

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAPPY NEW YEAR 2023!</p> <p>Kick off the New Year with your Regency Family! Join us for a day filled with fun games and celebrations!</p> <p><small>New Year's Day</small></p>	<p>9:30 Daily Chronicle 10:30 Jeopardy 11:00 Kickball 11:30 Midweek Workout</p> <p>Italian Cuisine at Barcelona's</p> <p>3:30 Volleyball Tourney 4:00 Making New Words 4:30 Remember When... 5:30 Collaborative Crosswords</p>	<p>9:30 Cranium Crunchers 10:30 The Year Was 1942 11:00 Horseshoe Challenge 12:00 Tuesday Stretch</p> <p>Lunch at PF CHANG'S</p> <p>3:30 PGA Golf 4:00 Ladderball 4:30 Frisbee Fun 5:00 Charades</p>	<p>Elvis Presley's Birthday Reminisce Fun Facts about Elvis</p> <p>PB & Banana Surprise Elvis Dance Party With Elvis Presley!</p>	<p>9:30 Daily News 10:00 Golf Challenge 10:30 Winter Fun Facts 11:00 Snowflake Craft Corner 12:00 Fit & Fab Workout</p> <p>Aviation Hall of Fame & Museum of New Jersey</p> <p>3:30 Basketball Throw Down 4:00 Target Practice 4:30 Reminisce: Winter Days 5:30 Pictionary</p>	<p>Flannels and flapjacks</p> <p>Flapjack Social, Wear a Cozy Flannel & Get Movin' Dance Party with Jonny Mac!</p> <p>You'll be so Plaid You Came!</p>	<p>BIRTHDAYS THIS MONTH</p> <p>Gail K. 01/04 Virginia C. 01/05 Mirjana G. 01/16 Dennis C. 01/18 Aura A. 01/21 Aretha W. 01/25 Bernie W. 01/29 John M. 01/30</p>
<p>Celebrate Reminisce Month 8 Let's Talk About You!</p> <p>*Guess Who? *Baby Photo Contest *Now & Then *Childhood Games and Reminiscing</p>	<p>9:30 Monthly Gazette 10:00 Remembering with Music 10:30 Snowy Word Fun 11:30 Wakeup Workout</p> <p>All The Bread You Can Eat At Olive Garden</p> <p>3:30 You Get to Dance 4:00 BLURT! 4:30 Volleyball Challenge 5:30 Banoodle</p>	<p>9:30 Brain Busters 10:00 Kickball 11:00 Cornhole 11:30 Sweating to the Oldies</p> <p>LONGHORN STEAKHOUSE</p> <p>3:30 Senior's Say 4:00 Waterfall Ball 4:30 Did You Know? 5:00 Snowball Toss</p>	<p>Let's Celebrate Our January Birthdays! Get Your Groove on With Frankie M.</p> <p>HAPPY BIRTHDAY</p>	<p>9:30 Today's News 10:00 Memory Challenge 10:30 Would You Rather 11:00 Lavender Craft 12:00 Stretch It Out Thursday</p> <p>Bergen County Genealogy Society Program</p> <p>3:30 Target Competition 4:00 Dream Away 4:30 Get to Know Us 5:00 Sound of Music</p>	<p>WINTER CARNIVAL</p> <p>Join us for some warm winter fun! Build a Snowman, Have a Snowball Fight, Play Carnival Games and Make some fun Snowy Art!</p> <p>No Carnival is Complete Without Dancing with Lou B.</p>	
