



# **REGENCY AT PROVIDENCE (RAP) ACTIVITIES GUIDE**

## TABLE OF CONTENTS

<u>Section</u>	<u>Page</u>
INTRODUCTION	3
CONTACT INFORMATION AND SCHEDULING	3
SOCIAL AND RECREATIONAL ACTIVITIES	3
NEIGHBORHOOD SERVICES	9
COMMUNITY ASSOCIATION BOARD MEETINGS	10
COMMUNITY COMMUNICATIONS ACTIVITIES	10
COMMUNITY OUTREACH	12
REVISION HISTORY	13

## INTRODUCTION

This guide is intended to be a convenient reference for Regency at Providence (RAP) residents interested in participating in any of the social and recreational activities or functional committees that are operating in the community. It also contains information about RAP Internet based features available to residents.

This guide will be updated as needed. It is available on the RAP Community Website under "Activities" (see [Guide](#)). Visitors to this Website may print hard copies of this document if desired.

## CONTACT INFORMATION AND SCHEDULING

RAP Community activities are summarized in the [Activities Coordinators](#) list. This list provides times, places and contact information for the coordinator(s) of each activity. Please check the *Monthly Calendar*, also published in the *RAP Sheet*, for activity dates and times each month. The *RAP Activities* list and *Monthly Calendar* are posted on the clubhouse bulletin boards. The [RAP Sheet](#) and [Monthly Calendar](#) can also be found on the [RAP Community Website](#).

---

## SOCIAL AND RECREATIONAL ACTIVITIES

The social and recreational activities described below are open to all community residents. Anyone who would like more information or desires to participate should contact the applicable activity coordinator.



### **Aerobics/Low Impact and Toning Exercises**

This informal group meets several times per week in the Sloan Clubhouse for exercise using DVDs. There are no fees, nor is there an instructor.

### **Aerobics at Regency Hills**

Aerobics at the Regency Hills Clubhouse meets on Monday, Wednesday, and Friday at 8 a.m. We do a two-mile (30 minutes) cardio fast walk following an instructor via DVD. It is infused with special moves like core rotations, standing curls and more. Some of the walking DVDs include using weights. Following that, there is an optional 10-minute series of exercises on the floor that engage the full core including the abs, waist, back, and even the glutes.



### **RAP Beer Club**

The beer club meets about four times a year to make a collective buy and exchange among the participants of exceptional beers. Various beer styles are sampled and discussed. Occasional events may include tastings, brewery tours and food parings.



### **Biking Club**

For those interested in riding bicycles we usually meet on Friday mornings or sometimes on weekends from the beginning of June until the end of September (weather permitting), Contact the Activity Coordinator listed in the monthly RAP Sheet to be included on the Bike Club email list and remain informed of all planned rides and events.



### **Bingo**

Friday evening Bingo sessions are held once a month, with some exceptions. Residents are invited to win a share of the prize money. The price of admission is \$10.00 and includes 16 cards with four games to be used all evening. Dabbers to mark your cards are sold for \$1.50 each. The amount of the cash prize is announced at the start of each game and

multiple winners calling bingo for the same game share in an equal portion of the announced prize. Doors open at 6:30 p.m. and the calling of numbers begins promptly at 7:30 p.m. Bottled water and some snacks are provided at no charge.



### **Bite Before Bingo**

The BBB committee serves two hotdogs or your choice of a tuna or Italian hoagie. Chips, a drink and ice cream are included at 6:30 p.m. in the Sloan Clubhouse, prior to each evening of Bingo. The cost is \$6 for hotdogs and \$7 for hoagies and BYOB is always welcome.



### **RAP Book Clubs**

We currently have four Book Clubs in our community that meet monthly to discuss a pre-selected book. Three of these clubs meet in the Sloan Clubroom while the fourth meets in the Regency Hills Clubroom. Monthly book selections and meeting details are announced in the monthly *RAP Sheet*. Membership in some of these clubs is limited.

Interested residents should check with the coordinators to see if there is an opening. The organizing of a new book club is always welcome.



### **Bowling Leagues**

The **Regency Winter Bowling League** rolls every Thursday afternoon at 1:00 p.m. at Bowlero on Ridge Pike in Limerick from September through April. This coed league is composed of three-person teams. Interested new players should contact the coordinator for a team assignment. Alternates are frequently desired. Single bowlers can always sign up and be added to an existing team.

The **Regency Summer Bowling League** rolls on Wednesday afternoons at 2:00 p.m. from May through August at Bowlero on Ridge Pike in Limerick. This coed league uses a handicap format and is composed of three-person teams. Interested bowlers are encouraged to contact the coordinator to participate. Single bowlers can always sign up and be added to an existing team.



