



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



Employee Anniversaries

George..... 1 year
Chelsie..... 1 year

No Birthdays for the Month of October

Quotes to Inspire

"In the entire circle of the year there are no days so delightful as those of a fine October."

•Alexander Smith

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." •Lao Tzu

"Keep your face always toward the sunshine, and shadows will fall behind you." •Walt Whitman

October 2022

Employee of the Month

Cheryl has been working with Regency Park for over 7 years! She's gotten to know and love our residents pretty well, and they've grown to know and love her too! "The residents are fabulous and fun to be with," she says. I bet you're not surprised to learn that Cheryl has always had a heart for helping others. In fact, before she worked at Regency, Cheryl worked at a blood bank, transferring blood platelets to cancer patients. Thank you for years of dedication, Cheryl! We're lucky to have you!

Resident of the Month

Helen & Edward Raglin are undeniably the cutest couple down at Regency! They've been hopelessly devoted to each other for over 50 years! Helen & Ed admit that it's not easy being married. "It's a lot of work," Helen says, "You gotta give it everything you got!" When asked if he had any advice for young couples starting out, Ed replied, "Make sure you know the person before you get married to 'em!" The Raglins have managed to work through hard times and build a beautiful life together; if only we could all be so lucky!



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|--|
|  |  |  |  |  |  |  |
| 2 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★ | 3 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Whiteboard Games 1:30 AR BINGO! | 4 9:30 FR Sitting Fit: Morning Exercise 10:00 LI Card or Board Games 3:00 FR Happy Hour! with Distinctive Drinks & Great Games! | 5 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Group Trivia Games 2:00 DR Ice Cream 2:30 AR BINGO! | 6 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Music Appreciation Social Hour 🎵 2:00 AR Art for Everyone 3:30 AR Get Ya Moving Games | 7 9:30 FR Sitting Fit: Morning Exercise 10:00 LI Card or Board Games 2:00 FR Fun Friday Games & Activities | 8 10:00 FR Fireplace Chats 11:00 FR Whiteboard Games with Shirley |
| 9 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★ | 10 Columbus Day 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Whiteboard Games 1:30 AR BINGO! | 11 9:30 FR Sitting Fit: Morning Exercise 10:00 LI Card or Board Games 3:00 FR Happy Hour! with Distinctive Drinks & Great Games! | 12 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Group Trivia Games 2:00 DR Ice Cream 2:30 AR BINGO! | 13 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Music Appreciation Social Hour 🎵 3:00 FR Special Musical Performance by Joe Davolio 🎵 | 14 9:30 FR Sitting Fit: Morning Exercise 10:00 LI Card or Board Games 2:00 FR Fun Friday Games & Activities | 15 10:00 FR Fireplace Chats 11:00 FR Whiteboard Games with Shirley |
| 16 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★ | 17 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Whiteboard Games 1:30 AR BINGO! | 18 9:30 FR Sitting Fit: Morning Exercise 10:00 LI Card or Board Games 3:00 FR Happy Hour! with Distinctive Drinks & Great Games! | 19 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Group Trivia Games 2:00 DR Ice Cream 2:30 AR BINGO! | 20 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Music Appreciation Social Hour 🎵 2:00 AR Art for Everyone 3:30 AR Get Ya Moving Games | 21 9:30 FR Sitting Fit: Morning Exercise 10:00 LI Card or Board Games 2:00 FR Fun Friday Games & Activities | 22 10:00 FR Fireplace Chats 11:00 FR Whiteboard Games with Shirley |
| 23 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★ | 24 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Whiteboard Games 1:30 AR BINGO! | 25 9:30 FR Sitting Fit: Morning Exercise 10:00 LI Card or Board Games 3:00 FR Happy Hour! with Distinctive Drinks & Great Games! | 26 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Group Trivia Games 2:00 DR Ice Cream 2:30 AR BINGO! | 27 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Music Appreciation Social Hour 🎵 2:00 AR Art for Everyone 3:30 AR Get Ya Moving Games | 28 9:30 FR Sitting Fit: Morning Exercise 10:00 LI Card or Board Games 1:00 B Blossom Store 3:00 FR Special Musical Performance by Norm & Tim 🎵 | 29 10:00 FR Fireplace Chats 11:00 FR Whiteboard Games with Shirley |
| 30 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★ | 31 Halloween 9:30 FR Sitting Fit: Morning Exercise 10:00 FR Whiteboard Games 1:30 AR BINGO! | | | | | |

"This Month In History"

OCTOBER

1901: The Executive Mansion is officially renamed the White House by President Theodore Roosevelt.

1940: Considered America's first superhighway, the Pennsylvania Turnpike opens to traffic. The 160-mile four-lane roadway was called an engineering marvel.

1956: In a match known as "game of the century," 13-year-old chess prodigy Bobby Fischer defeats international master Donald Byrne.

1962: "Dr. No," the first in the movie franchise about fictional British spy James Bond, premieres in London.

1974: Former MVP Frank Robinson is named the MLB's first Black manager when he's chosen to lead the league's Cleveland team.

1984: During a mission on the space shuttle Challenger, astronaut Kathryn Sullivan becomes the first American woman to walk in space.

2008: The popular music, podcast and video streaming service Spotify launches in its home country of Sweden.

2019: After winning five medals at the world championships in Germany, Simone Biles breaks records to become the most-decorated gymnast in the annual competition's history.



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