<p>GO TEAM GO! 15</p> <p>CELEBRATE YOUR FAVORITE TEAMS! PLAY, CREATE, EAT! SPORTS THEMED EVENTS ALL DAY!</p>	<p>I Have a Dream! 6</p> <p>Celebrate the Life and Legacy of Civil Rights Leader, Martin Luther King, Jr. Miller's Ale House Lunch</p> <p>i have a dream! <small>Martin Luther King Jr. Day</small></p>	<p>9:30 It's in the News 10:30 Who Am I? 11:00 Yahtzee 11:30 Flexersize</p> <p>Matsuya Japanese Steakhouse</p> <p>3:30 Ladies/Men's Groups 4:00 Let's Talk Tech 4:30 Skee-ball 5:30 Hula Hoop Toss</p>	<p>Disco Day! 18</p> <p>Saturday Night Fever Trends of the 70's Remembering The Bee Gees & John Travolta</p> <p>Disco Dance Party With Carla V.</p>	<p>9:30 Fun and Games 10:30 Listen & Learn 11:00 Ladderball 11:30 Get Moving Fitness</p> <p>Pizza and Bowling at Parkway Lanes</p> <p>3:30 Baseball Bunting 4:00 Let's ROLL 4:30 Trivia Mavens 5:30 The Year Was...</p>	<p>SUPERHERO DAY 20</p> <p>A DAY TO CELEBRATE EVERYDAY HEROES! BATMAN, SUPERMAN, WONDER WOMAN, OR OUR MOMS & DADS, THESE ARE HEROES! SUPER DANCE PARTY WITH J. MAC</p>	
<p>HAPPY CHINESE NEW YEAR 2023</p> <p>Chinese New Year Superstitions Lantern Riddles Are You a Rabbit? Chinese New Year Art Class Dance Party CHINESE FOOD LUNCH <small>Chinese New Year (Year of the Rabbit)</small></p>	<p>9:30 Mini Golf Adventures 10:00 Brain Busters 11:00 Regency Singers 11:30 Get Movin' Fitness</p> <p>Lunch at BJ's Restaurant</p> <p>3:30 Spelling Bee 4:00 Cornhole Competition 4:30 Volleyball 5:30 Famous Faces <small>Activity Professionals Week</small></p>	<p>9:30 Morning Chats 10:00 What's Cooking? 10:30 Seniors Stretching 11:00 Ping Pong Planet</p> <p>Rosa Mexicana Fiesta Lunch</p> <p>3:30 Pitch Perfect 4:00 Regency Choir 4:30 Waterfall Ball 5:30 Twenty Questions</p>	<p>Regency Pet Day 25</p> <p>101 Dalmatians Premiered Exotic Pet Trivia Pet Reminisce – Bring Photos Famous Faces & Their Pets Can you Teach an Old Dog New Tricks? Wild Animal Dance Party With Julian H.</p>	<p>9:30 Fun with Color 10:00 Baking Club 10:30 Scavenger Hunt 11:30 Men's/Ladies' Clubs 12:00 Tap to Tunes Exercise</p> <p>KARATE CLASS with Barr Karate</p> <p>4:00 Family Feud 4:30 Flickin' Chickens 5:30 Let's Talk! <small>Australia Day (observed)</small></p>	<p>Baby It's Cold Outside! 27</p> <p>Wear a Crazy Hat & Socks Farmer's Almanac Stats Hat Design Class Crazy Hats in History Dancing & Singing With Ella Christina</p>	
<p>Break Up with the Winter Blues 29</p> <ul style="list-style-type: none"> • Manicures • Hand Massages • Fancy Tea Party • Moisturizing Face Masks 	<p>9:30 World Happenings 10:00 Would You Rather? 11:00 Ring Toss Challenge 11:30 Midweek Workout</p> <p>Mangia at Maggiano's</p> <p>3:30 Croquet 4:00 Soccer Stars 4:30 Hula Hoop Contest 5:30 Let's Talk About It!</p>	<p>9:30 Colorful Expressions 10:00 Bullseye Tourney 10:30 Let's Get Physical 11:00 Can Jamz 11:30 Categories</p> <p>Presto's Fabolous Lunch</p> <p>3:30 Name 5 4:00 Perfect Pitches 4:30 Kickball 5:30 Trivial Pursuit</p>	<p>January 2023</p> <p>Regency Memory Care Club – River Edge</p>			

*Activities are subject to change.