

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Independent Activities 1:30 Hymns w/Kathleen 2:00 Residents Choice 3:00 Puzzles 4:00 Television	2 Christmas Decorating 9:30 Chair Zumba 10:30 Ornament Craft 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 <i>Reading Corner</i>	3 Deck the halls 9:30 Sit and Be Fit 10:30 Ornament Craft 2:00 Bingo 3:00 Decks and Drinks	4 9:30 Chair Yoga <i>10:30 Wise Guy's Club with Lavelle</i> 11:30 Shopping Lists 3:00 Skip Bo Game	5 Independent Activities 10:00 Residents Choice 2:00 Crazy Aunt Bingo 3:00 Puzzles 4:00 Television	6 Independent Activities 11:30 Bored Board 1:30 Funky Friday Music and Movement 4:00 Puzzles	7 Independent Activities 2:00 Residents Choice 3:00 Puzzles 4:00 Television
8 Christmas Decorating 10:30 Fabulous Fingernails 11:00 Coffee and Chat <i>2:00 Gospel Hall Church</i> 4:00 Men's Hair & Moustache trim 5:30 EVENING BINGO	9 9:30 Chair Zumba 10:30 Activity Planning Committee 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 <i>Reading Corner</i>	10 Christmas Decorating 9:30 Sit and Be Fit <i>10:30 Witty Women's Club</i> 2:00 Bingo 3:00 Decks and Drinks	11 9:30 Chair Yoga 10:30 Bible Discussion 11:30 Shopping Lists 2:00 Our Garden 3:00 Skip Bo Game	12 Daily Visits 9:30 Chair Tai Chi 10:30 Bingo 1:30 Resident Council 2:00 Afternoon Manicures 3:00 Card Games	13 Independent Activities 11:30 Bored Board 1:30 Funky Friday Music and Movement 4:00 Puzzles	14 Independent Activities 2:00 Residents Choice 3:00 Puzzles 4:00 Television
15 10:30 Fabulous Fingernails 11:00 Coffee and Chat 3:00 Oliver's Hymns 4:00 Men's Hair & Moustache trim 5:30 EVENING BINGO	16 9:30 Reading with Preschool Children 10:00 Happy Birthday With Kathleen 1:00 Popcorn Hour 1:00 Movie Matinee	17 Daily Visits 9:30 Sit and Be Fit 10:30 Ornament Craft 2:00 Bingo 3:00 Decks and Drinks	18 9:30 Chair Yoga 10:00 Skip Bo Game <i>10:30 Wise Guy's Club</i> 2:00 Holly Jolly Jubilee	19 9:30 Chair Tai Chi 10:30 Bingo 11:00 Christmas Duck Scavenger Hunt 2:00 Afternoon Manicures 3:00 Card Games	20 Independent Activities 11:30 Bored Board 1:30 Funky Friday Music and Movement 4:00 Puzzles	<i>Winter Solstice</i> 21 Independent Activities 2:00 Residents Choice 3:00 Puzzles 4:00 Television
22 10:30 Fabulous Fingernails 3:00 Highland Vineyard Church 3:00 Catholic Mass 4:00 Men's Hair & Moustache trim 5:30 EVENING BINGO	23 Activity Cart 9:30 Chair Zumba 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 <i>Reading Corner</i>	Christmas Eve 24 Daily Visits 9:30 Sit and Be Fit <i>10:30 Witty Women's Club</i> 2:00 Bingo 3:00 Decks and Drinks	Merry Christmas 25 Independent Activities 2:00 Residents Choice 3:00 Puzzles 4:00 Television	26 Christmas is the season 9:30 Chair Tai Chi 10:30 Bingo 2:00 Afternoon Manicures 3:00 Card Games	27 Independent Activities 11:30 Bored Board 1:30 Funky Friday Music and Movement 4:00 Puzzles	28 Independent Activities 2:00 Residents Choice 3:00 Puzzles 4:00 Television
29 10:30 Fabulous Fingernails 11:00 Coffee and Chat 4:00 Men's Hair & Moustache trim 5:30 EVENING BINGO	30 Activity Cart 9:30 Chair Zumba 1:00 Popcorn Hour 1:00 Movie Matinee 3:00 <i>Reading Corner</i>	New Year's Eve 31 Daily Visits 9:30 Sit and Be Fit 10:30 Mystery Bag Auction 2:00 Bingo 3:00 Decks and Drinks				

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

Activities Always Available:

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

