



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
Karen Kelly Care Coordinator
Chelsie Dillon Activities Director

Employee Anniversaries

Ana..... 3 years
Karen..... 2 years

Happy Birthday!

Sylvia Sharp..... January 13th
Vi Cavey..... January 16th
Al Crosby..... January 17th
Patricia Pross..... January 17th
Victor Bailey..... January 19th
Warren Johnson..... January 29th



Quotes for a New Year!

"If you don't like something, change it. If you can't change it, change your attitude."

•Maya Angelou

"Too much of anything is bad, but too much Champagne is just right." •F. Scott Fitzgerald

"He who breaks a resolution is a weakling; he who makes one is a fool." •F.M. Knowles

"Tonight's December thirty-first,

Something is about to burst.

The clock is crouching, dark and small,

Like a time bomb in the hall.

Hark, it's midnight, children dear.





Duck! Here comes another year!" •Ogden Nash

January 2024

Exciting New Changes for 2024!

Have you noticed all of the construction and commotion by the dining room recently? If you've glanced out the viewing windows, you've probably seen a lot of changes happening over the past couple weeks. Well, Regency Park is proud to announce its new backyard garden, to be open this spring! This new addition will include a 4 foot fence along the hillside, giving guests a great view of the local wildlife. It will also feature a paved walkway, a gazebo, a retractable awning, a picturesque garden, plenty of seating, and space for outdoor activities! Residents will be able to safely access this new outdoor addition through the doors in the dining room. Upon completion, morning exercises and other activities will be held outside on nice days. There is a lot of excitement surrounding this highly anticipated project! So be sure to peek out the dining room windows regularly in the coming months, to monitor the progress of our new backyard garden!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>7</div> <div>10:00 <div>FR</div> Fireplace Chats 11:00 <div>FR</div> Catholic Church Service★ 2:30 <div>FR</div> Nondenominational Church Service★</div>	<div>New Year's Day</div> <div>1</div> <div>10:00 <div>FR</div> Friendly Morning Discussions 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:00 <div>AR</div> BINGO!</div>	<div>2</div> <div>10:00 <div>FR</div> Whiteboard Games 10:30 <div>FR</div> Sitting Fit: Morning Exercise 3:00 <div>FR</div> Happy Hour</div>	<div>3</div> <div>10:00 <div>FR</div> Group Trivia Games 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:00 <div>DR</div> Ice Cream 2:30 <div>AR</div> BINGO!</div>	<div>4</div> <div>10:00 <div>FR</div> Musically-Themed Games ♪ 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:30 <div>LI</div> Yahtzee!</div>	<div>5</div> <div>10:00 <div>FR</div> News Coverage: The Week in Review 10:30 <div>FR</div> Sitting Fit: Morning Exercise 3:00 <div>B</div> Jeopardy!</div>	<div>6</div> <div>10:00 <div>FR</div> Fireplace Chats</div>
<div>14</div> <div>10:00 <div>FR</div> Fireplace Chats 11:00 <div>FR</div> Catholic Church Service★ 2:30 <div>FR</div> Nondenominational Church Service★</div>	<div>8</div> <div>10:00 <div>FR</div> Friendly Morning Discussions 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:00 <div>AR</div> BINGO!</div>	<div>9</div> <div>10:00 <div>FR</div> Whiteboard Games 10:30 <div>FR</div> Sitting Fit: Morning Exercise 3:00 <div>FR</div> Happy Hour</div>	<div>10</div> <div>10:00 <div>FR</div> Group Trivia Games 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:00 <div>DR</div> Ice Cream 2:30 <div>AR</div> BINGO!</div>	<div>11</div> <div>10:00 <div>FR</div> Musically-Themed Games ♪ 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:30 <div>LI</div> Yahtzee!</div>	<div>12</div> <div>10:00 <div>FR</div> News Coverage: The Week in Review 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:30 <div>B</div> Special Movie Showing: Grumpy Old Men (1993)</div>	<div>13</div> <div>10:00 <div>FR</div> Fireplace Chats</div>
