

THE Cambridge Gardens Lifestyle



CAMBRIDGE
GARDENS
SENIOR LIVING AT EASE

Like Us!  

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

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



Cambridge Gardens Will Travel to the Caribbean

AUGUST 2024



Brain Bender: Day at the Beach With 3 Residents

Stan, Janice and Judy spent a summer day at the beach. Each of them saw a sea creature—starfish, crab, and jellyfish—and enjoyed a treat from the concession stand—ice cream, snow cone, and hotdog. They also met new friends by joining in an activity—Frisbee, volleyball, and flying a kite. Using the clues below, can you figure out how each of them spent the day?

- Janice did not play volleyball, see a crab, or eat a snow cone.
- The person who flew a kite also saw a jellyfish.
- Stan did not fly a kite, but he did eat a hotdog.
- Judy either saw a jellyfish or ate ice cream.

(Answer: Stan saw a crab, ate a hotdog, and played volleyball. Janice saw a starfish, ate ice cream, and played Frisbee. Judy saw a jellyfish, ate a snow cone, and flew a kite.)

AUGUST 2024

Take Me Out of the Ballpark

Next time you strike out at the company softball game or miss completely when trying to catch your son's or grandson's toss, remember that you're still way ahead of old Mike Grady.

As third baseman for the 1899 New York Yankees, Grady became a baseball legend by committing four errors on a single play. Things started going awry when Grady bobbled an easy ground ball, letting the runner reach first base. When he threw to first anyway, the ball went wild, permitting the runner to advance past second and head for third. At third base, Grady had yet another chance to put the runner out, but it was not to be. Grady missed the throw from first, allowing the runner to head for home plate. Finally getting hold of the ball, Grady fired it toward the catcher. But he missed his target entirely, sending the ball into the grandstand and permitting the runner to score.

