


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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The Cambridge Cruise Line Continues to South America

SEPTEMBER 2024



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Executive Director

Cambridge Gardens Assisted Living
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Greetings, Cambridge Garden Gnomes! We have some fun, community events planned for September. September 8th kicks off the NFL season. We will be having a tailgate party to celebrate that Sunday. You may have noticed a new addition to the community in the foyer: Our feathered friend, Goose, is a green cheek conure who thinks visiting Cambridge Gardens is "Top Gun." Can you guess where she gets her name from? Stop by and say hello. She enjoys having visitors. Our Famileo Family Newsletter is up and running. See Joann at the front desk to request your family code and receive your personalized newsletter. Thank you for being a part of our community. Go Gnomes!



SEPTEMBER 2024

3 Things You Need To Know

Football season is underway, so make sure you're familiar with a few common terms you'll probably hear while watching a game:

- 1) *Fair catch*. A player in position to receive a punt signals for a fair catch by raising his arm above his head and waving it. Once a fair catch is signaled, the receiver cannot advance the ball, and the other team's players are not allowed to tackle him.
- 2) *Lateral*. A pass that goes sideways or backward is called a lateral. A team can lateral as many times as it likes on a play, and laterals can occur anywhere on the field.
- 3) *Shift*. The movement of two or more offensive players at the same time before the football is snapped is called a shift.

We Will Never Forget

Please join us in a moment of silence on Sept. 11, Patriot Day, as we honor the victims of 9/11.

