



Life. Love. Legacy.™
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Coordinator



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Director



Alicia Beltran
Business
Office Manager



Debbie Pipkin
Life Enrichment
Director



Leighann Altman
Dining Services
Director



David Ostrander, III
Maintenance
Director



Ricky McLaughlin
Chaplain



LEGACY VILLAGE AT PARK REGENCY

NEWSLETTER | JANUARY 2026



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR



There’s a certain feeling that comes over you in a great old cathedral—something that hushes the world outside and draws you into a kind of quiet awe. Sunlight streams through stained glass, scattering blues and reds across smooth wood, intricate railings, and sometimes the gleaming pipes of an ancient organ, each sound echoing up into spaces shaped perfectly to carry music and prayer. It’s hard to put into words, but you can almost feel the place hum inside your chest—a comfort, a stillness, a mysterious sense that something inside you is being soothed.

For centuries, we’ve chalked up the beauty of these buildings to faith and artistry. Yet, as science has peeled back more of the mystery, another truth emerges: their creators may have been working with a level of knowledge that still astounds us today. Many cathedrals were built to magnify certain sounds—low chanting, the deep swell of an organ, even a single clear bell—so that their vibrations linger long after the last note fades. Researchers are now finding that some of these sonic frequencies, by pure design or ancient intention, may even help calm our minds, steady our breath, and encourage a gentle kind of healing that everyone, regardless of background or belief, can sense.

It leaves me wondering—what else did those master builders understand about lifting spirits and fostering togetherness, knowledge that we’re only now rediscovering? Perhaps it’s not just the architecture or music, but the experience of being in a space built by many hands for the well-being of all. Maybe it’s the simple fact that when people gather under a shared roof, supporting each other through silence or song, something in us finds a sense of belonging and peace.

We don’t need stained glass or soaring arches to benefit from this ancient wisdom. Every day, in our own spaces—dining halls filled with laughter, patios humming with quiet conversations, even hallways lit by a friendly greeting—we create our own kind of resonance. The kindness, patience, and encouragement we offer ripple out, reaching further than we imagine and carrying a subtle, lasting comfort.

As we step into a new year, let’s remember that we’re all builders in our way—shaping environments with our choices and the warmth we share. May our community continue to be a place where hearts are lifted, spirits are steadied, and the gentle music of acceptance and care never fades.

Wishing you a harmonious and hopeful year ahead,



Christmas Shenanigans TOOK PLACE.....



AND WE HAVE THE PICTURES TO PROVE IT!

From awkward smiles to over-the-top poses, these photos remind us that sometimes the best way to share Christmas spirit is with a good laugh and the courage to embrace the wonderfully ridiculous. Have a peek and smile along with us!



RESOLUTION SOLUTION

PICK & CHOOSE YOUR NEW YEAR'S MUSE

Haven't quite settled on a New Year's resolution yet? No worries... Pick one of ours!

- PRACTICE SAYING, "WHEN I WAS YOUR AGE," WITH DRAMATIC PAUSES AND MYSTERIOUS WINKS.
- START A NEW RUMOR EVERY MONTH ABOUT HIDDEN SECRET PASSAGES IN THE BUILDING.
- CALL MY MORNING WALK "A ROYAL PROCESSION" AND EXPECT THE NEIGHBORS TO SALUTE.
- PRETEND YOUR BINGO CARD IS A TREASURE MAP—ONLY REAL ADVENTURERS WIN
- START CALLING YOUR AFTERNOON NAP A "HIGHLY EXCLUSIVE VIP EVENT."
- REFER TO MY WALKER AS MY "CHARIOT" AND INSIST UPON DRAMATIC ENTRANCES.
- GIVE A DRAMATIC ACCEPTANCE SPEECH EVERY TIME YOU FINISH YOUR MEAL.
- MAKE UP MYSTERIOUS FACTS ABOUT YOUR YOUTH & SEE WHO BELIEVES YOU.
- USE BINOCULARS IN THE DINING ROOM FOR 'EXTREME PEOPLE WATCHING'.
- GIVE YOUR PLANT A PEP TALK EVERY MORNING—MAYBE IT'LL GROW FASTER.
- AUTOGRAPH YOUR CROSSWORD PUZZLES WHEN FINISHED, LIKE A CELEBRITY.
- DESIGNATE YOURSELF "OFFICIAL WEATHER REPORTER" & MAKE DRAMATIC FORECASTS.