**"It's never too late in life to have a genuine adventure."
—Robert Kurson**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 9:00 Coffee Chat 10:00 Sunday Morning Worship with Matt 11:30 Sunday Lunch 1:00 Board Games-- Resident's Choice 2:00 Afternoon Exercise 3:00 Coloring in the Activity Room 7:00 Personal Reflection Time	5 9:00 Morning Exercise 10:00 Monday Bible Study with Matt 11:30 Monday Lunch 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 Frisbee Flying Time 7:00 Personal Reflection Time	6 Resident Council 9:00 Wheel Chair Races (Try to beat Matt down the Hall) 10:00 Anthony Leonard Interactive Musical Performance 11:30 Tuesday Lunch 1:00 Uno 2:00 Resident Council Meeting 3:00 One on One with Residents 7:00 Personal Reflection Time	7 Monthly Birthday Party 9:00 Morning Exercise 10:00 Midweek Devotions with Matt 11:30 Wednesday Lunch 1:00 Scrabble with Jane 2:00 Monthly Birthday Party 3:00 Wednesday's Walking Group 7:00 Personal Reflection Time	8 9:00 Thursday Morning Trivia 10:00 Trip Out Thursday 11:30 Thursday Lunch 1:00 Jokes Corner 2:00 Live Chef Chat with Snacks 3:00 Horseshoes 7:00 Personal Reflection Time	9 9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:30 Friday Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	10 9:00 Coffee Chat 10:00 Saturday Morning Matinee 11:30 Saturday Lunch 1:00 Board Games-- Resident's Choice 2:00 Afternoon Exercise 3:00 Saturday White Board Games with Afternoon Snack 7:00 Personal Reflection Time
11 9:00 Coffee Chat 10:00 Sunday Matinee 11:30 Sunday Lunch 1:00 Board Games-- Resident's Choice 2:00 Sunday Afternoon Worship Service 3:00 Sunday Afternoon Exercises 7:00 Personal Reflection Time	12 9:00 Morning Exercise 10:00 Monday Bible Study with Matt 11:30 Monday Lunch 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 Rolling While We're Bowling 7:00 Personal Reflection Time	13 9:00 Wheel Chair Races (Try to beat Matt down the Hall) 10:00 Tuesday Sing Along 11:30 Tuesday Lunch 1:00 Uno 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	14 Town Hall 9:00 Morning Exercise 10:00 Catholic Service 11:30 Wednesday Lunch 1:00 Scrabble with Jane 2:30 Town Hall 3:00 Wednesday's Walking Group 7:00 Personal Reflection Time	15 9:00 Thursday Morning Trivia 10:00 Trip Out Thursday 11:30 Thursday Lunch 1:00 Jokes Corner 2:00 Resident Testimonials 3:00 Shooting Targets 7:00 Personal Reflection Time	16 9:00 Morning Exercise 10:00 Adam Melia Live Concert and Conversation 11:30 Friday Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	17 9:00 Coffee Chat 10:00 Saturday Morning Matinee 11:30 Saturday Lunch 1:00 Board Games-- Resident's Choice 2:00 Afternoon Exercise 3:00 Saturday White Board Games with Afternoon Snack 7:00 Personal Reflection Time
18 9:00 Coffee Chat 10:00 Sunday Matinee 11:30 Sunday Lunch 1:00 Board Games-- Resident's Choice 2:00 Sunday Afternoon Worship Service with Dale Taylor 3:00 Coloring in the Activity Room 7:00 Personal Reflection Time	19 9:00 Morning Exercise 10:00 Monday Bible Study with Matt 11:30 Monday Lunch 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 Water Balloon Tossing 7:00 Personal Reflection Time	20 9:00 Wheel Chair Races (Try to beat Matt down the Hall) 10:00 Anthony Leonard Interactive Musical Performance 11:30 Tuesday Lunch 1:00 Uno 2:00 Blindfold Tasting Competition 3:00 One on One with Residents 7:00 Personal Reflection Time	21 9:00 Morning Exercise 10:00 Midweek Devotions with Matt 11:30 Wednesday Lunch 1:00 Scrabble with Jane 2:00 Creativity and Crafts with Matt 3:00 Wednesday's Walking Group 7:00 Personal Reflection Time	22 9:00 Thursday Morning Trivia 10:00 Trip Out Thursday 11:30 Thursday Lunch 1:00 Jokes Corner 2:00 Vender's Surprise 3:00 Shooting Hoops 7:00 Personal Reflection Time	23 9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:30 Friday Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	24 9:00 Coffee Chat 10:00 Saturday Morning Matinee 11:30 Saturday Lunch 1:00 Board Games-- Resident's Choice 2:00 Afternoon Exercise 3:00 Saturday White Board Games with Afternoon Snack 7:00 Personal Reflection Time
25 9:00 Coffee Chat 10:00 Sunday Matinee 11:30 Sunday Lunch 1:00 Board Games-- Resident's Choice 2:00 Sunday Afternoon Worship Service with James Matthias 3:00 Sunday Afternoon Exercises 7:00 Personal Reflection Time	26 9:00 Morning Exercise 10:00 Monday Bible Study with Matt 11:30 Monday Lunch 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 CornHole 7:00 Personal Reflection Time	27 9:00 Wheel Chair Races (Try to beat Matt down the Hall) 10:00 Tuesday Sing Along 11:30 Tuesday Lunch 1:00 Uno 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	28 9:00 Morning Exercise 10:00 Catholic Service 11:30 Wednesday Lunch 1:00 Scrabble with Jane 2:00 Awesome Possumz (Animal Encounter) 3:00 Wednesday's Walking Group 7:00 Personal Reflection Time	29 9:00 Thursday Morning Trivia 10:00 Trip Out Thursday 11:30 Thursday Lunch 1:00 Jokes Corner 2:00 Staff/Resident Karaoke 3:00 Caribbean Scavenger Hunt 7:00 Personal Reflection Time	30 9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:30 Friday Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	31 9:00 Coffee Chat 10:00 Saturday Morning Matinee 11:30 Saturday Lunch 1:00 Board Games-- Resident's Choice 2:00 Afternoon Exercise 3:00 Saturday White Board Games with Afternoon Snack 7:00 Personal Reflection Time



Happy August Birthdays

K. Bawden--8/7
B. Bartlett--8/22
F. Corbett--8/24
N. Marechal--8/26



Adventures With a Beautiful Perspective

All August Long, The RESIDENTS Will Be Exploring The Caribbean Islands. From The FOOD, To The ACTIVITIES, To The DECORATIONS, Come Enjoy Our Trip To The Caribbean Islands!!

August Entertainment (Don't Miss Out)

1. August 6 and 20 @ 10 AM--Anthony Leonard spreads Joy through Music and Movement! His dancing performance is sure to get anyone's feet tapping, hands clapping, and some even dare to dance with this musical professional.
2. August 16 @ 10 AM--Adam Melia Sings our Residents' Favorite Songs while giving back-stories on how their Favorite Songs came about.
3. August 28 @ 2PM--Awesome Possumz will be providing our Residents Education through Encounters. They provide quality education programs with non-releasable opossums as well as a variety of reptiles and a very polite tarantula.

