

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | |
|--|--------|---|-----------|--|--------|--|----|--|----|---|----|
|    | | | | | | 1 | | | | | |
| Groundhog Day 2 Independent Activities 11:30 Bored Board 1:30 Bible Discussion 2:00 <i>Hymn's with Kathleen</i> 6 more weeks of winter | 3 | Daily Visits 9:30 Sit and Be Fit 10:30 <i>Witty Women's Club</i> 2:00 Bingo 3:00 Decks and Drinks | 4 | 9:30 Chair Yoga 10:30 Bible Discussion 11:30 Shopping Lists 3:00 Skip Bo Game | 5 | 9:30 Chair Tai Chi 10:30 Morning Manicures 2:00 Bingo 3:00 Card Games | 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 |
| Super Bowl LIX 9 10:30 Fabulous Fingernails 1:30 Bible Discussion 2:00 <i>Gospel Hall Church</i> 3:30 Super Bowl 61 6:00 EVENING BINGO | 10 | Daily Visits 9:30 Sit and Be Fit 10:30 OUR GARDEN 2:00 Bingo 3:00 Decks and Drinks | 11 | 9:30 Chair Yoga 10:00 <i>Wise Guy's Club with Lavelle</i> 11:30 Shopping Lists 3:00 Skip Bo Game | 12 | 9:30 Sweet Little ♥ Valentine's ♥ 10:30 Morning Manicures 1:30 Resident Council 2:00 Bingo 3:00 Card Games | 13 | Valentine's Day 14 11:30 Bored Board 2:00 Funky Friday ♥ VALENTINE'S PARTY 4:00 Puzzles | 14 | Independent Activities 2:00 Residents Choice 3:00 Puzzles 4:00 Television | 15 |
| 10:30 Fabulous Fingernails 1:30 Bible Discussion 2:00 <i>Oliver's Hymns</i> 4:00 Men's Hair & Moustache trim 6:00 EVENING BINGO | 16 | Daily Visits 9:30 Sit and Be Fit 10:30 <i>Witty Women's Club</i> 2:00 Bingo 3:00 Decks and Drinks | 17 | 9:30 Chair Yoga 10:30 Bible Discussion 11:30 Shopping Lists 2:00 Bingo Auction 3:00 Skip Bo Game | 18 | 9:30 Chair Tai Chi 10:30 Morning Manicures 2:00 Bingo 3:00 Card Games | 19 | Independent Activities 11:30 Bored Board 1:30 Funky Friday Music and Movement 4:00 Puzzles | 20 | Independent Activities 2:00 Residents Choice 3:00 Puzzles 4:00 Television | 21 |
| 10:30 Fabulous Fingernails 1:30 Bible Discussion 3:00 Highland Vineyard Church 3:00 Catholic Mass 4:00 Men's Hair & Moustache trim 6:00 EVENING BINGO | 23 | Daily Visits 9:30 Sit and Be Fit 10:30 OUR GARDEN 2:00 Bingo 3:00 Decks and Drinks | 24 | 9:30 Chair Yoga 10:00 <i>Wise Guy's Club with Lavelle</i> 11:30 Shopping Lists 3:00 Skip Bo Game | 25 | 9:30 Chair Tai Chi 10:30 Morning Manicures 2:00 Bingo 3:00 Card Games | 26 | Independent Activities 11:30 Bored Board 1:30 Funky Friday Music and Movement 4:00 Puzzles | 27 |  | 28 |

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

2025

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

February