### **Bridge**

Bridge players meet weekly on Thursday evenings in the Sloan Clubhouse. Games are arranged in the party bridge format, usually with one or more tables, and are very informal thus all skill levels are welcome to participate.



### **Canasta**

Canasta players meet at the Sloan Clubhouse every Monday, Thursday, and Friday at 1:00 PM. Canasta is also played at the Regency Hills Clubhouse on Tuesdays at 1:00 PM.



### **Cocktail Parties**

Cocktail Parties are held Saturday evening every other month at the Regency Hills Clubhouse. These parties are BYOB affairs and attendees are requested to bring an hors d'oeuvre or dessert to share. Check the monthly Calendar for current dates and times. These parties are a great way for residents to meet their neighbors.

A more formal event, the **Regency Cocktail Reception**, occurs two to three times a year at the Sloan Clubhouse. Residents are invited to bring their beverage of choice and an assortment of appetizers and sweet treats are provided by the host team. There is a minimal per person charge. RAP Flyers alert the community to upcoming Cocktail Receptions.



### **Coffee at the Clubhouse**

Once a month, on 3<sup>rd</sup> Friday at 9:00 a.m., all residents are invited for coffee, tea, bagels, donuts, fruit, yogurt and conversation at the Sloan Clubhouse. The cost is \$3, paid at the door. This gathering offers a pleasant opportunity to join your neighbors for an informal get together. Check the monthly calendar in the RAP Sheet for specific dates.



### **Le Cercle Français**

Le Cercle Français is a French Conversation Club meeting the first Tuesday of the month from 4 to 5 PM in the Billiard Room at the Sloan Clubhouse. All community members are invited to practice their language skills, broaden their vocabulary, practice speaking, and share their French experiences.



### **Game Night**

Wednesday night is Game Night at the Sloan clubhouse beginning at 7:00 p.m.



### **Golf - Men**

The **Regency Hackers Men's** golf league reorganizes every spring for a season of golf at a variety of local area courses. Golfing activities take place on Tuesdays from April through October. This activity is open to all residents and golfers of all ability levels.



### **Golf - Women**

The Slice Girls, is a group of women golfers from our community with a variety of ability levels. The Slice Girls play either 9 or 18 holes of golf on Wednesday mornings from May through October at several local courses. All women who enjoy golf or who are interested in learning to play the game are welcome.



### **Hand and Foot Game**

The Hand and Foot card game was invented in North America and is often compared to Canasta. The objective of the game is to get rid of the two sets of cards in your hand, known as the hand and the foot. Interested players meet at 1:00 p.m. on Thursdays in the Regency Hills clubhouse. New players are always welcome.



### **Horseshoes**

All are welcome to come and pitch shoes, get fresh air, exercise and a lot of laughs. Feel free to organize a group of 2, 4 or 8 to play at your convenience, weather permitting from April to October. The horseshoe pits are located on the north side of the tennis courts near the Sloan Clubhouse.



### **International Dining Group (IDG)**

The International Dining Group includes approximately 45 RAP residents, who like to cook and enjoy engaging conversation over meals members have made. For each event, IDG spotlights a particular foreign country or American region. Volunteers prepare dishes for these meals, and appropriate decorations and music are also included. With assistance, members periodically help coordinate these special evenings. The International Dining Group holds four dinners per year and charges attendees a price commensurate with the costs.



### **Investment Club**

The Investment Club was formed April 2007 as a legal partnership. The group investigates potential securities to purchase using monthly dues contributed by the partners. In addition to making investments, the club works to educate its members about the terminology and processes associated with investments. The club meets on the fourth Monday of the month. While membership is limited by the partnership agreement, there is currently room for more partners.



### **Jigsaw Puzzle Exchange**

Residents have the opportunity to exchange puzzles, donate unwanted ones, or just take some to try. Puzzles for every skill level are available (100 piece, 300 piece, 500 piece, 750 piece, 1,000 piece, and 1,500 piece).



### **Ladies Lunch Bunch**

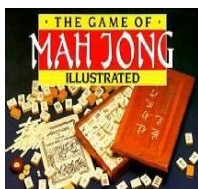
The Lunch Bunch is a woman's eating out group that meets monthly for a luncheon in a local restaurant on the second Tuesday of the month. Participants are asked to make their own carpooling arrangements.





### **Line Dancing**

RAP line dancing meets every Friday morning for one hour, starting at 10:45. The fee is \$10 per class, and attendees only pay when they can come. This fun activity is specifically geared to active Seniors as it offers the perfect exercise for improving balance and coordination, cardiovascular health and brain memory.



