

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!

February 1st
February 9th
February 10th
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 Oueen 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

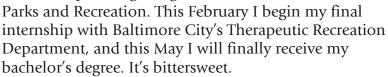
February 2024

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



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

FR Fireplace Room ♪ Music AR Activities Room

★ Religious Service

Library

B Bistro

DR	Dining	Room

SENIOR LIVING COMMUNITY						g
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
with ALL the			ENS	10:00 FR Musically-Themed Games ♪ 10:30 FR Sitting Fit: Morning Exercise 2:30 □ Yahtzee!	1 Groundhog Day 10:00 FR News Coverage: The Week in Review 10:30 FR Sitting Fit: Morning Exercise 3:00 B Jeopardy!	10:00 FR Fireplace Chats
10:00 FR Fireplace Chats 11:00 FR Catholic Church Service ★ 2:30 FR Nondenominational Church Service ★	10:00 FR Friendly Morning Discussions 10:30 FR Sitting Fit: Morning Exercise 2:00 AR BINGO!	10:00 FR Whiteboard Games 10:30 FR Sitting Fit: Morning Exercise 3:00 FR Happy Hour	10:00 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO!	10:00 FR Musically-Themed Games ♪ 10:30 FR Sitting Fit: Morning Exercise 3:00 B Karaoke!	8 10:00 FR News Coverage: The Week in Review 10:30 FR Sitting Fit: Morning Exercise 3:00 B Jeopardy!	10:00 FR Fireplace Chats
Super Bowl Sunday 11 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service ★ 2:30 FR Nondenominational Church Service ★	10:00 FR Friendly Morning Discussions 10:30 FR Sitting Fit: Morning Exercise 2:00 AR BINGO!	10:00 FR Whiteboard Games 10:30 FR Sitting Fit: Morning Exercise 3:00 FR Happy Hour	Valentine's Day 10:00 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO!	10:00 FR Musically-Themed Games ♪ 10:30 FR Sitting Fit: Morning Exercise 2:30 LI Yahtzee!	5 10:00 FR News Coverage: The Week in Review 10:30 FR Sitting Fit: Morning Exercise 3:00 B Jeopardy!	10:00 FR Fireplace Chats
18 10:00 FR Fireplace Chats 11:00 FR Catholic Church Service★ 2:30 FR Nondenominational Church Service★	Presidents Day 10:00 FR Friendly Morning Discussions 10:30 FR Sitting Fit: Morning Exercise 2:00 AR BINGO!	10:00 B Special Sing-A-Long with Assistance League of the Chesapeake 10:30 FR Sitting Fit: Morning Exercise 3:00 FR Happy Hour	10:00 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO!	10:00 FR Musically-Themed Games ♪ 10:30 FR Sitting Fit: Morning Exercise 2:30 LI Yahtzee!	23 10:00 FR News Coverage: The Week in Review 10:30 FR Sitting Fit: Morning Exercise 3:00 B Jeopardy!	10:00 FR Fireplace Chats
10:00 FR Fireplace Chats 11:00 FR Catholic Church Service ★ 2:30 FR Nondenominational Church Service ★	10:00 FR Friendly Morning Discussions 10:30 FR Sitting Fit: Morning Exercise 2:00 AR BINGO!	10:00 FR Whiteboard Games 10:30 FR Sitting Fit: Morning Exercise 3:00 FR Happy Hour	10:00 FR Group Trivia Games 10:30 FR Sitting Fit: Morning Exercise 2:00 DR Ice Cream 2:30 AR BINGO!	Leap Day 10:00 FR Musically-Themed Games ♪ 10:30 FR Sitting Fit: Morning Exercise 2:30 LI Yahtzee!		



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.

Year	Performers
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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