



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy New Year 1 Activity Cart 10:30 Kickball 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 Craft and Chat	2 Daily Visits 9:30 Morning Manicures 10:30 Balloon Volleyball 2:00 Bingo 3:00 Decks and Dice	3 Activity Cart 10:30 Ring Toss 11:00 <i>Fireside Movie</i> 11:30 Shopping Lists 3:00 Skip Bo Game	4 Daily Visits 10:30 Parachute Fun 11:30 Yahtzee 2:00 Bingo 3:00 Card Games	5 Independent Activities 10:30 Residents Choice 11:30 Weekend Packets 3:00 Puzzles 4:00 Television	6 Independent Activities 2:30 Residents Choice 3:00 Puzzles 4:00 Television
7 Daily Visits 9:30 Guided Meditation 10:30 Fabulous Fingernails 2:00 Bingo 4:00 Hair & Moustache trim	8 Activity Cart 10:30 Kickball 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 Craft and Chat	9 Daily Visits 9:30 Morning Manicures 10:30 Balloon Volleyball 2:00 Bingo 3:00 Decks and Dice	10 Activity Cart 10:30 Ring Toss 11:00 <i>Fireside Movie</i> 11:30 Shopping Lists 2:00 <u>ELDERGROW GARDEN</u> 3:00 Skip Bo Game	11 10:30 Parachute Fun 11:30 Yahtzee 1:30 <i>Resident Council</i> 2:00 Bingo 3:00 Card Games	12 Independent Activities 10:30 Residents Choice 11:30 Weekend Packets 3:00 Puzzles 4:00 Television	13 Independent Activities 2:30 Residents Choice 3:00 Puzzles 4:00 Television
14 9:30 Guided Meditation 10:30 Fabulous Fingernails 2:00 <i>Gospel Hall Church</i> 2:30 Bingo 4:00 Hair & Moustache trim	15 Activity Cart 10:30 Kickball 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 Craft and Chat	16 Daily Visits 9:30 Morning Manicures 10:30 Balloon Volleyball 2:00 Bingo 3:00 Decks and Dice	17 Activity Cart 10:30 Ring Toss 11:00 <i>Fireside Movie</i> 11:30 Shopping Lists 3:00 Skip Bo Game	18 Daily Visits 10:30 Parachute Fun 11:30 Yahtzee 2:00 Bingo 3:00 Card Games	19 Independent Activities 10:30 Residents Choice 11:30 Weekend Packets 3:00 Puzzles 4:00 Television	20 Independent Activities 10:30 Girl Scout Cards 2:30 Residents Choice 3:00 Puzzles 4:00 Television
21 Daily Visits 9:30 Guided Meditation 10:30 Fabulous Fingernails 2:00 Bingo 4:00 Hair & Moustache trim	22 Activity Cart 10:30 Kickball 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 Craft and Chat	23 Daily Visits 9:30 Morning Manicures 10:30 Balloon Volleyball 2:00 Bingo 3:00 Decks and Dice	24 Activity Cart 10:30 Ring Toss 11:00 <i>Fireside Movie</i> 11:30 Shopping Lists 2:00 <u>ELDERGROW GARDEN</u> 3:00 Skip Bo Game	25• Daily Visits 10:30 Parachute Fun 11:30 Yahtzee 2:00 Bingo 3:00 Card Games	26 Independent Activities 10:30 Residents Choice 11:30 Weekend Packets 3:00 Puzzles 4:00 Television	27 Independent Activities 2:30 Residents Choice 3:00 Puzzles 4:00 Television
28 Daily Visits 10:30 Fabulous Fingernails 2:00 Bingo 3:00 Highland Vineyard Church 4:00 Hair & Moustache trim	29 Activity Cart 10:30 Kickball 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 Craft and Chat	30 Daily Visits 9:30 Morning Manicures 10:30 Balloon Volleyball 2:00 Bingo 3:00 Decks and Dice	31 Activity Cart 10:30 Ring Toss 11:00 <i>Fireside Movie</i> 11:30 Shopping Lists 3:00 Skip Bo Game			

ANY CALENDAR CHANGES OR ADDITIONS WILL BE POSTED ON THE CALENDAR BOARDS.



In the Columbia Day Room:

Also called the Pear Room, offers a big screen television, cards, and games (as requested). This room is often used for meetings but is open to everyone.

In the Activities Room:

A large room for arts and crafts, coloring, movies on a big screen television, lively music, puzzles, fun games and help with WIFI and electronic devices.

In the Fireside Room:

With the focus of a beautiful fireplace, it is a great place to meet and have a conversation with family and friends. There is room to start a game at the table and a large screen television for group viewing.

The Courtyard:

The Courtyard offers a safe outside place to enjoy the seasons, fresh air and nature. For those nice sunshine days to sit on the bench and read a book or visit with friends.

The Beauty Shop:

Wally's Barber Shop is available by appointment at the reception desk. Open Tuesdays 1PM-Done. Hair Cuts: Men-\$20 Women-\$23, Wash, Dry & Set-\$25, Women's Wash/Cut/Dry/Set \$50, Bang/Beard Trim \$5

Activities Always Available:

- œ TV & Movies
- œ Music
- œ Crosswords & Word Searches
- œ Cards
- œ Books & Newspapers
- œ Arts and Craft Materials
- œ Paper and Writing Materials
- œ Coloring with Colored paper/pencils

Activities Upon Request:

Beauty Shop
Nail Salon
Special Games
Other activities as requested

~Meal Times~

BREAKFAST	<u>Service Starts</u> 7:30 am	<u>Service Ends</u> 8:30 am
LUNCH	<u>Service Starts</u> 11:30 am	<u>Service Ends</u> 12:30 pm
DINNER	<u>Service Starts</u> 4:30 pm	<u>Service Ends</u> 5:30 pm

Snacks are available 24 hours a Day

Access to Wi-Fi:

RPGuest
Password: guest3326



Welcome to Regency Omak Activities Department

Here is your Television Channel Line Up:

- 2 KXLY – ABC
- 3 KHQ – NBC
- 4 KLEW – CBS
- 5 KAYU – FOX28
- 6 CNN
- 7 FXNWS – Fox News Network
- 8 GSN -- Game Show Network
- 9 NAT GEO – National Geographic
- 10 DISC – Discovery
- 11 HGTV – Home and Garden Network
- 12 HIST – History Channel
- 13 SPORTS Channel
- 14 TBS – Turner Broadcasting Station
- 15 TNT
- 16 USA
- 17
- 18 CMT Country Music Station
- 19 ANIMAL PLANET
- 20 LIFE – Lifetime
- 21 AMC
- 22 Hallmark Channel
- 23 Encore
- 24 Encore Westerns
- 25 Encore Family