



# REGENCY PARK

SENIOR LIVING COMMUNITY

730 Maryland Route 3 South • Gambrills, MD 21054 • (410) 923-1200

## Our Friendly Staff

Nisha Switzer .....	Executive Director
Alice Carroll .....	Wellness Nurse Director
Tamika Williams .....	Business Director
Kate Krauss .....	Marketing Director
George Branch .....	Maintenance Director
Karen Kelly .....	Care Coordinator
Chelsie Dillon .....	Activities Director

## Happy Birthday!

Mary Beth Kenefick .....	September 7th
Rosemarrie Cannon .....	September 8th
Elizabeth Martinez .....	September 10th
Sylvia Machin .....	September 11th
Irene Dominelli .....	September 16th
Russell Wilson .....	September 22nd
Florence "Boots" Carr .....	September 24th
Myrtle "Mae" Weber .....	September 24th

## Employee Anniversaries

Bola .....	1 year
Cheryl.....	7 years



## September 2022


### Employee of the Month

Look around Regency and it will be hard to find someone who doesn't love Bola! Her enthusiasm & uplifting energy radiate everywhere she goes! Bola is the type of caretaker that insists on greeting each resident at the start of her shift, usually with a warm hug or a reassuring pat on the shoulder. She has a passion for seniors and loves to be around others. Thank you for everything you do Bola! Regency is lucky to have you.



