b></p> <p>3:00 Bible Study- IL MPR</p> <p><b>6:30 Rummikub- IL Card Room*</b></p>                 | <p>Enjoy A Morning Walk* <b>10</b></p> <p>10:00 Exercise IL MPR</p> <p><b>1:00 Fixing flowers to give to AL and Memory Care residents- kindness project IL MPR</b></p> <p><b>3:00 Bingo -Rehab First IL MPR</b></p> <p><b>6:30 Bridge / Mexican Dominos *</b></p>   | <p>Enjoy A Morning Walk* <b>11</b></p> <p>9:15 Coffee /Chit Chat IL Lobby</p> <p><b>9:30 Open time for setting up your Veterans Display in IL MPR</b></p> <p><b>2:00 Honor and Remember Veterans program in IL Lobby</b></p> <p><b>6:30 LCR IL MPR *</b></p> <p><small>Veterans Day<br/>Remembrance Day (Canada)</small></p> | <p>Enjoy A Morning Walk* <b>12</b></p> <p>10:00 Exercise IL MPR</p> <p><b>10:00 Shopping in Rainbow City Area</b></p> <p>10:30-10:45 Share Something Positive</p> <p>11:00 Fun with Wii Sport IL MP</p> <p>2:00 "Kick Back Friday" IL Lobby</p> <p>3:00 Therapeutic Coloring- Card Room</p> <p><b>3:00 Mexican Dominos IL MPR</b></p> <p><b>6:30 Chicken Foot / Rook * IL MPR</b></p> | <p>10:00 Pick Up Your Trivia IL Lobby <b>13</b></p> <p><b>1:00 Fun with The Wii* IL MPR</b></p> <p><b>World Kindness day</b></p> <p>It's Football Saturday gather with your friends and enjoy the day</p>  |
| <p>Enjoy A Morning Walk* <b>14</b></p> <p>9:00 Church Service IL MPR</p> <p>Rev. Mike Aldridge</p> <p><b>2:00 LCR IL MPR*</b></p> <p>Enjoy an Evening Walk</p> <p>5:00 Coffee/ Chit Chat In The Lobby*</p>  | <p>Enjoy A Morning Walk* <b>15</b></p> <p><b>10:00 Grocery Shopping/Bank</b></p> <p>10:00 Exercise IL MPR</p> <p>10:30 Share Something positive</p> <p><b>1:00 Walmart</b></p> <p><b>1:00 Scrabble Card Room*</b></p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p><b>6:30 Black Jack in IL MPR*</b></p>  | <p>Early Morning Walk <b>16</b></p> <p>9:15 Coffee / Pastry IL Lobby</p> <p>9:30 Meditation Before Exercise IL MPR</p> <p>10:00 Exercise IL MPR</p> <p><b>1:00 Join us to work on Operation Christmas Child Shoe Boxes in IL MPR</b></p> <p>3:00 Bible Study IL MPR</p> <p><b>6:30 Rummikub- IL Card Room*</b></p> | <p>Enjoy A Morning Walk* <b>17</b></p> <p>10:00 Exercise IL MPR</p> <p><b>2:00 Penny Auction/ Mike IL MPR</b></p> <p>3:00 Bingo IL MPR</p> <p><b>6:30 Bridge / Mexican Dominos*</b></p>   | <p>Enjoy A Morning Walk* <b>18</b></p> <p>9:15 Coffee/ Chit Chat IL Lobby</p> <p>9:30 Meditation Before Exercise IL MPR</p> <p>10:00 Exercise IL MPR</p> <p><b>4:30 Country Thanksgiving Dinner Music with Foggy Hollow starting at 6:00 in IL Lobby</b></p> <p><b>6:30 LCR IL MPR *</b></p>                                 | <p>Enjoy A Morning Walk* <b>19</b></p> <p>10:00 Exercise IL MPR</p> <p><b>10:00 Shopping in Rainbow City Area</b></p> <p>10:30-10:45 Share Something positive</p> <p><b>2:00 Monthly Resident Birthday Party IL MPR</b></p> <p>3:00 Therapeutic Coloring- IL Card Room</p> <p><b>3:00 Mexican Dominos IL MPR</b></p> <p><b>6:30 Chicken Foot / Rook * IL MPR</b></p>                  | <p>10:00 Pick Up Your Trivia IL Lobby <b>20</b></p> <p><b>1:00 Fun with The Wii* IL MPR</b></p> <p>It's Football Saturday gather with your friends and enjoy the day</p>                                 |
