


THE Cambridge Gardens *Lifestyle*



CAMBRIDGE
GARDENS
SENIOR LIVING AT EASE

Like Us!  

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

JUNE 2024

Joy McGee ALFA, LPN

Executive Director

Renee Towles, RMA

Assisted Living Director

Teresa Steinbach

Marketing and Sales Director

Ronald Stevens

Dining Director

Tyrone Warren

Maintenance Director

Matthew Phillips

Activities Director



At Cambridge Gardens, We Honor ALL Who Have Served

Kenneth "Ken" Bawden

U.S. Marines: 4 Years

Micheal "Mike" Belt

U.S. Army: 20 Years

Stanley Piper

Royal Canadian Air Force: 10 Years

Hamilton Carmouche

U.S. Air Force: 4 Years

Robert "Bob" Wernsman

U.S. Navy: 28 Years

Doriel "Dot" Ring

U.S. Air Force: 2 Years

Paul Lemmon

U.S. Army and Air Force: 30 Years

... Come in to Thank them for their Service; you won't regret it, and neither will they. Thank You, Veterans, for Serving your Country. Welcome Home!



JUNE 2024

Popular Pages: 'Casey at the Bat'

It's known as America's most famous comedic poem, and baseball fans will recognize its references to the "mighty Casey" and the "Mudville nine." Penned by Ernest L. Thayer, a humor writer for the San Francisco Examiner, "Casey at the Bat" was first published in the newspaper's June 3, 1888, edition. The rhyming tale of a baseball team counting on their star player to bring a come-from-behind victory, only to—spoiler alert!—strike out and lose the game, made its way across the country after the piece was reprinted. Vaudeville actor DeWolf Hopper made the poem a hit when he began reciting it on stage, and it became his signature act, performing it 10,000 times throughout the U.S. during his career. "Casey at the Bat" has been recorded numerous times, adapted into picture books and parodied in films and TV shows, and it's inspired several statues as well as a U.S. postage stamp.

"When the sun is shining I can do anything; no mountain is too high, no trouble too difficult."
—Wilma Rudolph

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2 9:00 Morning Exercise 10:00 Sunday Morning Worship with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Creativity and Crafts with Joann 3:00 Activity Pop Ups 7:00 Personal Reflection Time	3 9:00 Morning Exercise 10:00 Monday Bible Study with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 Activity Pop Ups 7:00 Personal Reflection Time	4 Resident Council 9:00 Morning Exercise 10:00 Anthony Leonard Interactive Musical Performance 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold'EM 2:00 Resident Council Meeting 3:00 Activity Pop Ups 7:00 Personal Reflection Time	5 Monthly Birthday Party 9:00 Morning Exercise 10:00 Foresight Fitness Interactive Exercise Group 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Monthly Birthday Party 3:00 Activity Pop Ups 7:00 Personal Reflection Time	6 9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Chess or Checkers with Arthur 2:00 Mike Martin Concert 3:00 Activity Pop Ups 7:00 Personal Reflection Time	7 Doughnut Day 9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour (Doughnut Day) 3:00 Activity Pop Ups 7:00 Personal Reflection Time	8 9:00 Morning Exercise 10:00 CornHole 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Saturday Frisbee Fun 3:00 Activity Pop Ups 7:00 Personal Reflection Time
9 9:00 Morning Exercise 10:00 Sunday Morning Trivia 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Sunday Afternoon Worship Service 3:00 Activity Pop Ups 7:00 Personal Reflection Time	10 9:00 Morning Exercise 10:00 Monday Bible Study with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 Activity Pop Ups 7:00 Personal Reflection Time	11 9:00 Morning Exercise 10:00 Thankful Tuesday Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold'EM 2:00 Tuesday Theatre Time 3:00 Activity Pop Ups 7:00 Personal Reflection Time	12 Town Hall 9:00 Morning Exercise 10:00 Catholic Service 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Pet Therapy 3:00 Activity Pop Ups 7:00 Personal Reflection Time	13 9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Chess or Checkers with Arthur 2:00 Thursday Coloring Time 3:00 Activity Pop Ups 7:00 Personal Reflection Time	14 Flag Day 9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour (Flag Day) 3:00 Activity Pop Ups 7:00 Personal Reflection Time	15 9:00 Morning Exercise 10:00 Saturday Morning Trivia 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Creativity and Crafts with Joann 3:00 Activity Pop Ups 7:00 Personal Reflection Time
16 Father's Day 9:00 Morning Exercise 10:00 Sunday Morning Trivia (Father's Day) 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Sunday Afternoon Worship Service with Dale Taylor 3:00 Activity Pop Ups 7:00 Personal Reflection Time	17 9:00 Morning Exercise 10:00 Monday Bible Study with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 Activity Pop Ups 7:00 Personal Reflection Time	18 9:00 Morning Exercise 10:00 Anthony Leonard Interactive Musical Performance 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold'EM 2:00 Tuesday Book Club 3:00 Activity Pop Ups 7:00 Personal Reflection Time	19 9:00 Morning Exercise 10:00 Foresight Fitness Interactive Exercise Group 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Pet Therapy 3:00 Activity Pop Ups 7:00 Personal Reflection Time	20 9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Chess or Checkers with Arthur 2:00 Creativity and Crafts with Joann 3:00 Activity Pop Ups 7:00 Personal Reflection Time	21 Root Beer Float Day 9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour (Root Beer Floats) 3:00 Activity Pop Ups 7:00 Personal Reflection Time	22 9:00 Morning Exercise 10:00 CornHole 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Saturday Frisbee Fun 3:00 Activity Pop Ups 7:00 Personal Reflection Time
23 10:00 Sunday Morning Trivia 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Sunday Afternoon Worship Service 7:00 Personal Reflection Time	24 9:00 Morning Exercise 10:00 Monday Bible Study with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 Activity Pop Ups 7:00 Personal Reflection Time	25 9:00 Morning Exercise 10:00 Thankful Tuesday Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold'EM 2:00 Tuesday Theatre Time 3:00 Activity Pop Ups 7:00 Personal Reflection Time	26 9:00 Morning Exercise 10:00 Catholic Service 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Pet Therapy 3:00 Activity Pop Ups 7:00 Personal Reflection Time	27 9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Chess or Checkers with Arthur 2:00 The Oddfellows (Barbershop Quartet) 3:00 Activity Pop Ups 7:00 Personal Reflection Time	28 Strawberry Day 9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour (Strawberry) 3:00 Activity Pop Ups 7:00 Personal Reflection Time	29 9:00 Morning Exercise 10:00 CornHole 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Saturday Frisbee Fun 3:00 Activity Pop Ups 7:00 Personal Reflection Time
30 10:00 Sunday Morning Trivia 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Sunday Afternoon Worship Service with James Matthias 7:00 Personal Reflection Time						