CHAPLAIN'S CORNER

Greetings once again in the name of our Lord and Savior, Jesus Christ. Let us begin this brand-new year with thanksgiving, praising God for His grace, mercy, and unconditional love toward us:

Oh, that men would praise the Lord for His goodness and for His wonderful works to the children of men! For He satisfies the longing soul and fills the hungry soul with goodness. Psalms 107:8-9

This is the day that the Lord has made; we will rejoice and be glad in it. Psalm 118:24

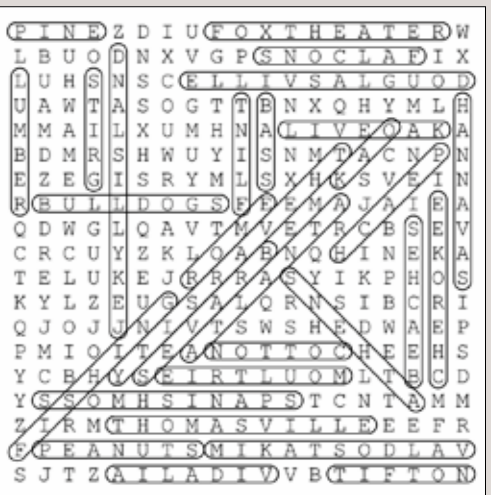
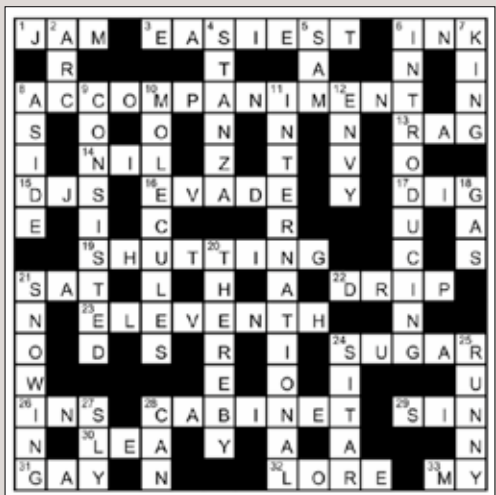
May we not only bless the name of the Lord but also do good unto others. Yes, may the Light of Jesus Christ shine brightly through us all.

I pray that you have already set—or will soon set—goals for this new year: to draw closer to God, study His Word, help others, and eagerly await Christ's return. Declare His goodness to everyone you meet.

May our Lord Jesus keep you in the hollow of His hand and bless you abundantly this New Year. Look up, for our redemption draweth nigh!

Your Chaplain,
Ricky McLaughlin

GAMES, GOOD TIMES, AND GRINS GALORE



Alzheimer's Support Services

Take advantage of this complimentary service and schedule your one-on-one phone or video session with Dr. Ron Harvard.

LEGACYSL.NET/
ALZHEIMERS-SUPPORT



KNIT-WIT Bash

THE CUTEST UGLY CHRISTMAS SWEATER PARTY EVER.



109 REASONS TO SMILE

A happy crowd gathered to celebrate Pearl Collins and her remarkable 109th birthday parade! Special thanks to everyone who joined in—and to our dedicated Life Enrichment Director, Debbie Pipkin, whose energy and care turned this event into a memory for the ages.



Celebrations & Milestones

Welcome to our newest residents!

- Linda Plymel
- Donald Lee Hart
- Elinor Kay Green
- Sharlene Cannon
- Walter Johnson

Let's celebrate everyone marking a special moment this month!

RESIDENT BIRTHDAYS

- Jan. 13: Joyce Laabs
- Jan. 16: Vickie Harrell
- Jan. 27: Don Parker
- Jan. 27: Bennett Willis
- Jan. 30: Jerry Merritt

TEAM MEMBER BIRTHDAYS

- Jan. 21: Sharonda White
- Jan. 24: Sylvia Carter
- Jan. 25: Belinda Gay
- Jan. 28: Heather Kimsey

CHRISTMAS CRAFT CORNER



CAN YOU SPOT THE DIFFERENCES?

