

JANUARY 2019

RENAISSANCE CENTRE EVENTS

Regency Retirement Village of Jackson

420 Cheyenne Drive | Jackson, TN 38305 | (731) 661-9888

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Happy New Year!							
		8:30 The Morning Circle 9:30 Flex & Stretch 10:00 Fellowship Bible Group 1:00 It's Trivial 2:00 Hydration & Snacks 3:00 Balloon Volleyball 5:30 Cleanup Time 6:00 Afternoon Stretches	1 8:30 The Morning Circle & The Turning Point Devotion 9:00 Musical Engagement IN2L 9:30 Flex & Stretch 10:00 The Singing Painter; FL 1:30 Sit & Be Fit/Ms. Willie 2:00 Easy Listening Music & Snacks 3:00 Art & Crafts 5:30 Cleanup Time	2 8:30 The Morning Circle 9:00 Musical Engagement 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Bible Blessings with Melissa 1:00 It's Trivial 2:00 Hydration & Snacks 3:00 Art & Crafts 5:30 Cleanup Time	3 8:30 The Morning Circle 9:30 Group Exercise 10:00 Bingo 1:00 Pretty Nails by Paige 2:00 Singing/Mr. Bishop 3:00 Art & Crafts 5:30 Cleanup Time 6:00 Afternoon Stretches	4 8:30 The Morning Circle 9:30 Group Exercise 10:00 Bingo 1:00 Pretty Nails by Paige 2:00 Singing/Mr. Bishop 3:00 Art & Crafts 5:30 Cleanup Time 6:00 Afternoon Stretches	5 8:30 The Morning Circle 9:00 Group Sing a Long 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Golden Oldies Music (TV) 1:00 Reminiscing 2:00 Hydration & Snacks 3:00 Art/ Adult Coloring 5:30 Cleanup Time 6:00 Afternoon Stretches
8:30 The Morning Circle 9:30 Group Exercise 10:00 Bingo for Prizes 1:00 Bible Devotion & Sing-a-Long 2:00 Easy Listening Music & Snacks 3:00 Art 5:30 Cleanup Time	6 8:30 The Morning Circle & The Turning Devotion 9:30 Flex & Stretch 10:00 Bingo 1:00-3:30 The American Art Academy 3:00 Bingo for Prizes 5:30 Cleanup Time 6:00 Afternoon Stretches	7 8:30 The Morning Circle 9:30 Flex & Stretch 10:00 Fellowship Bible Group 10:45 Jake The Therapy Dog 1:00 It's Trivial 2:00 Hydration & Snacks 3:00 Balloon Volleyball 5:30 Cleanup Time 6:00 Afternoon Stretches	8 8:30 The Morning Circle & The Turning Point Devotion 9:00 Musical Engagement IN2L 9:30 Flex & Stretch 10:00 Hangman Activity 1:00 Walk Club 2:00 Hydration & Snacks 3:00 Art & Crafts 5:30 Cleanup Time 6:00 Afternoon Stretches	9 8:30 The Morning Circle 9:00 Musical Engagement 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Bible Blessings with Melissa 1:00 It's Trivial 2:00 ELVIS IS IN THE HOUSE 3:00 Art & Crafts 5:30 Cleanup Time 6:00 Afternoon Stretches	10 8:30 The Morning Circle 9:00 Group Sing a Long 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Bingo 10:45 Lunch Outing 1:00 Chicken Soup for the Soul 2:00 Hydration & Snacks 3:00 Art & Crafts 5:30 Cleanup Time	11 8:30 The Morning Circle 9:00 Group Sing a Long 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Golden Oldies Music (TV) 1:00 Reminiscing 2:00 Hydration & Snacks 3:00 Art/ Adult Coloring 5:30 Cleanup Time 6:00 Afternoon Stretches	12 8:30 The Morning Circle 9:00 Group Sing a Long 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Golden Oldies Music (TV) 1:00 Reminiscing 2:00 Hydration & Snacks 3:00 Art/ Adult Coloring 5:30 Cleanup Time 6:00 Afternoon Stretches
8:30 The Morning Circle 9:30 Group Exercise 10:00 Bingo for Prizes 1:00 Bible Devotion & Sing-a-Long 2:00 Easy Listening Music & Snacks 3:00 Art 5:30 Cleanup Time	13 8:30 The Morning Circle & The Turning Devotion 9:30 Flex & Stretch 10:00 Picture Collages 1:30 Sit & Be Fit IN2L 2:00 Devotion with Hadassah 3:00 Bingo for Prizes 5:30 Cleanup Time 6:00 Afternoon Stretches	14 8:30 The Morning Circle 9:30 Flex & Stretch 10:00 Fellowship Bible Group 1:00 It's Trivial 2:00 Hydration & Snacks 3:00 Explore IN2L 5:30 Cleanup Time 6:00 Afternoon Stretches	15 8:30 The Morning Circle & The Turning Point Devotion 9:00 Musical Engagement IN2L 9:30 Flex & Stretch 10:00 Junk Drawer Detective 1:00 Foods & Cooking 2:00 Starbucks 3:00 Art & Crafts 5:30 Cleanup Time 6:00 Afternoon Stretches	16 8:30 The Morning Circle 9:00 Group Sing a Long 9:30 Flex & Stretch 10:00 Reminiscing with the Senses 1:00 Word Search Puzzles 2:00 Easy Listening Music & Snacks 3:00 Art & Crafts 5:30 Cleanup Time 6:00 Afternoon Stretches	17 8:30 The Morning Circle 9:00 Group Sing a Long 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Bingo for Prizes 1:00 It's Trivial 2:00 Easy Listening Music & Snacks 3:00 Art & Crafts 5:30 Cleanup Time 6:00 Afternoon Stretches	18 8:30 The Morning Circle 9:00 Group Sing a Long 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Golden Oldies Music (TV) 1:00 Reminiscing 2:00 Hydration & Snacks 3:00 Art/ Adult Coloring 5:30 Cleanup Time 6:00 Afternoon Stretches	19 8:30 The Morning Circle 9:00 Group Sing a Long 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Golden Oldies Music (TV) 1:00 Reminiscing 2:00 Hydration & Snacks 3:00 Art/ Adult Coloring 5:30 Cleanup Time 6:00 Afternoon Stretches
8:30 The Morning Circle 9:30 Group Exercise 10:00 Bingo for Prizes 1:00 Bible Devotion & Sing-a-Long 2:00 Easy Listening Music & Snacks 3:00 Art 5:30 Cleanup Time	20 8:30 The Morning Circle & The Turning Devotion 9:30 Flex & Stretch 10:00 Green Ministry 1:30 Sit & Be Fit IN2L 2:00 Devotion with Hadassah 3:00 Bingo for Prizes 5:30 Cleanup Time 6:00 Afternoon Stretches	21 8:30 The Morning Circle 9:30 Flex & Stretch 10:00 Fellowship Bible Group & Veteran's Fireside Chat; Cafe 1:00 It's Trivial 2:00 Hydration & Snacks 3:00 Parachuting 5:30 Cleanup Time 6:00 Afternoon Stretches	22 8:30 The Morning Circle & The Turning Point Devotion 9:00 Musical Engagement IN2L 10:00 Zumba Chair Fitness; FL 1:00 Foods & Cooking 2:00 Hydration & Snacks 3:00 Wine Down Wednesday 5:30 Cleanup Time 6:00 Afternoon Stretches	23 8:30 The Morning Circle 9:00 Musical Engagement 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Bible Blessings with Melissa 1:00 It's Trivial 2:00 Hydration & Snacks 3:00 Art & Crafts 5:30 Cleanup Time 6:00 Afternoon Stretches	24 8:30 The Morning Circle 9:00 Group Sing a Long 9:30 Flex & Stretch 10:00 Snacks & Hydration 10:15 Bingo for Prizes 1:00 It's Trivial 2:00 Easy Listening Music & Snacks 3:00 Art & Crafts 5:30 Cleanup Time 6:00 Afternoon Stretches	25 8:30 The Morning Circle 9:00 Group Sing a Long 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Golden Oldies Music (TV) 1:00 Reminiscing 2:00 Hydration & Snacks 3:00 Art/ Adult Coloring 5:30 Cleanup Time 6:00 Afternoon Stretches	26 8:30 The Morning Circle 9:00 Group Sing a Long 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Golden Oldies Music (TV) 1:00 Reminiscing 2:00 Hydration & Snacks 3:00 Art/ Adult Coloring 5:30 Cleanup Time 6:00 Afternoon Stretches
8:30 The Morning Circle 9:30 Group Exercise 10:00 Bingo for Prizes 1:00 Bible Devotion & Sing-a-Long 2:00 Easy Listening Music & Snacks 3:00 Art 5:30 Cleanup Time	27 8:30 The Morning Circle & The Turning Devotion 9:30 Flex & Stretch 10:00 Hangman Activity 1:30 Sit & Be Fit IN2L 2:00 Devotion with Hadassah 3:00 Bingo for Prizes 5:30 Cleanup Time 6:00 Afternoon Stretches	28 8:30 The Morning Circle 9:30 Flex & Stretch 10:00 Fellowship Bible Group 1:00 It's Trivial 2:00 Hydration & Snacks 3:00 Sensory Activity IN2L 5:30 Cleanup Time 6:00 Afternoon Stretches	29 8:30 The Morning Circle & The Turning Point Devotion 9:00 Musical Engagement IN2L 9:30 Flex & Stretch 10:00 Family Feud Game Box 1:30 Sit & Be Fit/Ms. Willie 2:00 Monthly B/D Celebration 3:00 Art & Crafts 5:30 Cleanup Time 6:00 Afternoon Stretches	30 8:30 The Morning Circle 9:00 Musical Engagement 9:30 Flex & Stretch 10:00 Hydration & Snacks 10:15 Bible Blessings with Melissa 1:00 It's Trivial 2:00 Residents B/D Celebration 3:00 Art & Crafts 5:30 Cleanup Time 6:00 Afternoon Stretches	31		