



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

Kate.....5 years

Happy Birthday!

Frances Malone..... March 1st

Stephen Pettit..... March 29th

To Make You Laugh!

What is a leprechaun's favorite type of music?

Sham-rock 'n' roll

What do you call an Irish spider?

Paddy long legs

How can you tell if an Irishman is having a good time?

He's Dublin over with laughter.

Why can't you borrow money from a leprechaun?

Because they're always a little short



March 2023

Kitchen Spotlight





Regency Park would like to extend a special thank you to the hard working head of our kitchen, Tanya. Tanya was actually a med-tech before she started cooking professionally in 2013. She's always had a love

for cooking, learning from watching her mother and grandmother while she was growing up. She used to call her grandmother every time she cooked and kept her grandmother on the line while she whipped up some signature family dishes. That was until her grandmother finally decided that Tanya had mastered her culinary craft and told her "Don't ever call me again!" Tanya loves watching others enjoy the meals she prepares, and she puts a little bit of love into every dish. She also works extra hard to ensure that our kitchen, dining room, and residents are well cared for. Thank you for everything you do, Tanya!

Employee of the Month

The sweet and caring Sonia comes to us from Portugal, where she worked for several years as a nanny before moving on to caring for seniors. Sonia says she would like to return to Portugal sometime to spend her summers in her hometown, by the beach. But, for now, she is living in Laurel with her husband, daughter, 2 cats, her dog, and her bird! Sonia loves to spend her days off sleeping in, before going on a nice walk with her family, and then maybe going out for some dancing and fun! Thank you for bringing your love and experience to Regency, Sonia! We are lucky to have you!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|--|---|
|  |  |  | 1 9:30 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO! | 2 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 | 3 9:30 FR News Coverage: The Week in Review 10:30 FR Sitting Fit: Morning Exercise 2:00 FR Fun Friday Games & Activities | 4 10:00 FR Fireplace Chats |
| 5 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★ | 6 9:30 FR Friendly Morning Discussions 10:30 FR Sitting Fit: Morning Exercise 2:00 AR BINGO! | 7 9:30 FR White Board Games 10:30 FR Sitting Fit: Morning Exercise 3:00 FR <i>Happy Hour! with Distinctive Drinks & Great Games!</i> | 8 9:30 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO! | 9 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 | 10 9:30 FR News Coverage: The Week in Review 10:30 FR Sitting Fit: Morning Exercise 3:00 B Jam and Juice Tasting | 11 10:00 FR Fireplace Chats |
| Daylight Saving Time Begins 12 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★ | 13 9:30 FR Friendly Morning Discussions 10:30 FR Sitting Fit: Morning Exercise 2:00 AR BINGO! | Pi Day 14 9:30 FR White Board Games 10:30 FR Sitting Fit: Morning Exercise 3:00 FR <i>Happy Hour! with Distinctive Drinks & Great Games!</i> | Ides of March 15 9:30 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO! | 16 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 | St. Patrick's Day 17 9:30 FR News Coverage: The Week in Review 10:30 FR Sitting Fit: Morning Exercise 2:00 FR Fun Friday Games & Activities | 18 10:00 FR Fireplace Chats |
| 19 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★ | First Day of Spring 20 9:30 FR Friendly Morning Discussions 10:30 FR Sitting Fit: Morning Exercise 2:00 AR BINGO! | 21 9:30 FR White Board Games 10:30 FR Sitting Fit: Morning Exercise 3:00 FR <i>Happy Hour! with Distinctive Drinks & Great Games!</i> | Ramadan Begins at Sundown 22 9:30 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO! | 23 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 | 24 9:30 FR News Coverage: The Week in Review 10:30 FR Sitting Fit: Morning Exercise 2:00 FR Fun Friday Games & Activities | 25 10:00 FR Fireplace Chats |
| 26 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★ | 27 9:30 FR Friendly Morning Discussions 10:30 FR Sitting Fit: Morning Exercise 2:00 AR BINGO! | 28 9:30 FR White Board Games 10:30 FR Sitting Fit: Morning Exercise 3:00 B Spring Fling Karaoke Party | 29 9:30 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO! | 30 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 | 31 9:30 FR News Coverage: The Week in Review 10:30 FR Sitting Fit: Morning Exercise 2:00 FR Fun Friday Games & Activities |  |

Flower of [March]

Botanical name | Narcissus

Other name | Jonquil

Description | Trumpet-shaped blossom surrounded by petals that may be of a contrasting color

Colors | Primarily yellow and orange, white

Facts | The name of the flower is based on the Greek mythological character Narcissus, known for his vanity. It is the national flower of Wales.

[Daffodil]

Meaning |
Unrequited love, chivalry, respect,
modesty, faithfulness



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