Look closely—there are seven changes hiding between these two pictures. How many can you find?



IF YOU LOVE WHAT WE DO, PLEASE LEAVE A REVIEW!



legacymoultrie.net/testimonies

YOUR FEEDBACK HELPS OTHERS!



HO!HO!HO! SANTA'S BAG WAS FULL OF SURPRISES!



May this New Year bring you surprising delights—the kind you never knew to hope for. Here's to finding laughter in unexpected places, to small victories you didn't see coming, and to old friendships that grow even richer and new friends who feel like old ones. May you discover new strengths in yourself, and may the little, ordinary moments be the ones you treasure most. Wishing you a year full of gentle surprises, bright connections, and the comforting knowledge that, wherever you are, you belong.

ACROSS

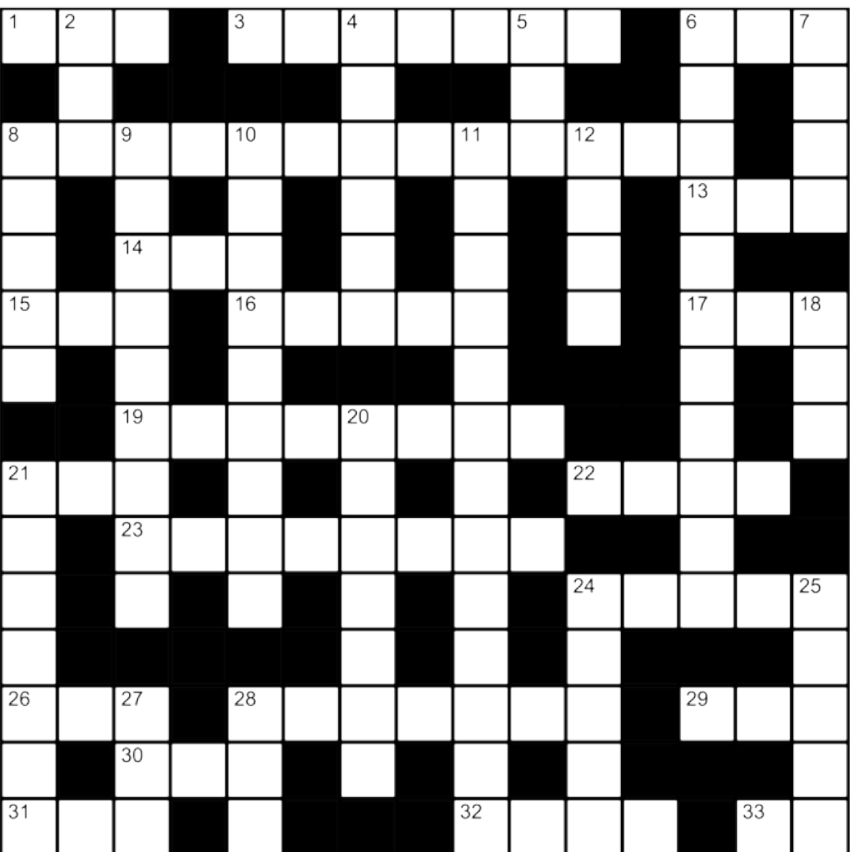
- 1. Preserves
- 3. Least difficult
- 6. Squid's defense
- 8. Music to support a solo instrument
- 13. Dust remover
- 14. None; zero
- 15. Disc jockeys, abbrev.
- 16. Give the slip
- 17. Archaeological site
- 19. Closing something
- 21. Warmed the bench
- 22. Slo-o-ow leak
- 23. At the _____ hour (in the nick of time)
- 24. Sucrose, for one
- 26. ___ and outs
- 28. Place to store china
- 29. Break a commandment
- 30. Meadow
- 31. In high spirits
- 32. Folk follower
- 33. "You Are __ Sunshine"

DOWN

- 2. Circle segment
- 4. Poem subsection
- 5. A character from *Casablanca*
- 6. Presenting
- 7. Double-decker checker
- 8. "All kidding ____"
- 9. Was made of

