

REGENT PARK ASSISTED LIVING AND MEMORY CARE COMMUNITY EVENTS



Is Your Loved One Ready For Memory Care? JAN. 27, 2022

11:00AM-12:00PM

Caring for a loved one with Alzheimer's or another form of dementia, while a loving act, can be difficult on your own and sometimes isn't the best option. Join us to learn about the advantages of memory care services such as specialized programming, socialization, mental stimulation, tailored diets, and round-the-clock supervision. With Guest Speaker: Kathy Adkins, Certified Dementia Specialist



Is Your Loved One Ready For Memory Care? JAN. 27, 2022

2:00-3:00PM

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Social Seniors JAN. 28, 2022 11:00AM-1:00PM

Experts agree on the importance of healthy and consistent socialization for older adults. In fact, seniors who feel lonely are more likely to experience cognitive decline, increased depression, and even premature death. Join us for a complimentary lunch and a discussion on how to stay socially engaged in retirement.



Super Bowl Drive Thru FEB. 03, 2022 11:00AM-1:00PM

We're celebrating America's biggest football game with a free tailgate party pack to-go. Stop by Regent Park, show your team spirit and take home your favorite game day snacks. ON THE MENU: Hamburger, Wings, Lil' Smokies, and Cheesecake



March Gladness MAR. 15, 2022 11:30AM-1:00PM

Join your friends at Regent Park for an afternoon of basketball fun. Test your knowledge with basketball trivia, try your luck at our shoot out competition, and take home a complimentary large 1-topping pizza of your choice: cheese, pepperoni or sausage.



Yoga, Meditation & You MAR. 23, 2022 11:00AM

Join us as we learn more about the benefits of yoga and meditation, as well as how to incorporate it into our daily routines, from local instructor Stephanie Nguyen. We'll even learn a few techniques and poses together. Guest Speaker: Stephanie Nguyen, Certified Yoga Instructor



Yoga, Meditation & You MAR. 23, 2022 2:00PM

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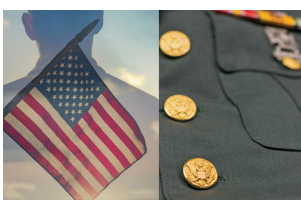
Social Seniors APR. 13, 2022 1:00-2:30PM

Experts agree on the importance of healthy and consistent socialization for older adults. Are you interested in making new friends or socializing with other seniors? Join us at Regent Park to connect with games, light snacks and refreshments.



Kentucky Derby MAY. 06, 2022 10:30AM-12:00PM

Grab your hat and place your bets as we celebrate the Kentucky Derby at Regent Park. Meet new friends, enjoy a southern-inspired brunch, and maybe even get lucky in our horse racing games. It wouldn't be the same without you, so be sure to mark it on your calendar.



The Hidden Benefit: Veteran Aid and Attendance MAY. 11, 2022 11:00AM-12:00PM

Are you getting the most out of your VA benefits? Most Veterans and their partners aren't sure about how their Aid & Attendance benefit

can help offset the cost of senior living. Be sure you know the facts!
We'll be learning about the benefit as well as who is eligible and how much you might be able to use for your senior living monthly fees.