



# LEGACY VILLAGE

AT PARK REGENCY  
*Assisted Living • Memory Care*



## Senior Living AT ITS BEST

*Assisted Living & Memory Care*



## OUR MISSION

To serve the greatest generation with honor, respect, faith and integrity.

### WHY A LEGACY COMMUNITY?

With communities located across the southeast, Legacy Village communities are a part of Legacy Senior Living's family of independent living, assisted living, and memory care communities specifically designed to meet the needs of seniors. Legacy strives to be the best senior care provider in the city it serves.

**Visit our website to learn more:** [legacymoultie.net](http://legacymoultie.net)

# THE HARBOR MEMORY CARE

## TYPICAL SCHEDULE OF A PURPOSEFUL DAY

### MORNING ACTIVITIES

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- 5:00 - 6:00 Rise and Shine for Early Risers**  
Assist with Activities of Daily Living (ADL's), coffee, tea, juice while awaiting breakfast
- 6:00 - 7:30 Rise and Shine**  
Assist with ADL's, coffee, tea, juice, light snack, morning music
- 7:30 - 8:30 Breakfast Dining Experience**  
Enjoy dining experience with other residents, socialization
- 8:30 Freshen Up After Meal**  
Assist with ADL's after breakfast and prepare for the day
- 9:00 - 11:30 Individual, Small, and Large Group Activities**  
Devotions, exercise, orientation, walking club, poetry, art lessons, beauty and barber time, reminiscing using SimpleC, church services, gardening, outdoor time, all while utilizing staff and volunteers
- 10:00 Hydration and Snacks**  
Fruits vegetables, cheese and crackers, fresh baked bread, water, and juice available during activities and upon request
- 11:30 Freshen Up for Lunch**  
Assist with ADL's for lunch

### AFTERNOON ACTIVITIES

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- Noon Lunch Dining Experience**  
Quiet music, dining with residents and guests
- 1:00 Rest, Relaxation, and Visitation**

Quiet music, time for rest or nap. Visitors are welcome.

- 2:00 - 4:00 "Brain Better" Time, Individual, Small, and Group Activities**  
Pet Therapy, music therapy, movies, entertainment, manicures, relation/ aroma therapy, bingo, word games, garden and porch activities, small groups in themed areas, one-on-one activities
- 3:00 Mid afternoon Snacks and Hydration**  
Nutritious snacks and hydration available during activities and upon request
- 4:30 Quiet Time to Prepare for Dinner**  
Quiet music, assist with ADL's, aroma therapy, hand massages
- 5:00 - 6:00 Evening Dining Experience**  
Dine with residents and guests, dinner music
- 6:00 Freshen Up After Meal**  
Assist with ADL's

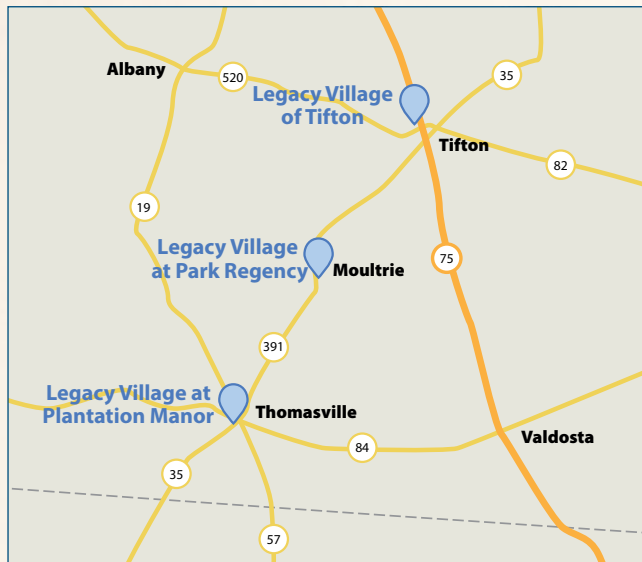
### EVENING ACTIVITIES

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- 7:00- 8:30 Evening Transition**  
Group activities including volunteer engagement, movie time, gospel videos, family and guest visits
- 7:30 Snacks and Hydration**  
Nutritious snacks and hydration available during activities and upon request
- 8:30 - 9:30 Prepare for Bedtime**  
Assist with bedtime ADL's, quiet time, calm TV, reading and relaxation, lights dimmed



We invite you to learn more about the advantages of the services offered at our Legacy Senior Living communities of South Georgia.



1934 Whiddon Mill Road | Tifton, GA 31793  
229-386-2273 | [legacytifton.net](http://legacytifton.net)



3000 Veterans Parkway S. | Moultrie, GA 31788  
229-890-3342 | [legacymoultrie.net](http://legacymoultrie.net)



220 Park Avenue | Thomasville, GA 31792  
229-227-0880 | [legacythomasville.net](http://legacythomasville.net)



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