<div>21</div> <div>10:00 <div>FR</div> Fireplace Chats 11:00 <div>FR</div> Catholic Church Service★ 2:30 <div>FR</div> Nondenominational Church Service★</div>	<div>15</div> <div>10:00 <div>FR</div> Friendly Morning Discussions 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:00 <div>AR</div> BINGO!</div>	<div>16</div> <div>10:00 <div>FR</div> Whiteboard Games 10:30 <div>FR</div> Sitting Fit: Morning Exercise 3:00 <div>FR</div> Happy Hour</div>	<div>17</div> <div>10:00 <div>FR</div> Group Trivia Games 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:00 <div>DR</div> Ice Cream 2:30 <div>AR</div> BINGO!</div>	<div>18</div> <div>10:00 <div>FR</div> Musically-Themed Games ♪ 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:30 <div>LI</div> Yahtzee!</div>	<div>19</div> <div>10:00 <div>FR</div> News Coverage: The Week in Review 10:30 <div>FR</div> Sitting Fit: Morning Exercise 3:00 <div>B</div> Jeopardy!</div>	<div>20</div> <div>10:00 <div>FR</div> Fireplace Chats</div>
<div>28</div> <div>10:00 <div>FR</div> Fireplace Chats 11:00 <div>FR</div> Catholic Church Service★ 2:30 <div>FR</div> Nondenominational Church Service★</div>	<div>22</div> <div>10:00 <div>FR</div> Friendly Morning Discussions 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:00 <div>AR</div> BINGO!</div>	<div>23</div> <div>10:00 <div>FR</div> Whiteboard Games 10:30 <div>FR</div> Sitting Fit: Morning Exercise 3:00 <div>FR</div> Happy Hour</div>	<div>24</div> <div>10:00 <div>FR</div> Group Trivia Games 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:00 <div>DR</div> Ice Cream 2:30 <div>AR</div> BINGO!</div>	<div>25</div> <div>10:00 <div>FR</div> Musically-Themed Games ♪ 10:30 <div>FR</div> Sitting Fit: Morning Exercise 3:00 <div>B</div> Karaoke! ♪</div>	<div>26</div> <div>10:00 <div>FR</div> News Coverage: The Week in Review 10:30 <div>FR</div> Sitting Fit: Morning Exercise 3:00 <div>B</div> Jeopardy!</div>	<div>27</div> <div>10:00 <div>FR</div> Fireplace Chats</div>
<div>31</div> <div>10:00 <div>FR</div> Group Trivia Games 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:00 <div>DR</div> Ice Cream 2:30 <div>AR</div> BINGO!</div>	<div>29</div> <div>10:00 <div>FR</div> Friendly Morning Discussions 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:00 <div>AR</div> BINGO!</div>	<div>30</div> <div>10:00 <div>FR</div> Whiteboard Games 10:30 <div>FR</div> Sitting Fit: Morning Exercise 3:00 <div>FR</div> Happy Hour</div>	<div>31</div> <div>10:00 <div>FR</div> Group Trivia Games 10:30 <div>FR</div> Sitting Fit: Morning Exercise 2:00 <div>DR</div> Ice Cream 2:30 <div>AR</div> BINGO!</div>			

What's in a Name?

Each year, the U.S. Social Security Administration releases a list of the most popular names given to babies based on Social Security card applications. Take a peek at the top-ranking names over the years.

<u>Year</u>	<u>Top Girl's Name</u>	<u>Top Boy's Name</u>
1930	Mary	Robert
1940	Mary	James
1950	Linda	James
1960	Mary	David
1970	Jennifer	Michael
1980	Jennifer	Michael
1990	Jessica	Michael
2000	Emily	Jacob
2010	Isabella	Jacob
2015	Emma	Noah

"Then & Now"



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