| <p>Enjoy A Morning Walk* <b>21</b></p> <p>9:00 Church Service IL MPR</p> <p>Rev. Lauil Thompson Southside Baptist</p> <p><b>2:00 LCR IL MPR *</b></p> <p>Enjoy an Evening Walk</p> <p>5:00 Coffee/ Chit Chat In The Lobby*</p>  | <p>Enjoy A Morning Walk* <b>22</b></p> <p><b>10:00 Grocery Shopping/Bank</b></p> <p>10:00 Exercise IL MPR</p> <p>10:30 Share Something positive</p> <p><b>1:00 T J Maxx</b></p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p><b>6:30 Black Jack in IL MPR*</b></p>  | <p>Early Morning Walk <b>23</b></p> <p>9:15 Coffee / Pastry IL Lobby</p> <p>9:30 Meditation Before Exercise IL MPR</p> <p>10:00 Exercise IL MPR</p> <p>12:30 Trivia Tuesday-Piano</p> <p>3:00 Bible Study IL MPR</p> <p><b>6:30 Rummikub- IL Card Room*</b></p>  | <p>Enjoy A Morning Walk* <b>24</b></p> <p>10:00 Exercise IL MPR</p> <p><b>10:00 Shopping in Rainbow City Area</b></p> <p><b>2:00 Bingo IL MPR</b></p> <p><b>6:30 Bridge / Mexican Dominos*</b></p>  | <p>Enjoy A Morning Walk* <b>25</b></p> <p><b>We will not have community transportation today</b></p> <p><b>Happy Thanksgiving</b></p> <p><b>5:00 Special treat/Chit Chat in IL Lobby</b></p> <p><b>6:30 LCR IL MPR*</b></p> <p><small>Thanksgiving Day</small></p>   | <p>Enjoy A Morning Walk* <b>26</b></p> <p><b>We will not have community transportation today</b></p> <p>3:00 Mexican Dominos IL MPR</p> <p><b>6:30 Chicken Foot / Rook * IL MPR</b></p>   | <p>10:00 Pick Up Your Trivia IL Lobby <b>27</b></p> <p><b>1:00 Fun with The Wii* IL MPR</b></p> <p><b>TBA -Tailgating Party in Pool Room for Alabama/ Auburn Football game</b></p>                       |
| <p>Enjoy A Morning Walk* <b>28</b></p> <p>9:00 Church Service IL MPR</p> <p>Rev. Lauil Thompson Southside Baptist</p> <p><b>2:00 LCR IL MPR *</b></p> <p>Enjoy an Evening Walk</p> <p>5:00 Coffee/ Chit Chat In The Lobby*</p> <p><small>Hanukkah Begins</small></p>            | <p>Enjoy A Morning Walk* <b>29</b></p> <p><b>10:00 Grocery Shopping/Bank</b></p> <p>10:00 Exercise IL MPR</p> <p>10:30 Share Something positive</p> <p><b>1:00 Walmart</b></p> <p>3:45-4:30 Hymn Singing IL MPR</p> <p><b>6:30 Black Jack in IL MPR*</b></p>   | <p>Early Morning Walk <b>30</b></p> <p>9:15 Coffee / Pastry IL Lobby</p> <p>9:30 Meditation Before Exercise IL MPR</p> <p>10:00 Exercise IL MPR</p> <p>12:30 Trivia Tuesday-Piano</p> <p>3:00 Bible Study IL MPR</p> <p><b>6:30 Rummikub- IL Card Room*</b></p>  | <p style="text-align: center;"><b>November 2021</b></p> <p style="text-align: center;"><b>Community reserves the right to modify the contents of this activity calendar at any time without notice</b></p> <p style="text-align: center;">IL MPR= Independent multipurpose room</p>  |  |   |   |