


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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July 20, 2024

The Fredericksburg Christian Car Club will be at
Cambridge Gardens!!

JULY 2024



July at Cambridge Gardens...

EXTRA EXTRA Read ALL about it!!

July Events happening at Cambridge Gardens that
you will NOT want to miss:

1. Thursday, July 4th-- Independence Day
Dinner 4:30-6:30
2. Sunday, July 14th-- National Mac and Cheese
Lunch 11:30-1:30
3. Saturday, July 20th-- Fredericksburg Christian
Car Club 10AM-2PM
4. Thursday, July 25th-- Christmas in July (Come
give your Loved Ones presents ALL Day long.)



JULY 2024

**Brain Bender:
Stumped by
Snow Cones**

Kristi, Pablo, Jasmine and Rob ordered snow cones at the summer festival. Each friend chose a different flavor—cherry, orange, grape or blue raspberry—and a different number of scoops—two, three, four or five. Use the clues below to find out what kind of snow cone each person had.

- Kristi either had the snow cone with five orange scoops or the one with three grape scoops.
- Pablo was not the person who ordered four blue raspberry scoops.
- Jasmine’s snow cone had one more scoop than Rob’s (which was not the smallest snow cone).
- The grape snow cone was eaten by a boy.

(Answer: Kristi’s snow cone had five orange scoops; Pablo’s snow cone had two cherry scoops; Jasmine’s snow cone had four blue raspberry scoops; Rob’s snow cone had three grape scoops.)

“Even the smallest victory is never to be taken for granted. Each victory must be applauded.”
—Audre Lorde

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>RED WHITE AND BLUE EDITION!</p>	<p>1 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</p>	<p>2 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</p>	<p>3 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</p>	<p>4 Independence Day 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 4:30 Independence Day Family Dinner 7:00 Personal Reflection Time</p>	<p>5 9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>	<p>6 9:00 Morning Exercise 10:00 Saturday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident’s Choice 2:00 Saturday Frisbee Fun 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>
<p>7 9:00 Morning Exercise 10:00 Sunday Morning Worship with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident’s Choice 2:00 Sunday Matinee 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>	<p>8 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</p>	<p>9 9:00 Morning Exercise 10:00 Shooting Targets 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</p>	<p>10 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</p>	<p>11 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 Craft and Creativity 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>	<p>12 9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>	<p>13 9:00 Morning Exercise 10:00 Saturday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident’s Choice 2:00 Saturday Cornhole Fun 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>
<p>National Mac and Cheese Day 14 9:00 Morning Exercise 10:00 Sunday Morning Matinee 11:00 Outdoor Time or Inside Stroll 11:30 National Mac and Cheese Day Luncheon 1:00 Board Games-- Resident’s Choice 2:00 Sunday Afternoon Worship Service 7:00 Personal Reflection Time</p>	<p>15 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</p>	<p>16 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</p>	<p>17 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</p>	<p>18 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 Craft and Creativity 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>	<p>19 9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>	<p>Fredericksburg Christian Car Club 20 9:00 Morning Exercise 10:00 Fredericksburg Christian Car Club Car Show 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident’s Choice 2:00 Saturday Afternoon Matinee 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>
<p>21 9:00 Morning Exercise 10:00 Sunday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident’s Choice 2:00 Sunday Afternoon Worship Service with Dale Taylor 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>	<p>22 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</p>	<p>23 9:00 Morning Exercise 10:00 Shooting Targets 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</p>	<p>24 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</p>	<p>Christmas in July 25 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 Christmas in July Concert 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>	<p>26 9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>	<p>27 9:00 Morning Exercise 10:00 Saturday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident’s Choice 2:00 Saturday Musical Sing Along 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>
<p>28 9:00 Morning Exercise 10:00 Sunday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident’s Choice 2:00 Sunday Afternoon Worship Service with James Matthias 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>	<p>29 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</p>	<p>30 9:00 Morning Exercise 10:00 Shooting Targets 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold’EM 2:00 Staff/Resident Karaoke 3:00 Activity Pop Ups 7:00 Personal Reflection Time</p>	<p>31 9:00 Morning Exercise 10:00 Wednesday Outside Devotions 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</p>			



Happy July Birthdays

C. Chavez 7/2
M. Lynd 7/13





CAMBRIDGE GARDENS
SENIOR LIVING AT EASE

Assisted Living
AS IT SHOULD BE

REFERRAL PROGRAM

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A National Celebration

More than any other holiday, Independence Day unifies our country. Citizens put aside their differences and remember our many reasons for national pride. "From sea to shining sea," our abundant natural resources support and inspire us. Our diverse populations are the source of our collective strength. Our freedoms and ideals are an inspiration for people around the globe. This Independence Day, we hope that you will experience the full meaning of this special event.

Our Garden Gnomes at Cambridge Gardens will hopefully be celebrating this Independence Day with their Family Members, enjoying each other's company during our July 4th Special Dinner from 4:30 to 6:30 PM!!!!



Halfway 'Tis the Season

Despite what the calendar says, some like to get into the holiday spirit half a year early and celebrate Christmas in July. Because the most wonderful time of the year deserves more than just one day in December, some folks get festive with holiday parties in the middle of summer. We at Cambridge Gardens want to join in on this FUN! Come by and give your Blessed Gnomes a Gift from the Heart on Thursday, July 25th. You can bring Wrapped Gifts, marked to and from, and we will take care of the rest!!