### **Mah Jongg**

Mah Jongg is played at both the Sloan and Regency Hills Clubhouses. Players meet at Sloan on Tuesday at 1:00 p.m. and at Regency Hills on Monday and Wednesday at 1:00 p.m. Residents are welcome to play at either clubhouse. Check the [Activity Coordinator List](#) for the appropriate contact person. Come join this gaming pastime.



### **Movie Night**

Once a month, interested residents gather at the Sloan Clubroom to enjoy a movie. A RAP Flyer is sent out to the community about a week before advertising the name of the selected movie.



### **Pickleball**

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton, and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court, either as singles or doubles. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.



### **Pinochle**

Pinochle players meet in the Sloan Clubhouse on Tuesday evenings at 7:00 p.m. or in the Regency Hills Clubhouse on Friday evenings at 7:30 p.m.



### **Regency Irregulars**

The Regency Irregulars was formed in early 2009 to read, study, and discuss the many adventures of Sir Arthur Conan Doyle's famous detective, Sherlock Holmes. They meet every other month on the 3<sup>rd</sup> Saturday. Check with the contact persons for specific details.



### **RAP Rovers**

RAP Rovers is a group of travel enthusiasts who share a love of regional and international travel. We meet the 4th Tuesday of the month from 6PM-7PM at Sloan Clubhouse to learn about travel destinations and to plan trips.



### **Singing Group**

The Singing Group meets every other Wednesday evening at 7:00 pm in the Billiard Room of the Sloan Clubhouse. We have a keyboard, and a karaoke machine with a wide range of selections. Anyone interested in solos or who has another musical instrument they would like to play are also welcome. Check the RAP Calendar for dates and times.



### **Singles Group**

The Singles Group meets on the third Sunday of the month for dinner at various restaurants in the area. Separate checks are provided by most restaurants. Reach out to the contact persons listed in the RAP Activities for upcoming dinner outings.



### **RAP Stitchers**

This sewing and knitting group was originally formed for residents to share conversation, skills and ideas. We have grown significantly, and have been very active in making hundreds of items that have been donated to local charities. We have donated baby hats and blankets to Phoenixville Hospital.

Hats, ski bands and scarves have been given to the Health Clinic. To Mom's House we have made and donated blankets, hats, and scarves. These organizations have been very appreciative of our group's hard work and kind spirit. Residents with a desire to stitch or knit are invited to join this group. We meet every Wednesday at 1:00 p.m. in the Sloan Clubhouse. Help and supplies are always available.



### **Table Tennis aka Ping Pong**

Residents and their guests, regardless of skill level, are welcome to play at scheduled times listed in the [RAP Monthly Calendar](#) and at other times when the room is not being used. The ping pong table is stored in the hall outside the Sloan Exercise Room on the lower level. Residents must receive instruction in safe table set up and equipment storage prior to play. Contact the Table Tennis Activity Coordinator listed in the [Activity Coordinator List](#) and <https://www.my-rap.net/table-tennis/> for setup training.



### **Tennis**

The Tennis Courts may be scheduled using the RAP Activities Scheduling site at: <https://www.my-rap.net/activities/reservations/>. Tennis Court 1 is only for tennis. Tennis Court 2 can support both Tennis and Pickleball. For tennis players, Tennis Court 1 should be scheduled first. Tennis Court 2 is primarily used for Pickleball.



### **Water Aerobics (Aqua Babes)**

A group of women residents gather on a regular basis for Water Aerobics. They refer to themselves as the Aqua Babes and their sessions are scheduled on Mondays, Tuesdays, and Thursdays at 4 PM in the Sloan Clubhouse indoor pool. All are welcome, there is no charge to join the group.





### **Water Basketball and Volleyball**

Water Basketball is scheduled at the indoor pool on the second and fourth Wednesday of the month, October through April, from 3-5PM.

Volleyball matches are scheduled at the indoor pool every Friday of the month from 2 p.m. to 4 p.m.



### **Wine Tasting Clubs**

RAP currently has three active Wine Tasting Clubs. These groups meet on a scheduled evening at either the Sloan or Regency Hills Clubhouses. The event is hosted by members of the respective clubs. The hosts are responsible for choosing the wines, doing research on the wines selected, and giving presentations at the events. The host team also provides appetizers and dessert for the event. Due to space constraints, membership in these clubs is limited. Interested residents should check with the coordinators to see if there is an opening or to get your name on a wait list. A fee is charged for the attendees.



