

ANNOUNCEMENTS & ACTIVITIES

Game Night | Thursday, March 6th @ 6pm in the Wellness Center

Come learn how to play the Wii, including exciting tournament games like tennis and bowling!

Cardiovascular Health Presentation | Monday, March 10th at 11am in the Great Room

Our friends from Capitol City Nurses will host an informative presentation about heart health.

March Babies Celebration | Monday, March 10th, @ 12pm in the Great Room

Join us for some cake as we celebrate the March birthday babies

Cupcake Happy Hour | Friday, March 14th, @ 5pm in the Great Room

Join us for a sweet escape at Cupcake Happy Hour - where every bite brings a smile.

Lucky Potluck | Monday, March 17th @ 2pm in the Great Room

Help us welcome back Don Kolbe, ready to enchant us once again with his lovely voice & diverse song selections.

Donuts with Maintenance | Tuesday, March 18th, @ 9am in the Great Room

Enjoy delicious donuts and participate in a Q&A session with our Maintenance Team.

Movies | Wednesday's, @ 2pm & 5pm in the Theatre

Chair Yoga | Wednesday, March 19th, @ 11am in the Wellness Center

This class is designed to promote flexibility & relaxation in a supportive environment.

H&R Block | Thursday, March 20th, @10am in the Great Room + Business Center

Representatives will be on-site to answer any questions you may have & prepare tax returns.

Chuck the Magician's Magic Show | Monday, March 24th, @ 3:30pm in the Great Room

Join us for an exciting magic show featuring Chuck the Magician and welcoming him back to RC!

Mindful Meditation | Wednesday, March 26th, @ 11am in the Wellness Center

All are welcome to join the class, where you can explore techniques for relaxation and focus.

Syndee's Luncheon | Monday, March 31th, @ 12pm in the Great Room

Join us for our monthly luncheon with Syndee, featuring a delicious, warm, and freshly cooked meal that everyone will enjoy.

THE TEAM

Tai Leewong | Community Manager
Eve Coven | Assistant Community Manager
Terence Butler | Service Manager
George Johnson | Service Technician
Dilcia Orellana | Custodian

REGENCY DIRECTORY

Regency Crest Office: (410) 418-4666
Emergency Maintenance

Hair Stylist, Christy Lopez: (443) 621-7603

"Every day is a renewal, ever morning the daily miracle. This joy you feel is life." - Gertrude Stein



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 March is known for celebrating Women’s History Month, 1st month of spring, St. Patricks Day, International Women’s Day and Holi. 
	2 3 9:00am - Walking Club -GTR 1:00pm -Regency Voices -GTR 3:00pm - Spades - GR 6:00pm - Hand & Foot -GTR	4 9:00am - Walking Club - GTR 11:00am - Chair Exercise Class - WC 1:00pm - Bridge - GR 1:00pm - Scrabble - GTR 4:00pm - PO-KE-NO - GR 6:00pm - Men’s Poker Night - GTR	5 9:00am - Walking Club - GTR 1:00pm - Mahjong - GR 1:00pm - Hand & Foot - GTR 2:00pm & 5:00pm - Movies - T	6 9:00am - Walking Club - GTR 10:30am - Water Color - GR 11:00am - Line Dancing Class - WC 1:00pm - Bingo - GR 6:00pm - Game Night - WC	7 9:00am - Walking Club - GTR 1:00pm - Bridge- GR 5:00pm - Happy Hour - GTR	8
9 Daylight Saving Time 	10 9:00am - Walking Club -GTR 11:00pm -Cardiovascular Health Presentation-GTR 12:00pm March Birthday Celebration - GTR 1:00pm -Regency Voices -GTR 3:00pm - Spades - GR 6:00pm - Hand & Foot -GTR	11 9:00am - Walking Club - GTR 11:00am - Chair Exercise Class - WC 1:00pm - Bridge - GR 1:00pm - Scrabble - GTR 4:00pm - PO-KE-NO - GR 6:00pm - Men’s Poker Night - GTR	12 9:00am - Walking Club - GTR 1:00pm - Mahjong - GR 2:00pm & 5:00pm - Movies - T	13 9:00am - Walking Club - GTR 10:30am - Water Color - GR 11:00am - Line Dancing Class - WC 1:00pm - Regency Readers Book Club - GR 1:00pm - Bingo - GR	14 9:00am - Walking Club - GTR 1:00pm - Bridge- GR 4:00pm - Cupcake Happy Hour - GTR 5:00pm - Cupcake Happy Hour - GTR	15 
16 	17 9:00am - Walking Club -GTR 1:00pm -Regency Voices -GTR 3:00pm - Spades - GR 4:00pm - Lucky PotLuck /Don Sings - GTR 6:00pm - Hand & Foot -GTR	18 9:00am - Walking Club - GTR 9:00am - Donuts w/ Maint.- GTR 11:00am - Chair Exercise Class - WC 1:00pm - Bridge - GR 1:00pm - Scrabble - GTR 4:00pm - PO-KE-NO - GR 6:00pm - Men’s Poker Night - GTR	19 9:00am - Walking Club - GTR 11:00am - Chair Yoga - WC 1:00pm - Mahjong - GR 2:00pm - Yale Univ. Cappella Group - GTR 2:00pm & 5:00pm - Movies - T	20 1st day of Spring  9:00am - Walking Club - GTR 10:00am - H&R Block Tax Prep. 10:30am - Water Color - GR 11:00am - Line Dancing Class - WC 1:00pm - Bingo - GR	21 9:00am - Walking Club - GTR 1:00pm - Bridge- GR 5:00pm - Happy Hour - GTR	22
23/30	24/31 9:00am - Walking Club -GTR 12:00pm - Syndee Luncheon on 31st ONLY - GTR 1:00pm - Regency Voices -GTR 3:00pm - Spades - GR 3:30pm - Chuck the Magician - on 24th ONLY - GTR 6:00pm - Hand & Foot - GTR	25 9:00am - Walking Club - GTR 11:00am - Chair Exercise Class - WC 1:00pm - Bridge - GR 1:00pm - Scrabble - GTR 4:00pm - PO-KE-NO - GR 6:00pm - Men’s Poker Night - GTR	26 9:00am - Walking Club - GTR 11:00am - Mindful Meditation - WC 1:00pm - Mahjong - GR 2:00pm & 5:00pm - Movies - T	27 9:00am - Walking Club - GTR 10:30am - Water Color - GR 11:00am - Line Dancing Class - WC 1:00pm - Bingo - GR	28 9:00am - Walking Club - GTR 1:00pm - Bridge- GR 2:00pm - Bible Study - WC 5:00pm - Happy Hour - GTR	29  To those born in March, the Regency team wishes you the Happiest of Birthdays!