



# 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

Deona Dalton.....1 year  
Karen Kelly.....1 year  
Ana Guzman.....2 years  
Francis Howard.....5 years

## Happy Birthday!

Felton Claytor..... January 4th  
Sylvia Sharp.....January 13th  
Patricia Pross..... January 17th  
Victor Bailey..... January 19th  
Warren Johnson..... January 29th

## Quotes to Inspire

"Always bear in mind that your own resolution to succeed is more important than any other."

•Abraham Lincoln

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man."

•Benjamin Franklin

"Cheers to a new year and another chance for us to get it right."

•Oprah Winfrey



## January 2023

### Resident of the Month

Rosemarie Cannon is a Delaware transplant that lived most of her life in Wilmington, before joining us here at Regency Park. She doesn't mind living in Maryland. In fact, she has made a lot of new friends! Roe is one of the sweetest and most social people around Regency! You can usually catch her reading the paper in the fireplace room or involved in whatever activity is happening that day. Roe has always liked to stay active. She used to be an avid golf and tennis player! She loved that the sports were competitive, yet social, and that she could keep in shape while spending time with her husband and friends. Roe has some advice for young people this New Year; she says, "Take time to enjoy life. Don't get in trouble, and get a good education!" Thank you for bringing your love and kindness to Regency, Rosemarie!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>New Year's Day</b> 1 10:00 <span>FR</span> Fireplace Chats 11:00 <span>FR</span> Catholic Church Service★ 2:30 <span>FR</span> Nondenominational Church Service★	<b>New Year's Day (Observed)</b> 2 9:30 <span>FR</span> Hot Chocolate Bar 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>AR</span> BINGO!	9:30 <span>FR</span> White Board Games 10:30 <span>FR</span> Sitting Fit: Morning Exercise <b>2:00 <span>B</span> Special Program from Echoes of Nature</b>	9:30 <span>FR</span> Group Trivia Games 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>DR</span> Ice Cream 2:30 <span>AR</span> BINGO!	9:30 <span>FR</span> Music Appreciation Social Hour 🎵 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>LI</span> Card or Board Games 3:30 <span>AR</span> Get Ya Moving Games	9:30 <span>FR</span> Hot Chocolate Bar 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>FR</span> Fun Friday Games & Activities	10:00 <span>FR</span> Fireplace Chats
8 10:00 <span>FR</span> Fireplace Chats 11:00 <span>FR</span> Catholic Church Service★ 2:30 <span>FR</span> Nondenominational Church Service★	9 9:30 <span>FR</span> Hot Chocolate Bar 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>AR</span> BINGO!	10 9:30 <span>FR</span> White Board Games <b>10:30 <span>B</span> Resident Council Meeting</b> 3:00 <span>FR</span> <i>Happy Hour! with Distinctive Drinks &amp; Great Games!</i>	11 9:30 <span>FR</span> Group Trivia Games 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>DR</span> Ice Cream 2:30 <span>AR</span> BINGO!	12 9:30 <span>FR</span> Music Appreciation Social Hour 🎵 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>LI</span> Card or Board Games 3:30 <span>AR</span> Get Ya Moving Games	13 9:30 <span>FR</span> Hot Chocolate Bar 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>FR</span> Fun Friday Games & Activities	14 10:00 <span>FR</span> Fireplace Chats
15 10:00 <span>FR</span> Fireplace Chats 11:00 <span>FR</span> Catholic Church Service★ 2:30 <span>FR</span> Nondenominational Church Service★	<b>Martin Luther King Jr. Day</b> 16 9:30 <span>FR</span> Hot Chocolate Bar 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>AR</span> BINGO!	17 9:30 <span>FR</span> White Board Games 10:30 <span>FR</span> Sitting Fit: Morning Exercise 3:00 <span>FR</span> <i>Happy Hour! with Distinctive Drinks &amp; Great Games!</i>	18 9:30 <span>FR</span> Group Trivia Games 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>DR</span> Ice Cream 2:30 <span>AR</span> BINGO!	19 9:30 <span>FR</span> Music Appreciation Social Hour 🎵 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>LI</span> Card or Board Games 3:30 <span>AR</span> Get Ya Moving Games	20 9:30 <span>FR</span> Hot Chocolate Bar 10:30 <span>FR</span> Sitting Fit: Morning Exercise <b>2:00 <span>B</span> Special Movie Showing: The Wizard of Oz (1939)</b>	21 10:00 <span>FR</span> Fireplace Chats
22 10:00 <span>FR</span> Fireplace Chats 11:00 <span>FR</span> Catholic Church Service★ 2:30 <span>FR</span> Nondenominational Church Service★	23 9:30 <span>FR</span> Hot Chocolate Bar 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>AR</span> BINGO!	24 9:30 <span>FR</span> White Board Games 10:30 <span>FR</span> Sitting Fit: Morning Exercise <b>3:00 <span>B</span> Karaoke! 🎵</b>	25 9:30 <span>FR</span> Group Trivia Games 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>DR</span> Ice Cream 2:30 <span>AR</span> BINGO!	26 9:30 <span>FR</span> Music Appreciation Social Hour 🎵 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>LI</span> Card or Board Games 3:30 <span>AR</span> Get Ya Moving Games	27 9:30 <span>FR</span> Hot Chocolate Bar 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>FR</span> Fun Friday Games & Activities	28 10:00 <span>FR</span> Fireplace Chats
29 10:00 <span>FR</span> Fireplace Chats 11:00 <span>FR</span> Catholic Church Service★ 2:30 <span>FR</span> Nondenominational Church Service★	30 9:30 <span>FR</span> Hot Chocolate Bar 10:30 <span>FR</span> Sitting Fit: Morning Exercise 2:00 <span>AR</span> BINGO!	31 9:30 <span>FR</span> White Board Games 10:30 <span>FR</span> Sitting Fit: Morning Exercise 3:00 <span>FR</span> <i>Happy Hour! with Distinctive Drinks &amp; Great Games!</i>				



# "This Month In History"

## JANUARY

**1908:** Illuminated by 100 lightbulbs, the New Year's ball drops in New York City's Times Square for the first time. There have been seven different Times Square balls since, with the current design bedazzled with over 32,000 LEDs.

**1915:** Rocky Mountain National Park is established in Colorado, ensuring the region's environment, habitat and wildlife stay protected.

**1929:** The Seeing Eye, a training school for dog guides, opens in Nashville. The organization was originally founded to breed and train dogs for visually impaired World War I veterans.

**1933:** Work begins on the Golden Gate Bridge. The famous San Francisco Bay bridge was completed four years later.

**1942:** Twenty-six countries sign the Declaration of the United Nations, reaffirming their opposition to the Axis powers of World War II.

**1960:** Senator John F. Kennedy announces his intent to gain the Democratic presidential nomination. Voters later elected him as the nation's 35th president.

**1984:** The U.S. Supreme Court rules that recording TV programs on home VCRs does not violate copyright laws.

**1994:** At 14 years old, Peter Leko becomes the youngest grandmaster in chess. Abhimanyu Mishra, who obtained the title at age 12, is the current record holder.

**2007:** Apple introduces the first iPhone, which features a 3.5-inch touchscreen, built-in microphone and headset controls.



REGENCY PARK  
SENIOR LIVING COMMUNITY

730 Maryland Route 3 South  
Gambrills, MD 21054