

Park Chronicle

2026



Special HoliDAYS

Time Management Month
Plant the Seeds of Greatness Month

Spunky Old Broads Day 1
Groundhog Day 2
Periodic Table Day 7
Valentine's Day 14
Random Acts of Kindness Week 15-21
Chinese New Year 17
(Year of the Horse)
International Mother Language Day 21
Tell a Fairy Tale Day 26

Cookie Cravings Girl Scouts

Girl Scout Season has officially kicked off this year - January 6th. The iconic flavors are all back: Thin Mints®, Samoas®/Caramel deLites®, Peanut Butter Patties®/Tagalongs®, Adventurefuls® and more. New to the line up this year Exploremores™, a rocky road ice cream-inspired sandwich cookie, will join the legendary lineup for the 2026 Girl Scout Cookie season. Filled with delicious flavors of chocolate, marshmallow and toasted almond-flavored crème, Exploremores reflect the spirit of exploration at the heart of every Girl Scout.

This year, the price of Girl Scout Cookies has increased slightly to six dollars a box, which reflects rising costs. Every dollar goes toward supporting programs that help build our next generation of female leaders. The Girl Scout Cookie program continues to teach Girl Scouts five key life skills: goal-setting, decision-making, money management, people skills, and business ethics. Plus, scouts grow in courage, confidence, and character. There's something extra sweet about enjoying these cookies while knowing you're supporting such an impactful program.



Faces of Valentine

While February 14 is widely celebrated as Valentine's Day, there is some confusion as to which Saint Valentine this day refers to. According to the Roman Catholic Church, 14 different saints are named Valentine. Some believe Valentine honors the bishop of Terni, in central Italy, who was condemned by Roman Emperor Claudius. Others believe Valentine was a Roman priest who secretly married Christian couples until he was discovered by the Roman authorities and sentenced to death. Perhaps the real identity of Saint Valentine is unnecessary since what is truly important is his enduring legacy of love.

Valentine Dinner February 12th 4p-6p



Q: What flower gives the most kisses on Valentines Day?

sdips : A

STAFF ENGAGEMENT

STAFF BIRTHDAY

Jessica A 5th
 La'Shayla C, 10th
 Shauna A 11th
 Kimberly E 12th
 Libby W 13th
 Audrey 14th
 Julyn P 19th
 Brenda S 19th
 Bianca R 24th
 April D 25th
 Alicia M 25th
 Marietta W 26th
 Kim W 28th



If you were born between February 1-18, you are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests. Those born between February 19-28 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim on an inner journey. They are emotional, compassionate people who are always willing to help others.



Take a look if your on the list by the time clock to get your REQUIREMENTS completed ASAP.

STAFF Anniversary

1 Year
 LaToya ~ Nursing
 Monalisa ~ Nursing
 Navya ~ Nursing
2 Years
 Gabby ~ Nursing
 Nachaka ~ Nursing
 April ~ Nursing

3 Years
 Erica ~ Nursing
4 Years
 Brittany ~ Therapy
 Yolanda ~ Nursing

5 Years
 Lori ~ Nursing
7 Years
 Cassandra ~ Dining
10 Years
 Audrey ~ Nursing
13 Years
 Margaret ~ Nursing

MISSION STATEMENT



DID YOU KNOW?

"The strength of the team is each individual member. The **strength** of each member is the team." Phil Jackson

MAY YOU BE PROUD OF THE WORK YOU DO THE PERSON YOU ARE AND THE DIFFERENCE YOU MAKE

Regent Park...

is committed to being the premier provider of long-term health care and rehabilitation services within the community. We will serve our residents and their families with a sense of mission, and provide for their care needs with passion, as we encourage and preserve their independence.

SAVE THE DATE
 March 5 & 6
EMPLOYEE APPRECIATION DAY

RISING STARS OF THE MONTH

How to become a Rising Star? By receiving SHOUT OUT CARDS. Remember anyone can give out a shout out to a staff member. Shout Outs are for staff going above and beyond their job duties! Shout Outs that are turned in are drawn once a month for the Rising Star honor. The more shout outs the more chances of becoming a Rising Star!!!



Natalie



Jessica



Haley



Tina

Exciting News:

Do you have exciting news? Wedding, Anniversary, birth of a child. Let Rachel, Liaison know & we would love to feature it in our monthly in service meeting & our staff engagement page of our newsletter!



Biggest Loser will be starting back up next month, stay tuned @ In-Service on when the 12 week challenge will start.

\$25 Buy In

1st place WINS 60% Runner up 40% of the buy in, the more that participate the more you could win!



RESIDENT ENGAGEMENT



Peggy ~ 5th
Anna ~ 16th
Mary ~ 16th
Marlene ~ 17th
Jay ~ 26th



Resident Council

REGENT PARK REHAB

Official Memo

Re: **March Happenings** in our Community

Vote for activities, outings & have
your voice heard in our monthly meeting.

