



REGENCY PARK

SENIOR LIVING COMMUNITY

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

Our Friendly Staff

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



Loren is Committed to Kindness

To Make You Laugh!

Did you hear about the scarecrow who won first prize?

He was outstanding in his field!

What will you and a teddy bear have in common on Thanksgiving Day?

You'll both be filled with stuffing!

What did the turkey say to the hunter on Thanksgiving?

Quack, Quack!

...

"Thanksgiving—when the people who are the most thankful are the ones who didn't have to cook." ~ Melanie White

Happy Birthday!

Carl Smith.....November 26th

November 2023

Kindness in the Community

This month we would like to mention some very sweet people at SECU Credit Union! Loren Irwin is the Senior Operations Specialist at the Linthicum location in Maryland, and she recently arranged a donation of scrapbooking supplies for Regency Park. This is not the first time that Loren and her team have made a considerate donation to Regency; they assembled and gifted gift bags for each of our residents during the 2021 holiday season. Each bag was stuffed to the brim with goodies! SECU values kindness and believes in paying it forward. In fact, this past October was SECU's 4th annual Kindness Campaign where employees and members are encouraged to volunteer and spread acts of kindness across the community. Governor Wes Moore recently declared October 'Kindness Month' in Maryland, thanks to efforts from SECU. Regency Park isn't the only organization that has benefited from the efforts of Loren and her caring staff; they also have ongoing partnerships with Meals on Wheels, Kennedy Krieger Institute, and the Special Olympics of Maryland. All of us here at Regency Park want to send a warm thank you to all of the wonderful members of SECU Credit Union! The kind support that you spread throughout the community is an inspiration!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Daylight Saving Time Ends 5</p> <p>10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★</p>	 <p>10:00 FR Friendly Morning Discussions 10:30 FR Sitting Fit: Morning Exercise 2:00 AR BINGO!</p>	 <p>10:00 FR Whiteboard Games 10:30 FR Sitting Fit: Morning Exercise 3:00 FR Afternoon Activities with Aaliyah</p>	<p>Wacky Wednesday Spirit Day 1</p> <p>10:00 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO!</p>	<p>Decades' Thursday Spirit Day 2</p> <p>10:00 FR Musically-Themed Games 🎵 10:30 FR Sitting Fit: Morning Exercise 2:30 LI Yahtzee!</p>	<p>Fandom Friday Spirit Day 3</p> <p>10:00 FR News Coverage: The Week in Review 10:30 FR Sitting Fit: Morning Exercise 3:00 B Jeopardy!</p>	<p>10:00 FR Fireplace Chats</p>
<p>10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★</p>	<p>Sadie Hawkins Day 13</p> <p>10:00 FR Friendly Morning Discussions 10:30 FR Sitting Fit: Morning Exercise 2:00 AR BINGO!</p>	<p>10:00 FR Whiteboard Games 10:30 FR Sitting Fit: Morning Exercise 3:00 FR Afternoon Activities with Aaliyah</p>	<p>10:00 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO!</p>	<p>10:00 FR Musically-Themed Games 🎵 10:30 FR Sitting Fit: Morning Exercise 2:30 LI Yahtzee!</p>	<p>Veterans Day (Observed) 10</p> <p>10:00 FR News Coverage: The Week in Review 10:30 FR Sitting Fit: Morning Exercise 3:00 B Jeopardy!</p>	<p>Veterans Day 11</p> <p>10:00 FR Fireplace Chats</p>
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<p>10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★</p>	<p>Cyber Monday 27</p> <p>10:00 FR Friendly Morning Discussions 10:30 FR Sitting Fit: Morning Exercise 2:00 AR BINGO!</p>	<p>Giving Tuesday 28</p> <p>10:00 B Sing-Along with Assistance League of the Chesapeake 🎵 3:00 FR Afternoon Activities with Aaliyah</p>	<p>10:00 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO!</p>	<p>10:00 FR Musically-Themed Games 🎵 10:30 FR Sitting Fit: Morning Exercise 2:30 LI Yahtzee!</p>		

Flower of [November]

Botanical name | Dendranthema X Grandiflorum

Other names | Mum, pompons, football mum

Description | A hardy flower often used during the fall season

Colors | Mums come in several colors: purple, pink, white, yellow, magenta, red and bronze.

Facts | The Japanese people host a festival of happiness in honor of this flower. The flower petals are used to make a sweet chrysanthemum tea.

[Chrysanthemum]

Meaning |
Cheerfulness, optimism



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