

Regency's Schedule of Events

Regency invites all seniors and their families for a free and inclusive week of events. To attend an event call the number below to reserve your spot.

June
Monday

5

10:30 AM

Chair Yoga and Healthy Lunch with Donna

RSVP with Donna at Summerwood: (778) 478-1736

Discover the path to inner harmony by joining our yoga class today!

Tuesday

9:15 AM

6

10:30 AM

Embrace Healthy Living: Enjoy a Workout with Dorie

RSVP with Jill at Sandalwood: (250) 717-1884

Enjoy a fitness class and healthy snacks.

Thursday

12:30 PM

8

6:30 PM

On the Move: Exploring Senior Transit Services

RSVP with Donna at Summerwood: (778) 478-1736

Learn about and how to use public transit.

A Musical Evening with Vocals Unlimited Choir

RSVP with Martina at Missionwood: (250) 860-9308

Join our Missionwood residents for a night of music and joy.

Building Your Future and your Legacy: Things to Think About

RSVP with Jill at Sandalwood: (250) 717-1884

Estate Planning to protect you and your loved ones.

A Picture Perfect Movie Night

RSVP with Marcy at Parkwood: (250) 558-0232

Join us for a night of movies with our warm and welcoming residents.

Friday

10:00 AM-

9

4:00 PM

Vernon Senior's Week: End Of Week Celebration

Open to the public no RSVP required:

Greater Vernon Rec Center

10:00 AM

RCMP Personal Safety Presentation

RSVP with Donna at Summerwood: (778) 478-1736

Learn about the online and phone scams facing seniors and how to avoid them.



RETIREMENT RESORTS

**Enrich Your Retirement with Regency:
Leaders in the Retirement Community since 2000**

**In June, Regency recognizes the value and
knowledge of our senior population .**

Friday

9

2:00 PM

**The Magic of New Beginnings by Mary Ward:
Book Launch**

RSVP with Martina at Missionwood: (250) 860-9308
Join us in celebrating the launch of resident, Mary Ward's new book.

Saturday

2:00 PM

10

-3:30
PM

Rockin' 50's Dance

RSVP with Donna at Summerwood: (778) 478-1736
Join us for music, dance, and a happy hour celebration

Tuesday

3:00 PM

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**A World to Experience: Wells Gray
Tours Info Session**

RSVP with Denise at Northwood: (250) 860-1122
Learn about the travel opportunities available to you!

Tuesday

10:30 AM-

20

1:00 PM

Vintage Car Show and Barbeque

RSVP with Denise at Northwood: (250) 860-1122
Cruise into the past with some spectacular rides.

Tuesday

3:00 PM

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**Financial Literacy with Theresa Coates
from Edward Jones**

RSVP with Denise at Northwood: (250) 860-1122
Become an expert in your own finances.

*Regency Retirement Resorts, operating in the Okanagan Valley for 23 years, is committed to building a community that **SUPPORTS** and **EMPOWERS** all seniors.*

***RSVP today for unforgettable fun,
friendship and learning.
Regency Retirement Resorts: your
leader in Senior Living!***

Regency

RETIREMENT RESORTS