### **Yoga**

Yoga classes at RAP are geared for people in our age group. They offer balancing, stretching, seated poses, and low impact movements. Modifications are done to help people of all fitness levels enjoy the benefits of yoga without putting themselves at risk for injuries.

Several levels of yoga are offered: Gentle Yoga, Intermediate Yoga, and Chair Yoga. A certified instructor charges a fee for classes that are held weekly at both clubhouses. Yogis are requested to bring a yoga mat, blanket, yoga strap, and two yoga blocks to class. For more detailed information about Yoga, look for RAP Flyers or contact the Activity Coordinator who will put you in touch with the yoga instructor.



### **Zumba Gold**

Zumba Gold is offered on Mondays at 12 noon for 45 minutes in the Sloan Exercise Room. It consists of various dance moves set to music that is viewed on a DVD. A fun-filled exercise that is good for your heart, mood, waistline and more. It is "Zumba Gold" (old!) so it is not hard on our joints. There are no fees, and no instructor.

---

## **NEIGHBORHOOD SERVICES**



### **Airport Rides**

Airport Rides is a transportation service providing residents with door-to-door service to and from Philadelphia International Airport (PHL) without the worry and expense of parking. Every ride provided by a resident earns a credit for the resident to receive a ride from someone else. The coordinator assigns drivers and keeps appropriate records. Residents interested in participating in this ride sharing program should contact the coordinator.

### **Good Neighbor Committee**

The RAP Good Neighbor Committee, composed of community members (block captains) who are assigned to specific sections of the community, was established in 2006 to welcome new residents to the community, distribute information that is not shared electronically, acknowledge significant life events of community members, and in non-pandemic times, visit community members who have been hospitalized.

Birthdays, anniversaries, births of grandchildren, retirements, and other life events are published in the *RAP Sheet*, with the consent of community members.

Each household is asked to contribute \$5 (voluntarily) to support the activities of the committee. All residents of the community are asked to keep the committee informed of a hospitalization or significant life event of a member of the community.



### **Library**

The Craft Room and Fireside area at the Sloan Clubhouse hold several hundred hardback and paperback books. Many interesting titles and authors are available for residents to peruse. You are welcome to borrow books and return them without any check-out. Donations of gently used books are welcome.

### **Medical Equipment**

Following an injury or hospitalization, many of our neighbors have accrued a variety of medical equipment ranging from crutches to wheelchairs, etc. If you have medical equipment on hand that you are willing to lend to a neighbor, please contact the Medical Equipment Coordinator to let her know what equipment you have available. You must also be willing to store the equipment until someone may need it. A list of available equipment is maintained by the coordinator. If you would like to borrow equipment, contact the coordinator to determine if the item you need is available.

### **Medical Transportation**

Several RAP residents volunteer to assist community members by providing transportation to doctors' appointments, hospitals, physical therapy, and other medical services. If you need transportation for a medical appointment, contact one of the coordinators. They will make the preliminary contact for you with a community volunteer and provide you with the information so that you can finalize the details. If you wish to volunteer to be a driver (and have not already done so), please contact either of the coordinators noting your preference for local and/or downtown Philadelphia driving sites.

---

## **COMMUNITY ASSOCIATION BOARD (CAB) MEETINGS**

In general, the CAB meets on the last Thursday of each month in the Sloan clubroom. The first meeting of each quarter (January, April, July and October) is a closed meeting, and the third meeting of each quarter (March, June, September and December) is open to committee chairs. The remaining meetings are open meetings, and attendance by all interested homeowners is encouraged.

---

## **COMMUNITY COMMUNICATION ACTIVITIES**

The RAP community has established several activities to facilitate rapid and effective communications among residents. These activities are described in more detail in the following.

- **RAP Sheet**

The community newsletter, the *RAP Sheet*, has been published since September 2006 to keep residents informed about important events in our community. In May 2009, the *RAP Sheet* was re-structured to eliminate recurring, non-news information about community activities. The eliminated information was enhanced and captured in another publication, the *RAP Activities Guide*. Both publications are distributed to residents by E-Mail and are also available for viewing and printing on the RAP Website ([www.my-rap.net](http://www.my-rap.net)). A printed copy of the monthly newsletter is no longer available. If you are unable to receive emails you should contact the board and ask if they are able to provide you with a printed copy. There may be a printing charge to cover costs.

Proposed articles, letters to the editor, or suggestions for the *RAP Sheet* should be sent via email to [rap.sheet@comcast.net](mailto:rap.sheet@comcast.net). Suggestions for the *RAP Activities Guide* should be sent via email to [rap.actguide@comcast.net](mailto:rap.actguide@comcast.net).

