


THE Cambridge Gardens *Lifestyle*



CAMBRIDGE
GARDENS
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
9300 Onyx Court · Fredericksburg, VA 22407 · (540) 891-5540

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JANUARY 2025



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Executive Director

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"You are never too old to set a new goal or to dream a new dream." - C.S. Lewis

Happy New Year! I'm excited to ring in 2025 with our wonderful team, residents, and family members here at Cambridge Gardens. There is no place like gnome! We will be observing "Gnome Appreciation Day" on January 17th. On Wednesday, January 22nd, we will be enjoying a Family Day at the community. On January 29th, we will be having a very special Chinese New Year celebration. Cheers to another wonderful year at Cambridge Gardens!



JANUARY 2025

Sit. Stay. Yay!

January is National Train Your Dog Month, so consider these reasons to teach your pet basic obedience skills. Training could save your pet's life. If you've ever seen a dog get loose from their collar, you know how scary it can be. Having the ability to command your pup back to your side and away from traffic is essential. The bond formed during obedience exercises is strong. You gain a better understanding of your pet during training, and this beneficial attention creates a connection between the two of you. A trained pet is a happy pet. Dogs and cats who follow basic commands from their parents have learned skills to be social members of the family. A dog who knows how to play gently or a cat who uses a scratching post rather than a sofa leg will be able to spend more quality time with you and any visitors to your home. Basic obedience lessons will ensure a long-lasting, healthy and happy relationship for you and your lovable companion.

"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."
—Robert Brault

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Happy New Year 1 8:00 New Year's Day Breakfast 10:00 Binge New Year's Day Movie Marathon 11:30 New Year's Day Special Lunch 1:00 Scrabble with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	2 9:00 Good Morning Discussions 10:00 Mike Martin Concert 11:30 Lunch 1:00 January Surprises 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	3 9:00 Coffee Time with Matt 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	4 9:00 Good Morning Discussions 10:00 Saturday Morning Matinee 11:30 Lunch 1:00 College Football Games and Snacks 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time
5 9:00 Good Morning Discussions 10:00 Sunday Morning Worship with Matt 11:30 Lunch 1:00 NFL Game and Snacks 2:00 Creativity Coloring 3:00 One on One with Residents 7:00 Personal Reflection Time	6 9:00 Coffee Time with Matt 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	7 Resident Council 9:00 Good Morning Discussions 10:00 Anthony Leonard Interactive Musical Performance 11:30 Lunch 1:00 Resident Council Meeting 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	8 Monthly Birthday Party 9:00 Coffee Time with Matt 10:00 Catholic Service 11:30 Lunch 1:00 Scrabble with Jane 2:00 Monthly Birthday Party 3:00 One on One with Residents 7:00 Personal Reflection Time	9 9:00 Good Morning Discussions 10:00 Trip Out Thursday 11:30 Lunch 1:00 January Surprises 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	10 9:00 Coffee Time with Matt 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	11 9:00 Good Morning Discussions 10:00 Saturday Morning Matinee 11:30 Lunch 1:00 College Football Games and Snacks 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time
12 9:00 Good Morning Discussions 10:00 Sunday Morning Matinee 11:30 Lunch 1:00 NFL Game and Snacks 2:00 Sunday Afternoon Worship Service 3:00 One on One with Residents 7:00 Personal Reflection Time	13 9:00 Coffee Time with Matt 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	14 9:00 Good Morning Discussions 10:00 Singing and Dancing with Matt 11:30 Lunch 1:00 CornHole 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	15 Town Hall 9:00 Coffee Time with Matt 10:00 Midweek Devotions with Matt 11:30 Lunch 1:00 Scrabble with Jane 2:00 Town Hall 3:00 One on One with Residents 7:00 Personal Reflection Time	16 9:00 Good Morning Discussions 10:00 Mike Milstead Concert 11:30 Lunch 1:00 January Surprises 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	17 Gnome Appreciation Day 9:00 Coffee Time with Matt 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	18 9:00 Good Morning Discussions 10:00 Saturday Morning Matinee 11:30 Lunch 1:00 College Football Games and Snacks 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time
19 9:00 Good Morning Discussions 10:00 Sunday Morning Matinee 11:30 Lunch 1:00 NFL Game and Snacks 2:00 Sunday Afternoon Worship Service with Dale Taylor 3:00 One on One with Residents 7:00 Personal Reflection Time	20 Martin Luther King Jr. Day 9:00 Coffee Time with Matt 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	21 9:00 Good Morning Discussions 10:00 Anthony Leonard Interactive Musical Performance 11:30 Lunch 1:00 Inside Bowling 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	22 Bring Your Family to Work Day 9:00 Coffee Time with Matt 10:00 Catholic Service 11:30 Lunch 1:00 Scrabble with Jane 2:00 Spend Time with Staff Members' Family 3:00 One on One with Residents 7:00 Personal Reflection Time	23 9:00 Good Morning Discussions 10:00 Trip Out Thursday 11:30 Lunch 1:00 January Surprises 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	24 9:00 Coffee Time with Matt 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	25 9:00 Good Morning Discussions 10:00 Saturday Morning Matinee 11:30 Lunch 1:00 College Football Games and Snacks 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time
26 9:00 Good Morning Discussions 10:00 Sunday Morning Matinee 11:30 Lunch 1:00 NFL Game and Snacks 2:00 Sunday Afternoon Worship Service with James Matthias 3:00 One on One with Residents 7:00 Personal Reflection Time	27 9:00 Coffee Time with Matt 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	28 9:00 Good Morning Discussions 10:00 Singing and Dancing with Matt 11:30 Lunch 1:00 Throwing Frisbees 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	29 Chinese New Year 9:00 Coffee Time with Matt 10:00 Midweek Devotions with Matt 11:30 Chinese Food for Lunch 1:00 Scrabble with Jane 2:00 Chinese Desserts and Fortune Cookies 3:00 One on One with Residents 7:00 Personal Reflection Time	30 9:00 Good Morning Discussions 10:00 Trip Out Thursday 11:30 Lunch 1:00 January Surprises 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	31 9:00 Coffee Time with Matt 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	

H. Carmouche--1/11; M. Diamond--1/11



**WE LOOK FORWARD TO WELCOMING
ALL THE GNOMES THAT WILL CALL
CAMBRIDGE GARDENS HOME IN 2025
WELCOME GNOME--ONE AND ALL**



Gnome Appreciation Day

January 17, 2025—Gnome Appreciation Day. What a day to celebrate here at Cambridge Gardens!! From a mixture of folklore, mythology, and garden decor, the word “gnome” comes from a Latin term for earth dweller. Here at Cambridge Gardens, the word gnome means a little bit more. We use it as a greeting, “Welcome Gnome;” we use it as a term of endearment, “Rolling with my Gnomes;” we use it with pride, “We’re the Gnomes of Cambridge Gardens.” Either way you slice it, we’re proud to be a gnome and we will invite you to spend “Happy Hour” with us on our very first Gnome Appreciation Day. Each gnome will make their own pie, and the resident gnomes will judge on whose gnome bakes the best. So come out in your best gnome gear and enjoy a homemade piece of pie on us...