- 10. Groups of atoms
- 11. Global; multiple countries
- 12. "Green with ____"
- 18. Neon or helium, for example
- 20. As a result

- 21. Coming down in flakes
- 24. Stringed Indian instrument
- 25. Like the yolk of a poached egg
- 27. Cunning
- 28. Soup container in store

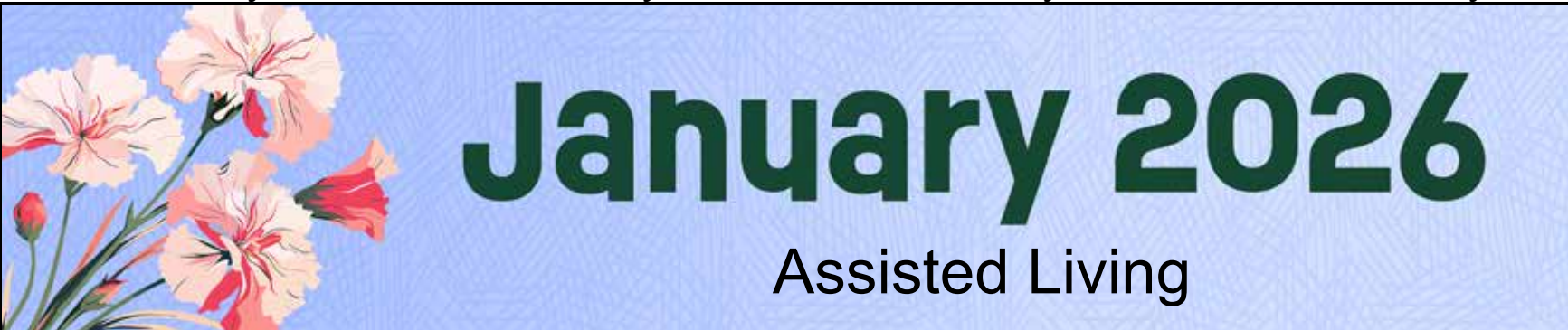


Georgia

The words listed can be found vertically, horizontally, diagonally, forward, and backward.