- **RAP Flyer**

RAP Flyer is a community communications service that allows residents to distribute messages quickly and easily to the entire Regency at Providence community. Just compose your message as an email and send it to: [rapflyers@gmail.com](mailto:rapflyers@gmail.com).

Your message will be forwarded to every home in the RAP community that has Internet service. Please note that all RAP Flyer messages are subject to the [RAP Communication Policy](#).

- **RAP Classified**

RAP Classified is a service provided through RAP Flyers for residents who would like sell, trade or give away various items; e.g., furniture, cars, gardening tools, ladders, household items, husbands, kids, etc. To use this service, send your classified ad exactly the way you want it to appear with your name, address, and contact information included to RAP Flyers as described above. This service may not be used to advertise commercial goods/services or to announce the fact that any advertised item has been sold.

- **RAP Community Directory**

A Community Directory (with information provided by and published with the consent of the residents) is published biennially and includes four sections:

1. Alphabetical listing of residents, with addresses, phone numbers, email addresses and cell phone numbers;
2. Listing of residents by street address, with phone numbers, email addresses and cell phone numbers;
3. Listing of emergency contacts (with phone numbers) for residents; and,
4. Listing of "useful phone numbers/email addresses and information," including local, state and national government offices, utilities, RAP Executive Board, RAP Management Company, Toll Brothers, etc.

In addition, a brief update of the changes to the alphabetical listing is published periodically. The distribution of all directory information is strictly limited to residents of Regency/Regency Hills at Providence for non-commercial use only.

- **RAP Website**

The RAP website ([www.my-rap.net](http://www.my-rap.net)) is designed to provide residents with information to enhance their enjoyment of life in the community. Included are news items that affect homeowners, available social and sports activities, and guidelines for the use of private and public properties. The website is formatted into a series of pages which are accessible from the main menu and submenus. Contact the Web Administrator at [rap.web@comcast.net](mailto:rap.web@comcast.net) for passwords to access protected documents. The main menu, across the top of each page, consists of the following items:

<b>Home</b>	Contains a chronological listing of announcements of general interest to the RAP community.
<b>RAP Sheet</b>	Displays the current <i>RAP Sheet</i> newsletter or the Archive from which you can choose to view previously published newsletters. This section is limited to residents and requires a password for access (please contact the Web Administrator at <a href="mailto:rap.web@comcast.net">rap.web@comcast.net</a> for the password).
<b>Committees</b>	Displays a list of all RAP administrative committees. You can click on a committee name to display mission statements, meeting minutes, and other information about the committee.
<b>Forms</b>	Displays a list of forms that you can print out for submission to the Property Manager or committees. These forms may be required to rent out the clubrooms, for example, or to make a modification to your home or property. Complete instructions are contained within each form.
<b>HOA Info</b>	Displays the RAP Homeowner Association guidelines for various services such as snow plowing and trash pickup, architectural guidelines for maintaining and modifying properties, emergency procedures, and governing documents.
<b>Links</b>	Displays links to sports websites, local weather, and other sites that may be of interest to residents.
<b>Activities</b>	Provides a link to this <i>Activities Guide</i> . Also displays the <i>Activity Coordinator Directory</i> and the <i>Monthly Calendar</i> .

Residents are encouraged to use the RAP website as an adjunct to the monthly newsletter and the RAP Flyers notices. If you have questions about policies observed within the community, the website will have the latest, Board-approved guidelines for you to follow. We want this Website to be useful and useable by residents, so suggestions are welcome. Please contact the Webmaster at [rap.web@comcast.net](mailto:rap.web@comcast.net) for any ideas you may have on how we can improve the site.

---

## COMMUNITY OUTREACH

Residents can organize or contribute to various outreach programs throughout the year.

- **Calendar Collection**

The focus of this ongoing program involves recycling free calendars and other assorted gifts (ex. daily planners, pens, notepads, socks) sent to donors by charitable organizations. RAP volunteers distribute these items to ten different community organizations who repurpose our throwaways.

## DOCUMENT UPDATES

Please provide any recommended additions, deletions, or other changes to the *RAP Activities Guide* via E-Mail to [rap.actguide@comcast.net](mailto:rap.actguide@comcast.net).

## REVISION HISTORY

Revision #	Issue Date
Draft	1 May 2009
Initial Issue	20 May 2009
001	1 May 2010
002	13 June 2011
003	1 May 2012
004	5 April 2013
005	25 January 2014
006	30 January 2015
007	14 February 2017
007a	30 January 2018

Revision #	Issue Date
008	23 February 2018
009	16 January 2019
010	15 January 2020
011	October 2022
012	January 1, 2024
013	April 11, 2025