



# 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

A'ashaya..... 1 year  
Nisha..... 8 years  
Tamika..... 11 years  
Leslie..... 19 years

## Happy Birthday!

John Scanlon ..... February 1st  
Virginia Clark ..... February 9th  
Rosie Mae Thompson..... February 10th  
Bonnie Riffle ..... February 22nd

## Quotes to Inspire

**"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."**

—Booker T. Washington, African American, Author & Educator

**"Just don't give up what you're trying to do. Where there is love and inspiration, I don't think you can go wrong."**

—Ella Fitzgerald, African American & the Queen of Jazz

**"I had to make my own living and my own opportunity. But I made it! Don't sit down and wait for the opportunities to come. Get up and make them."**

—Madam C.J. Walker, African American & the First Female Millionaire

## February 2024

### A Heartfelt Goodbye...

*To my Family and Friends at Regency Park,*

I have had the joy of being your Activity Director for almost 2 and a half years. During that time, I have gotten to know you, love you, laugh with you, cry with you, and make some of the best memories of my life.

Some of you may know that I have been pursuing a degree in Parks and Recreation. This February I begin my final internship with Baltimore City's Therapeutic Recreation Department, and this May I will finally receive my bachelor's degree. It's bittersweet.

I wanted the opportunity to thank you all for embracing and supporting me so strongly. And a special, tearful, thank you for every resident that has ever asked me how I did on a test, or listened to me complain, or given me some much needed life advice. You have made my time here special, and you are the reason why it hurts so much to go.







Nisha, our Executive Director, has assured me that I can come back to visit anytime. So don't be surprised if you hear my loud mouth echoing down the hallways again soon! In the meantime, keep having fun.

*With all the Love in the World,  
-Chelsie, that blonde activities girl*





# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <p>10:00 <span>FR</span> Musically-Themed Games 🎵                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      2:30 <span>LI</span> Yahtzee!</p>	<div>2</div> <p><b>Groundhog Day</b>                      10:00 <span>FR</span> News Coverage: The Week in Review                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      3:00 <span>B</span> Jeopardy!</p>	<div>3</div> <p>10:00 <span>FR</span> Fireplace Chats</p>
<div>4</div> <p>10:00 <span>FR</span> Fireplace Chats                      11:00 <span>FR</span> Catholic Church Service ★                      2:30 <span>FR</span> Nondenominational Church Service ★</p>	<div>5</div> <p>10:00 <span>FR</span> Friendly Morning Discussions                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      2:00 <span>AR</span> BINGO!</p>	<div>6</div> <p>10:00 <span>FR</span> Whiteboard Games                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      3:00 <span>FR</span> Happy Hour</p>	<div>7</div> <p>10:00 <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!</p>	<div>8</div> <p>10:00 <span>FR</span> Musically-Themed Games 🎵                      10:30 <span>FR</span> Sitting Fit: Morning Exercise  <b>3:00 <span>B</span> Karaoke!</b></p>	<div>9</div> <p>10:00 <span>FR</span> News Coverage: The Week in Review                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      3:00 <span>B</span> Jeopardy!</p>	<div>10</div> <p>10:00 <span>FR</span> Fireplace Chats</p>
<div>11</div> <p><b>Super Bowl Sunday</b>                      10:00 <span>FR</span> Fireplace Chats                      11:00 <span>FR</span> Catholic Church Service ★                      2:30 <span>FR</span> Nondenominational Church Service ★</p>	<div>12</div> <p>10:00 <span>FR</span> Friendly Morning Discussions                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      2:00 <span>AR</span> BINGO!</p>	<div>13</div> <p>10:00 <span>FR</span> Whiteboard Games                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      3:00 <span>FR</span> Happy Hour</p>	<div>14</div> <p><b>Valentine's Day</b>                      10:00 <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!</p>	<div>15</div> <p>10:00 <span>FR</span> Musically-Themed Games 🎵                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      2:30 <span>LI</span> Yahtzee!</p>	<div>16</div> <p>10:00 <span>FR</span> News Coverage: The Week in Review                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      3:00 <span>B</span> Jeopardy!</p>	<div>17</div> <p>10:00 <span>FR</span> Fireplace Chats</p>
<div>18</div> <p>10:00 <span>FR</span> Fireplace Chats                      11:00 <span>FR</span> Catholic Church Service ★                      2:30 <span>FR</span> Nondenominational Church Service ★</p>	<div>19</div> <p><b>Presidents Day</b>                      10:00 <span>FR</span> Friendly Morning Discussions                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      2:00 <span>AR</span> BINGO!</p>	<div>20</div> <p><b>10:00 <span>B</span> Special Sing-A-Long with Assistance League of the Chesapeake</b>                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      3:00 <span>FR</span> Happy Hour</p>	<div>21</div> <p>10:00 <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!</p>	<div>22</div> <p>10:00 <span>FR</span> Musically-Themed Games 🎵                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      2:30 <span>LI</span> Yahtzee!</p>	<div>23</div> <p>10:00 <span>FR</span> News Coverage: The Week in Review                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      3:00 <span>B</span> Jeopardy!</p>	<div>24</div> <p>10:00 <span>FR</span> Fireplace Chats</p>
<div>25</div> <p>10:00 <span>FR</span> Fireplace Chats                      11:00 <span>FR</span> Catholic Church Service ★                      2:30 <span>FR</span> Nondenominational Church Service ★</p>	<div>26</div> <p>10:00 <span>FR</span> Friendly Morning Discussions                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      2:00 <span>AR</span> BINGO!</p>	<div>27</div> <p>10:00 <span>FR</span> Whiteboard Games                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      3:00 <span>FR</span> Happy Hour</p>	<div>28</div> <p>10:00 <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!</p>	<div>29</div> <p><b>Leap Day</b>                      10:00 <span>FR</span> Musically-Themed Games 🎵                      10:30 <span>FR</span> Sitting Fit: Morning Exercise                      2:30 <span>LI</span> Yahtzee!</p>		



## "Then & Now"

### Super Bowl Spotlight

The Super Bowl's halftime show is often as anticipated as the NFL championship itself. Kick off the big game with a look at some of the entertainers who have taken the field to perform on one of the world's biggest stages.

<b>Year</b>	<b>Performers</b>
1968	Grambling State University Tiger Marching Band
1972	Ella Fitzgerald, Carol Channing, Al Hirt, U.S. Marine Corps Silent Drill Platoon
1985	U.S. Air Force Tops in Blue Ensemble
1993	Michael Jackson
1998	Boyz II Men, Smokey Robinson, Martha Reeves, the Temptations, Queen Latifah
2003	Shania Twain, No Doubt, Sting
2009	Bruce Springsteen and the E Street Band
2017	Lady Gaga



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