- ATHENS
- BASS
- BEACHES
- BULLDOGS
- CHEROKEE
- COTTON
- DOUGLASVILLE
- THE VARSITY
- FALCONS
- FISHING
- FLINT
- FOX THEATER
- GRITS
- JEKYLL ISLAND
- LIVE OAK
- LUMBER
- MOULTRIE
- OAK
- PEACH
- PEANUTS
- PINE
- ROME
- SAVANNAH
- SPANISH MOSS
- THOMASVILLE
- TIFTON
- VALDOSTA
- KIM VIDALIA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00- Self-Reflection 1 10:30- Music 11:00- Devotion w/ Pastor Peek 3:30- Bingo New Year's Day	2 10:00- Self-Reflection 10:30- Music 11:00- Devotion 2:00- Movie & Popcorn 3:30- Bingo 4:15- Black-out	3 10:00- Self-Reflection 11:00- Devotion 2:00- Family Movie 3:30- Bingo
4 9:30- Pathfinders 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo	5 10:00- Self-Reflection 10:30- Music 11:00- Devotion 2:00- Bible Study w/ Myra 3:30- Bingo	6 10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Chaplin Ricky 2:00- Art 3:30- Bingo	7 10:00- Self-Reflection 10:30- Music 11:00- Devotion 1:00- Exercise 3:30- Bingo	8 10:00- Self-Reflection 10:30- Music 11:00- Devotion 1:00- Birthday Bash "Glacier Floats" 3:30- Bingo	9 10:00- Self-Reflection 10:30- Music 11:00- Devotion 2:00- n 3:30- Bingo 4:15- Black-out	10 10:00- Self-Reflection 11:00- Devotion 2:00- Family Movie 3:30- Bingo
11 9:30- Pathfinders 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo	12 10:00- Self-Reflection 10:30- Music 11:00- Devotion 2:00- Bible Study w/ Myra 3:30- Bingo	13 10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Chaplin Ricky 2:00- Tasty Tuesday 3:30- Bingo	14 10:00- Self-Reflection 10:30- Music 11:00- Devotion 1:00- Exercise 3:30- Bingo	15 10:00- Self-Reflection 10:30- Music 11:00- Devotion 1:00- Trip to Walmart 3:30- Bingo	16 10:00- Self-Reflection 10:30- Music 11:00- Devotion 2:00- Movie & Popcorn 3:30- Bingo 4:15- Black-out	17 10:00- Self-Reflection 11:00- Devotion 2:00- Family Movie 3:30- Bingo
18 9:30- Pathfinders 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo	19 10:00- Self-Reflection 10:30- Music & Donuts 11:00- Devotion 2:00- Bible Study w/ Myra 3:30- Bingo Martin Luther King Jr. Day	20 10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Chaplin Ricky 2:00- Art 3:30- Bingo	21 10:00- Self-Reflection 10:30- Music 11:00- Devotion 1:00- Exercise 3:30- Bingo	22 10:00- Self-Reflection 10:30- Music 11:00- Devotion 2:00- Butter Bean Auction 3:30- Bingo	23 10:00- Self-Reflection 10:30- Music 11:00- Devotion 2:00- Penny Pitching 3:30- Bingo 4:15- Black-out	24 10:00- Self-Reflection 11:00- Devotion 2:00- Family Movie 3:30- Bingo
25 9:30- Pathfinders 11:00- Quiet Time 2:00- Family Movie 3:30- Bingo	26 10:00- Self-Reflection 10:30- Music 11:00- Devotion 2:00- Bible Study w/ Myra 3:30- Bingo Australia Day (Observed)	27 10:00- Self-Reflection 10:30- Music 11:00- Devotion w/ Chaplin Ricky 2:00- Tasty Tuesday 3:30- Bingo	28 10:00- Self-Reflection 10:30- Music 11:00- Devotion 1:00- Exercise 3:30- Bingo	29 10:00- Self-Reflection 10:30- Music 11:00- Devotion 2:00- Resident Council Meeting 3:30- Bingo	30 10:00- Self-Reflection 10:30- Music 11:00- Devotion 2:00- Movie & Popcorn 3:30- Bingo 4:15- Black-out	31 10:00- Self-Reflection 11:00- Devotion 2:00- Family Movie 3:30- Bingo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January 2026</div> <div>The Harbor</div>				9:30- Daily Goodness 1 10:00- Pathfinders 10:30- Music & Motion 11:00- Would you Rather? 1:00- Snowball Games 2:30- Mr. Andy 3:00- Picture Bingo New Year's Day	9:30- Check-in 2 10:00- Devotion 10:30- Exercise 11:30- Music 2:00- Walk on Patio & Games 3:30- Picture Bingo	9:30- Rise & Shine 3 10:00- Touch the sky 10:30- Singing Hearts 11:00- Joyful Movers 2:30- Movie w/friends
