



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!

Robert McMeans December 1st
Virginia 'Carol' Thomas December 4th
Mary Notaro December 4th
Edith Dickerson December 23rd
Janice Shea December 29th

Quotes to Inspire

"We need, above all things, to slow down and get ourselves to amble through life instead of to rush through it."

• Alan Watts

"An unhurried sense of time is in itself a form of wealth."

• Bonnie Friedman



December 2022

Employee of the Month

Ashley is our newest addition to our nursing team and our employee of the month for December. Like most nurses, Ashley has learned to embrace chaos! She currently lives up in Pennsylvania in her very lively house with her husband, their 2 toddlers, and 2 dogs. Ashley says she doesn't have much free time, but when she can find some, she likes to visit festivals, like the apple festivals they have in PA. There's a motto that Ashley keeps close to her heart, "No matter how windy your road is, it always leads you to where you need to be." Thank you for your wise words and your hard work, Ashley! We are so thankful that your windy road brought you to us!







Resident of the Month

Our resident of the month for December is Nellie Manganello, a good hearted girl from the Mountain Country of Virginia! Nellie is one of the biggest country music fans that we have here at Regency. She loves Willie Nelson, Garth Brooks, Kenny Rogers, & Kris Kristofferson! In fact, when Norm & Chuck have a performance, you can always catch Nellie in the front row! I'd bet you'd be surprised to learn that Nellie also loves to sew! She used to make quilts and even her own clothes. In her opinion, the three most important things in life are love, happiness, and family. Thank you for being part of the Regency family, Nellie! We are so lucky to have you!

December 2022

FR Fireplace Room 🎵 Music
AR Activities Room ★ Religious Service
LI Library
B Bistro
DR Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>9:30 FR Music Appreciation Social Hour 🎵 10:30 FR Sitting Fit: Morning Exercise 2:00 LI Card or Board Games 3:30 AR Get Ya Moving Games</div>	<div>2</div> <div>9:30 FR Hot Chocolate Bar 10:30 FR Sitting Fit: Morning Exercise 2:00 FR Fun Friday Games & Activities</div>	<div>3</div> <div>10:00 FR Fireplace Chats 11:00 FR Whiteboard Games with Shirley</div>
<div>4</div> <div>10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★</div>	<div>5</div> <div>9:30 FR Hot Chocolate Bar 10:30 FR Sitting Fit: Morning Exercise 1:30 AR BINGO!</div>	<div>6</div> <div>9:30 FR White Board Games 10:30 FR Sitting Fit: Morning Exercise 3:00 FR Happy Hour! with Distinctive Drinks & Great Games!</div>	<div>7</div> <div>9:30 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO!</div>	<div>8</div> <div>9:30 FR Music Appreciation Social Hour 🎵 10:30 FR Sitting Fit: Morning Exercise 2:30 FR Special Musical Performance by Joe Davolio🎵</div>	<div>9</div> <div>9:30 FR Hot Chocolate Bar 10:30 FR Sitting Fit: Morning Exercise 2:00 FR Fun Friday Games & Activities</div>	<div>10</div> <div>10:00 FR Fireplace Chats 11:00 FR Whiteboard Games with Shirley 2:00 FR Special Holiday Extravaganza! Hosted by Teddy Bear Mobile</div>
<div>11</div> <div>10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★</div>	<div>12</div> <div>10:00 B Sing-Along with Assistance League of the Chesapeake 🎵 1:30 AR BINGO!</div>	<div>13</div> <div>9:30 FR White Board Games 10:30 B Resident Council Meeting 3:00 FR Happy Hour! with Distinctive Drinks & Great Games!</div>	<div>14</div> <div>9:30 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO!</div>	<div>15</div> <div>9:30 FR Music Appreciation Social Hour 🎵 10:30 FR Sitting Fit: Morning Exercise 2:00 LI Card or Board Games 3:30 AR Get Ya Moving Games</div>	<div>16</div> <div>9:30 FR Hot Chocolate Bar 10:30 FR Sitting Fit: Morning Exercise 2:00 FR Fun Friday Games & Activities</div>	<div>17</div> <div>10:00 FR Fireplace Chats 11:00 FR Whiteboard Games with Shirley</div>
<div>18</div> <div>First Night of Hanukkah 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★</div>	<div>19</div> <div>9:30 FR Hot Chocolate Bar 10:30 FR Sitting Fit: Morning Exercise 1:30 AR BINGO!</div>	<div>20</div> <div>9:30 FR White Board Games 10:30 FR Sitting Fit: Morning Exercise 3:00 FR Happy Hour! with Distinctive Drinks & Great Games!</div>	<div>21</div> <div>Pajama Day 9:30 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO!</div>	<div>22</div> <div>9:30 FR Music Appreciation Social Hour 🎵 10:30 FR Sitting Fit: Morning Exercise 2:30 FR Regency Holiday Auction Event!</div>	<div>23</div> <div>10:00 B Popcorn & a Christmas Movie 3:00 FR Special Musical Performance by Norm & Chuck🎵</div>	<div>24</div> <div>10:00 FR Fireplace Chats 11:00 FR Whiteboard Games with Shirley</div>
<div>25</div> <div>Christmas 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★</div>	<div>26</div> <div>First Day of Kwanzaa 9:30 FR Hot Chocolate Bar 10:30 FR Sitting Fit: Morning Exercise 1:30 AR BINGO!</div>	<div>27</div> <div>9:30 FR White Board Games 10:30 FR Sitting Fit: Morning Exercise 3:00 FR Happy Hour! with Distinctive Drinks & Great Games!</div>	<div>28</div> <div>9:30 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO!</div>	<div>29</div> <div>9:30 FR Music Appreciation Social Hour 🎵 10:30 FR Sitting Fit: Morning Exercise 2:00 LI Card or Board Games 3:30 AR Get Ya Moving Games</div>	<div>30</div> <div>9:30 FR Hot Chocolate Bar 10:30 FR Sitting Fit: Morning Exercise 2:30 FR New Year's Eve-eve Party!</div>	<div>31</div> <div>10:00 FR Fireplace Chats 11:00 FR Whiteboard Games with Shirley</div>

"This Month In History"

DECEMBER

1903: Orville and Wilbur Wright fly the first powered airplane. Although each brother flew for less than one minute near Kitty Hawk, N.C., the event signified the beginning of a new form of transportation.

1911: The South Pole is discovered! A team led by Norwegian explorer Roald Amundsen became the first people to reach the elusive South Pole.

1933: The 21st Amendment to the U.S. Constitution is ratified, ending the Prohibition era. It remains the only constitutional amendment to repeal a previous amendment.

1946: Tide detergent, the first heavy-duty laundry soap in the U.S., hits the market.

1956: The Montgomery Bus Boycott ends, and integration of the Alabama city's public bus system is implemented. The civil rights protest was spurred on by Rosa Parks refusing to give up her seat over a year earlier.

1967: The coldest game in NFL history is played in Wisconsin between the Green Bay Packers and the Dallas Cowboys. With a thermostat reading of 13 degrees below zero and a wind chill of minus 47, the referees weren't even able to use their whistles, as the metal would freeze to their lips.

1980: Detective drama "Magnum, P.I." debuts on television, making Tom Selleck—and his iconic mustache—a star.

2017: Astronauts on the International Space Station have the first pizza party in space.



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