

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>October</h1>		1	2	3	4	5
		Daily Visits 9:30 Balloon Volleyball 10:00 <i>Witty Women's Club</i> 2:00 Bingo 3:00 Decks & Dominos	Activity Cart 9:30 Ring Toss 11:30 Shopping Lists 2:00 <u>GARDEN GROWING</u> 3:00 Skip Bo Game	Daily Visits 9:30 Bean Bag Toss 10:30 Morning Manicures 2:00 Bingo 3:00 Checkers	Independent Activities 11:30 Bored Board 1:30 <b>Funky Friday</b> <b>Music and Movement</b> 4:00 Puzzles	Independent Activities 2:00 Residents Choice 3:00 Puzzles 4:00 Television
6	7	8	9	10	11	12
Daily Visits 9:30 Fabulous Fingernails 10:30 Craft and Chat 2:00 <b>Gospel Hall Church</b> 2:30 Bingo 4:00 Hair & Moustache trim	9:30 Kickball 10:00 <i>Activity Planning Committee</i> 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 <i>Reading Corner</i>	<b>Daily Visits</b> <b>9:30 Balloon Volleyball</b> <b>10:00 Bingo</b> <b>1:30 Giggles in the Garden</b> <b>3:00 Decks &amp; Dominos</b>	9:30 Ring Toss 10:30 <i>Wise Guy's Club with Lavelle</i> 11:30 Shopping Lists 1:30 Fireside Movie 3:00 Skip Bo Game	Daily Visits 9:30 Bean Bag Toss 10:30 Morning Manicures <b>1:30 Resident Council</b> 2:00 Bingo 3:00 Checkers	Independent Activities 11:30 Bored Board 1:30 <b>Funky Friday</b> <b>Music and Movement</b> 4:00 Puzzles	Independent Activities 2:00 Residents Choice 3:00 Puzzles 4:00 Television
13	14	15	16	17	18	19
Daily Visits 9:30 Fabulous Fingernails 10:30 Craft and Chat 2:00 Bingo 4:00 Hair & Moustache trim	9:30 Kickball <b>10:00 Happy Birthday With Kathleen</b> 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 <i>Reading Corner</i>	Daily Visits 9:30 Balloon Volleyball 10:00 <i>Witty Women's Club</i> 2:00 Bingo 3:00 Decks & Dominos	Activity Cart 9:30 Ring Toss 11:30 Shopping Lists 2:00 <u>GARDEN GROWING</u> 3:00 Skip Bo Game	Daily Visits 9:30 Bean Bag Toss 10:30 Morning Manicures 2:00 Bingo 3:00 Checkers	Independent Activities 11:30 Bored Board 1:30 <b>Funky Friday</b> <b>Music and Movement</b> 4:00 Puzzles	Independent Activities 2:00 Residents Choice 3:00 Puzzles 4:00 Television
20	21	22	23	24	25	26
9:30 Fabulous Fingernails 10:30 Craft and Chat 2:00 Bingo 3:00 Highland Vineyard Church 4:00 Hair & Moustache trim	Activity Cart 9:30 Kickball 10:00 Fun in the Sun 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 <i>Reading Corner</i>	Daily Visits 9:30 Balloon Volleyball 10:00 Giggles in the Garden 2:00 Bingo 3:00 Decks & Dominos	9:30 Ring Toss 10:30 <i>Wise Guy's Club with Lavelle</i> 11:30 Shopping Lists 1:30 Fireside Movie 3:00 Skip Bo Game	Daily Visits 9:30 Bean Bag Toss 10:30 Morning Manicures 2:00 Bingo 3:00 Checkers	Independent Activities 11:30 Bored Board 1:30 <b>Funky Friday</b> <b>Music and Movement</b> 4:00 Puzzles	Independent Activities 2:00 Residents Choice 3:00 Puzzles 4:00 Television
27	28	29	30	31		
Daily Visits 9:30 Fabulous Fingernails 10:30 Craft and Chat 2:00 Bingo 4:00 Hair & Moustache trim	Activity Cart 9:30 Kickball 10:00 Fun in the Sun 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 <i>Reading Corner</i>	Daily Visits 9:30 Balloon Volleyball 10:00 <i>Witty Women's Club</i> 2:00 Bingo 3:00 Decks & Dominos	Activity Cart 9:30 Ring Toss 11:30 Shopping Lists 2:00 <u>GARDEN GROWING</u> 3:00 Skip Bo Game	<i>Halloween Night</i> Daily Visits 9:30 Pumpkin Toss 10:30 Morning Manicures 2:00 Spooky Bingo 3:00 Checkers		

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

# 2024

REGENCY OMAK

## 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

### ~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

## WELCOME TO REGENCY OMAK Activities Calendar

**WIFI: RPGuest Passowrd: guest3326**

Here is your Television Channel Line Up:

2	<b>GUIDE CHANNEL</b>	20	<b>FREEFORM</b>	38	<b>TV LAND</b>
3	<b>COMMUNITY CHANNEL</b>	21	<b>HALLMARK MOVIES</b>	39	<b>TNT</b>
4	<b>ABC</b>	22	<b>AMC</b>	40	<b>USA</b>
5	<b>CBS</b>	23	<b>TURNER CLASSIC MOVIES</b>	41	<b>A&amp;E</b>
6	<b>NBC</b>	24	<b>SUNDANCE</b>	42	<b>EWTN</b>
7	<b>FOX</b>	25	<b>NATIONAL GEOGRAPHIC</b>	43	<b>TBN</b>
8	<b>PBS</b>	26	<b>FX</b>	44	<b>BRAVO</b>
9	<b>CW</b>	27	<b>HALLMARK</b>	45	<b>COMEDY CENTRAL</b>
10	<b>ION</b>	28	<b>TRUTV</b>	46	<b>NICK AT NITE</b>
11	<b>INVESTIGATION DISCOVERY</b>	29	<b>FOX NEWS</b>	47	<b>DISCOVERY CHANNEL</b>
12	<b>AMERICAN HEROES</b>	30	<b>CNN</b>	48	<b>E!</b>
13	<b>RFD TV</b>	31	<b>MSNBC</b>	49	<b>ACCUWEATHER</b>
14	<b>FOX SPORTS 1</b>	32	<b>LIFETIME TELEVISION</b>	<p>Brought to you by:</p> 	
15	<b>PARAMOUNT</b>	33	<b>HGTV</b>		
16	<b>FETV</b>	34	<b>FOOD NETWORK</b>		
17	<b>INSP</b>	35	<b>SYFY</b>		
18	<b>ANIMAL PLANET</b>	36	<b>TBS</b>		
19	<b>HISTORY</b>	37	<b>TLC</b>		

### Activities Always Available:

- ☞ TV & Movies
- ☞ Music
- ☞ Crosswords & Word Searches
- ☞ Books & Newspapers
- ☞ Jigsaw Puzzles
- ☞ Paper and Writing Materials
- ☞ Coloring pages

# October