9:30- Mindful Mornings 4 10:00- Grace & Gratitude 11:00- Joyful Movers 2:30-Movie w/ Friends 3:30- Trivia 4:00- Games	9:30-Happy Start Huddle 5 10:00-Sunshine Movers 10:30- Good ole Hymns 11:00- Piano w/ Ms. Janice 2:00- Music & Movement 3:00- Picture Bingo	9:30- Daily Goodness 6 10:00- Sunrise Shakers 10:30- Golden glow w/ Kaley 11:00- Simple C 1:30- Coloring 2:00- Make me Laugh 3:00- Picture Bingo	9:30- Moments of Praise 7 10:00- Hymns & Hope 10:30- Art & Games w/ Green Oaks 1:30- Simple C 2:00- Games w/ Julie 3:00- Picture Bingo	9:30- Daily Goodness 8 10:00- Pathfinders 10:30- Music & Motion 11:00- Name that face. 1:00- Book time 2:30: Balloon Game 3:00- Picture Bingo	9:30- Check-in 9 10:00- Devotion 10:30- Exercise 11:30- Music 2:00- Walk on Patio & Games 3:30- Picture Bingo	9:30- Rise & Shine 10 10:00- Touch the sky 10:30- Singing Hearts 11:00- Joyful Movers 2:30- Movie w/friends
9:30- Mindful Mornings 11 10:00- Grace & Gratitude 11:00- Joyful Movers 2:30-Movie w/ Friends 3:30- Trivia 4:00- Games	9:30-Happy Start Huddle 12 10:00-Sunshine Movers 10:30- Good ole Hymns 11:00- Piano w/ Ms. Janice 2:00- Music & Movement 3:00- Picture Bingo	9:30- Daily Goodness 13 10:00- Sunrise Shakers 10:30- Golden glow w/ Kaley 11:00- Simple C 1:30- Art 2:00- Elvis Trivia 3:00- Picture Bingo	9:30- Moments of Praise 14 10:00- Hymns & Hope 10:30- Art & Games w/ Green Oaks 1:30- Simple C 2:00- Games w/ Julie 3:00- Picture Bingo	9:30- Daily Goodness 15 10:00- Pathfinders 10:30- Music & Motion 11:00- Name that Arctic animal? 1:00- Snowball Games 2:30- Mr. Andy 3:00- Picture Bingo	9:30- Check-in 16 10:00- Devotion 10:30- Exercise 11:30- Music 2:00- Walk on Patio & Games 3:30- Picture Bingo	9:30- Rise & Shine 17 10:00- Touch the sky 10:30- Singing Hearts 11:00- Joyful Movers 2:30- Movie w/friends
9:30- Mindful Mornings 18 10:00- Grace & Gratitude 11:00- Joyful Movers 2:30-Movie w/ Friends 3:30- Trivia 4:00- Games	9:30-Happy Start Huddle 19 10:00-Sunshine Movers 10:30- Good ole Hymns 11:00- Piano w/ Ms. Janice 2:00- Music & Movement 3:00- Picture Bingo Martin Luther King Jr. Day	9:30- Daily Goodness 20 10:00- Sunrise Shakers 10:30- Golden glow w/ Kaley 11:00- Simple C 1:30- Coloring 2:00- Golden Oldies Music 3:00- Picture Bingo	9:30- Moments of Praise 21 10:00- Hymns & Hope 10:30- Art & Games w/ Green Oaks 1:30- Simple C 2:00- Games w/ Julie 3:00- Picture Bingo	9:30- Daily Goodness 22 10:00- Pathfinders 10:30- Music & Motion 11:00- Famous quotes 1:00- Name that food. 2:30- Coloring 3:00- Picture Bingo	9:30- Check-in 23 10:00- Devotion 10:30- Exercise 11:30- Music 2:00- Walk on Patio & Games 3:30- Picture Bingo	9:30- Rise & Shine 24 10:00- Touch the sky 10:30- Singing Hearts 11:00- Joyful Movers 2:30- Movie w/friends
9:30- Mindful Mornings 25 10:00- Grace & Gratitude 11:00- Joyful Movers 2:30-Movie w/ Friends 3:30- Trivia 4:00- Games	9:30-Happy Start Huddle 26 10:00-Sunshine Movers 10:30- Good ole Hymns 11:00- Piano w/ Ms. Janice 2:00- Music & Movement 3:00- Picture Bingo Australia Day (Observed)	9:30- Daily Goodness 27 10:00- Sunrise Shakers 10:30- Golden glow w/ Kaley 11:00- Simple C 1:30- Art 2:00- Target Practice 3:00- Picture Bingo	9:30- Moments of Praise 28 10:00- Hymns & Hope 10:30- Art & Games w/ Green Oaks 1:30- Simple C 2:00- Games w/ Julie 3:00- Picture Bingo	9:30- Daily Goodness 29 10:00- Pathfinders 10:30- Music & Motion 11:00- Would you Rather? 1:00- Snowball Games 2:30- Mr. Andy 3:00- Picture Bingo	9:30- Check-in 30 10:00- Devotion 10:30- Exercise 11:30- Music 2:00- Walk on Patio & Games 3:30- Picture Bingo	9:30- Rise & Shine 31 10:00- Touch the sky 10:30- Singing Hearts 11:00- Joyful Movers 2:30- Movie w/friends