Date: Monday, February 11th @ 3p

LIFE ENRICHMENT



Check out the Activity Calendar

ALL ARE WELCOME

WHERE TO NEXT!?

OUTING SIGN UP

Make sure to stop by the Life Enrichment office, located in our Town Center next to the Beauty Shop to sign up for the next outing! Seats are limited.



**BLACK
HISTORY
MONTH**



ICE CREAM FLAVOR OF THE MONTH: FATBOY ICE CREAM SANDWICHES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 7:00a/6:00p Mass Ch. 153 8:30a/2:30p Rosary Ch. 153	2 10:00 GROUND HOG TRIVIA & SHADOWS 10:00 WONDERS OF TEXAS 10:30 Communion - AR 11:00 NEWSPRING CH. 10	3 10:00 JEOPARDY 2:00 BINGO!-BD Ice Cream of the Month 6:00 Card Games	4 10:00 FITNESS ? THEMED TRIVIA 10:00 BLACK HISTORY FACTS 2:00 Paper Heart Breath 2:00 BINGO!-BD CARROTT CAKE 6:00 Uno	5 10:00 Handprint Hearts 10:00 BALLOON VOLLEYBALL 10:45 Father Visits 1:30 BINGO!-BD	6 10:00 Handprint Hearts 10:00 BINGO!-BD 2:00 HAPPY HOUR W/ Jim - TC	7 Woke up w/ L.E. 10:00 BALLOON VOLLEYBALL 10:45 Father Visits 1:30 BINGO!-BD
8 7:00a/6:00p Mass Ch. 153 8:30a/2:30p Rosary Ch. 153	9 10:00 Moving & Dipped Strawberries- 10:00 Rosary - AD 10:30 Communion - AR 11:00 NEWSPRING CH. 10	10 10:00 KITCHEN HELPERS -DIPPED STRAWBERRIES- 2:00 BIRTHDAY SOCIAL W/ DORI 6:00 Phase 10	11 10:00 PAPER ROSE 12:30 PEACHY FARMS 1:00 Rosary - AD	12 10:30 HAWKS W/ J 2:00 BINGO!-BD PEPPERMINT PATTIES 4-6PM VALENTINE'S DINNER	13 10:00 HEART-SPRING PASTOR TOM 2:00 Happy Hour W/ Handpan Dan-TC	14 Woke up w/ L.E. 10:00 VALENTINE'S DAY 1:30 BINGO!-BD
15 7:00a/6:00p Mass Ch. 153 8:30a/2:30p Rosary Ch. 153	16 10:00 PRESIDENT FACTS 12:30 PEACHY FARMS 1:00 Rosary - AD	17 10:00 HANDPRINT MASK 1:00 MARDI GRAS SOCIAL 6:00 Card Games	18 10:00 PARACHUTE -Singapore- 2:00 Singo Bingo-BD 6:00 Scrabble	19 10:00 Travelogue -Singapore- 2:00 LOVE ON A LEASH 6:00 Cards	20 10:00 Jewelry Making 2:00 HAPPY HOUR W/ ANDY - TC 6:00 Scrabble	21 Wake up w/ L.E. 10:00 STICKY BUNS TODAY IN HISTORY 1:30 BINGO!-BD
10:00 WONDERS OF CALIFORNIA 10:30 Communion - AR 11:00 NEWSPRING CH. 10	2:00 BINGO!-BD Ice Cream of the Month 6:00 Color by Number	23 10:00 Moving & Groovin with Otis 1:00 Rosary - AD	24 10:00 Sedgwick County Zoo 2:00 Ladies Tea & Grumpy Old Man Group 6:00 Board Games	25 10:00 HEART TO HEART WITH CHEF JOHN 3:00 MOVIE & POPCORN 6:00 Uno	26 10:00 BAKING DEMO 2:00 BINGO!-BD CARROTT CAKE 6:00 Phase 10	27 10:00 Floral Arranging 2:00 Happy Hour W/ LARRY - TC 6:00 Yahtzee
2:00 Sunday Sundaes						28 Wake up w/ L.E. 10:00 Begins with 1:30 BINGO!-BD 6:00 Phase 10
Ptgy S - 5 ANNA - 16 MARY C - 16 MARLENE - 11						

KL
AR-Activity Room
AD-Amherst Dining Room
BD-Belmont Dining Room
TC-Town Center B-Bistro
R-Room Visit P-Party

W - 26



Evening Activities are Self Directed. Sunday evening activity is your choice.

Activities subject to change
without notice please check
bistro board for any changes

REGENT PARK

REHABILITATION & HEALTHCARE

2026 February