### Resident of the Month

Warm & welcoming Warren is our resident of the month for September, and I bet there's a lot you didn't know about him. Warren spent most of his youthful years in Flint, Michigan, building Buicks for General Motors. I bet you also didn't know that Warren has a passion for sewing. His wife introduced him to the hobby by asking for help with the sewing projects she would work on. Warren considers himself a well rounded man, and I have to agree! Thank you Warren for the kindness and friendship you bring to Regency.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Music Appreciation Social Hour 🎵</div> <div>2:00 <span>AR</span> Art for Everyone</div> <div>3:30 <span>AR</span> Get Ya Moving Games</div>	<div>2</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>LI</span> Card or Board Games</div> <div>2:00 <span>FR</span> Fun Friday Games &amp; Activities</div>	<div>3</div> <div>10:00 <span>FR</span> Fireplace Chats</div> <div>11:00 <span>FR</span> Reminisce</div> <div>1:00 <span>AR</span> Board Games</div>
<div>4</div> <div>10:00 <span>FR</span> Fireplace Chats</div> <div>11:00 <span>FR</span> Catholic Church Service★</div> <div>2:30 <span>FR</span> Nondenominational Church Service★</div>	<div>5</div> <div>Labor Day</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Whiteboard Games</div> <div>1:30 <span>AR</span> BINGO!</div>	<div>6</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>LI</span> Card or Board Games</div> <div>3:00 <span>FR</span> Happy Hour! with Distinctive Drinks &amp; Great Games!</div>	<div>7</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Group Trivia Games</div> <div>2:00 <span>DR</span> Ice Cream</div> <div>2:30 <span>AR</span> BINGO!</div>	<div>8</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Music Appreciation Social Hour 🎵</div> <div>2:00 <span>AR</span> Art for Everyone</div> <div>3:30 <span>AR</span> Get Ya Moving Games</div>	<div>9</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>LI</span> Card or Board Games</div> <div>3:00 <span>FR</span> Special Musical Performance by Paul Heward🎵</div>	<div>10</div> <div>10:00 <span>FR</span> Fireplace Chats</div> <div>11:00 <span>FR</span> Reminisce</div> <div>1:00 <span>AR</span> Board Games</div>
<div>11</div> <div>10:00 <span>FR</span> Fireplace Chats</div> <div>11:00 <span>FR</span> Catholic Church Service★</div> <div>2:30 <span>FR</span> Nondenominational Church Service★</div>	<div>12</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Whiteboard Games</div> <div>1:30 <span>AR</span> BINGO!</div>	<div>13</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>LI</span> Card or Board Games</div> <div>3:00 <span>FR</span> Happy Hour! with Distinctive Drinks &amp; Great Games!</div>	<div>14</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Group Trivia Games</div> <div>2:00 <span>DR</span> Ice Cream</div> <div>2:30 <span>AR</span> BINGO!</div>	<div>15</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Music Appreciation Social Hour 🎵</div> <div>2:00 <span>AR</span> Art for Everyone</div> <div>3:30 <span>AR</span> Get Ya Moving Games</div>	<div>16</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>LI</span> Card or Board Games</div> <div>2:00 <span>FR</span> Fun Friday Games &amp; Activities</div>	<div>17</div> <div>10:00 <span>FR</span> Fireplace Chats</div> <div>11:00 <span>FR</span> Reminisce</div> <div>1:00 <span>AR</span> Board Games</div>
<div>18</div> <div>10:00 <span>FR</span> Fireplace Chats</div> <div>11:00 <span>FR</span> Catholic Church Service★</div> <div>2:30 <span>FR</span> Nondenominational Church Service★</div>	<div>19</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Whiteboard Games</div> <div>1:30 <span>AR</span> BINGO!</div>	<div>20</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>LI</span> Card or Board Games</div> <div>3:00 <span>FR</span> Happy Hour! with Distinctive Drinks &amp; Great Games!</div>	<div>21</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Group Trivia Games</div> <div>2:00 <span>DR</span> Ice Cream</div> <div>2:30 <span>AR</span> BINGO!</div>	<div>22</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Music Appreciation Social Hour 🎵</div> <div>2:00 <span>AR</span> Art for Everyone</div> <div>3:30 <span>AR</span> Get Ya Moving Games</div>	<div>23</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>LI</span> Card or Board Games</div> <div>2:00 <span>FR</span> Fun Friday Games &amp; Activities</div>	<div>24</div> <div>10:00 <span>FR</span> Fireplace Chats</div> <div>11:00 <span>FR</span> Reminisce</div> <div>1:00 <span>AR</span> Board Games</div>
<div>25</div> <div>10:00 <span>FR</span> Fireplace Chats</div> <div>11:00 <span>FR</span> Catholic Church Service★</div> <div>2:30 <span>FR</span> Nondenominational Church Service★</div>	<div>26</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Whiteboard Games</div> <div>1:30 <span>AR</span> BINGO!</div>	<div>27</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>LI</span> Card or Board Games</div> <div>3:00 <span>FR</span> Happy Hour! with Distinctive Drinks &amp; Great Games!</div>	<div>28</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Group Trivia Games</div> <div>2:00 <span>DR</span> Ice Cream</div> <div>2:30 <span>AR</span> BINGO!</div>	<div>29</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>FR</span> Music Appreciation Social Hour 🎵</div> <div>2:00 <span>AR</span> Art for Everyone</div> <div>3:30 <span>AR</span> Get Ya Moving Games</div>	<div>30</div> <div>9:30 <span>FR</span> Sitting Fit: Morning Exercise</div> <div>10:00 <span>LI</span> Card or Board Games</div> <div>1:00 <span>B</span> Blossom Store</div> <div>3:00 <span>FR</span> Special Musical Performance by Norm &amp; Tim🎵</div>	



# "This Month In History"

## SEPTEMBER

**1927:** Baseball great Babe Ruth hits his 60th home run in a single MLB season, setting a record that would stand for the next 34 years.

**1961:** The Peace Corps becomes a permanent government agency. Since then, more than 240,000 Americans have volunteered with the program to serve in developing countries.

**1964:** "Grapes of Wrath" author John Steinbeck is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

**1977:** Wearing water skis, the "Happy Days" character Fonzie jumps over a shark in an episode of the popular sitcom. The phrase "jumping the shark" is now used to describe the moment when an entertainment franchise dips in quality.

**1982:** With the motto "The Nation's Newspaper," USA Today publishes its first issue. Today, it is the most-read newspaper in the United States.

**1993:** The truth is out there! Sci-fi drama series "The X-Files" premieres on television.

**2016:** California's Yosemite National Park adds Ackerson Meadow to its protected boundary, expanding the park by 400 acres.

**2020:** Supreme Court justice Ruth Bader Ginsburg becomes the first woman to lie in state in the U.S. Capitol in Washington, D.C.



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