June Birthdays...

Jean Reilly: 6-11
Irene Foley: 6-15
Arthur Diamond: 6-25

Gnome Sweet Gnome

Many yards and flower beds are home to whimsical statues known as garden gnomes, which are believed to bring luck to all that grows around them. A number of European cultures include legends about gnomes—small, humanlike creatures, usually men with white beards, who live in forests and gardens. Mischievous, yet wise and helpful, gnomes were said to come to life at night to help humans with their plants as well as protect property and nature. The world's oldest garden gnome, nicknamed Lampy, was one of 21 of Griebel's gnomes that decorated the estate of Sir Charles Isham, who began the garden gnome tradition in England in 1847. Lampy is displayed at Isham's historic home, Lamport Hall, and is worth over \$2 million. The Gnomes that live at Cambridge Gardens are even more Valuable, for they are All PRICELESS!!

Renee Towles ...

Meet the person who has risen to the Important job of Assisted Living Director, who has the Desire and Ability to take Care of All of the Gnomes (Residents) that Live here.

Renee started at the bottom and worked her way up. She was a CNA, Med Tech, Resident Care Coordinator, and now Proudly has ascended to her current position, Assisted Living Director.

When Renee is not in the Activity Room imitating Beyonce, she is continuing to put forth All that she has to Enrich the Lives of each and every one of our Residents. She is a Great asset to any team and we at Cambridge Gardens are so Thankful to have her on ours.

Influential Men

Fathers, grandfathers, uncles, and male in-laws, friends and co-workers are some of the men we may have shared a bond with through the years. Swap stories about those who have had an influence in your life.

- Were you close to any male family members when you were growing up, such as your father, a grandfather, an uncle or other relative? What is your favorite memory of him?
- Did you have any male teachers, coaches, bosses or co-workers you looked up to? How did they influence you?
- Do you have any sons, grandsons or nephews? Share some of your favorite stories about them. How have they inspired you?
- What are some words of wisdom you have received from the men in your life over the years?
- Talk about some of the men you are close to now. How do you know them?
- Are there any men in the world of sports, entertainment or business you admire? What attributes do you like about them?
- If you could meet any famous man, past or present, who would it be? Why?