"The journey between what you once were and who you are now becoming is where the dance of life really takes place."
—Barbara de Angelis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 Coffee Chat</p> <p>10:00 Sunday Morning Worship with Matt</p> <p>11:30 Sunday Lunch</p> <p>1:00 Sunday Matinee</p> <p>2:00 Walking Club</p> <p>3:00 Board Games-- Residents' Choice</p> <p>7:00 Personal Reflection Time</p>	<p>2</p> <p>Labor Day</p> <p>9:00 Morning Exercise</p> <p>10:00 Labor Day Movie Marathon Begins</p> <p>11:30 Monday Lunch (Labor Day Cookout)</p> <p>1:00 Bingo with Jane</p> <p>2:00 Labor Day Corn Hole</p> <p>3:00 Labor Day Sing-Along</p> <p>7:00 Personal Reflection Time</p>	<p>3</p> <p>Resident Council</p> <p>9:00 Outdoor Coffee Chat</p> <p>10:00 Anthony Leonard Interactive Musical Performance</p> <p>11:30 Tuesday Lunch</p> <p>1:00 Resident Council Meeting</p> <p>2:00 Tuesday Theatre Time</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>4</p> <p>Monthly Birthday Party</p> <p>9:00 Morning Exercise</p> <p>10:00 Midweek Devotions with Matt</p> <p>11:30 Wednesday Lunch</p> <p>1:00 Scrabble with Jane</p> <p>2:00 Monthly Birthday Party</p> <p>3:00 Fun Creativity, Craft, and Coloring</p> <p>7:00 Personal Reflection Time</p>	<p>5</p> <p>9:00 Outdoor Coffee Chat</p> <p>10:00 Trip Out Thursday</p> <p>11:30 Thursday Lunch</p> <p>1:00 Afternoon Exercise</p> <p>2:00 Mike Martin Concert</p> <p>3:00 Dominos</p> <p>7:00 Personal Reflection Time</p>	<p>6</p> <p>Cheese Pizza Day</p> <p>9:00 Morning Exercise</p> <p>10:00 Friday Devotions with Matt</p> <p>11:30 Friday Lunch</p> <p>1:00 Friday Trivia</p> <p>2:00 Happy Hour</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>7</p> <p>9:00 Coffee Chat</p> <p>10:00 Morning Exercise</p> <p>11:30 Saturday Lunch</p> <p>1:00 College Football Games and Snacks</p> <p>2:00 CornHole</p> <p>3:00 Board Games-- Residents' Choice</p> <p>7:00 Personal Reflection Time</p>
<p>8</p> <p>NFL Week One</p> <p>9:00 Coffee Chat</p> <p>10:00 Sunday Matinee</p> <p>11:30 Sunday Lunch (NFL Tailgating)</p> <p>1:00 NFL Game and Snacks</p> <p>2:00 Sunday Afternoon Worship Service</p> <p>3:00 Board Games-- Residents' Choice</p> <p>7:00 Personal Reflection Time</p>	<p>9</p> <p>9:00 Morning Exercise</p> <p>10:00 Monday Bible Study with Matt</p> <p>11:30 Monday Lunch</p> <p>1:00 Bingo with Jane</p> <p>2:00 Wild and Wonderful Activity Cart</p> <p>3:00 Soccer Ball Time</p> <p>7:00 Personal Reflection Time</p>	<p>10</p> <p>9:00 Outdoor Coffee Chat</p> <p>10:00 Tuesday Sing-Along</p> <p>11:30 Tuesday Lunch</p> <p>1:00 500</p> <p>2:00 Tuesday Theatre Time</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>11</p> <p>Patriot Day (Town Hall)</p> <p>9:00 Morning Exercise</p> <p>10:00 Catholic Service</p> <p>11:30 Wednesday Lunch</p> <p>1:00 Scrabble with Jane</p> <p>2:00 Town Hall</p> <p>3:00 Fun Creativity, Craft, and Coloring</p> <p>7:00 Personal Reflection Time</p>	<p>12</p> <p>9:00 Outdoor Coffee Chat</p> <p>10:00 Trip Out Thursday</p> <p>11:30 Thursday Lunch</p> <p>1:00 Afternoon Exercise</p> <p>2:00 Live Chef Chat with Snacks</p> <p>3:00 Poker</p> <p>7:00 Personal Reflection Time</p>	<p>13</p> <p>9:00 Morning Exercise</p> <p>10:00 Friday Devotions with Matt</p> <p>11:30 Friday Lunch</p> <p>1:00 Friday Trivia</p> <p>2:00 Happy Hour</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>14</p> <p>9:00 Coffee Chat</p> <p>10:00 Morning Exercise</p> <p>11:30 Saturday Lunch</p> <p>1:00 College Football Games and Snacks</p> <p>2:00 Ring Toss</p> <p>3:00 Board Games-- Residents' Choice</p> <p>7:00 Personal Reflection Time</p>
<p>15</p> <p>9:00 Coffee Chat</p> <p>10:00 Sunday Matinee</p> <p>11:30 Sunday Lunch</p> <p>1:00 NFL Game and Snacks</p> <p>2:00 Sunday Afternoon Worship Service with Dale Taylor</p> <p>3:00 Board Games-- Residents' Choice</p> <p>7:00 Personal Reflection Time</p>	<p>16</p> <p>9:00 Morning Exercise</p> <p>10:00 Monday Bible Study with Matt</p> <p>11:30 Monday Lunch</p> <p>1:00 Bingo with Jane</p> <p>2:00 Wild and Wonderful Activity Cart</p> <p>3:00 Baseball Practice</p> <p>7:00 Personal Reflection Time</p>	<p>17</p> <p>9:00 Outdoor Coffee Chat</p> <p>10:00 Anthony Leonard Interactive Musical Performance</p> <p>11:30 Tuesday Lunch</p> <p>1:00 Tuesday Surprise Treats</p> <p>2:00 Tuesday Theatre Time</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>18</p> <p>9:00 Morning Exercise</p> <p>10:00 Midweek Devotions with Matt</p> <p>11:30 Wednesday Lunch</p> <p>1:00 Scrabble with Jane</p> <p>2:00 Banana Split Party</p> <p>3:00 Fun Creativity, Craft, and Coloring</p> <p>7:00 Personal Reflection Time</p>	<p>19</p> <p>9:00 Outdoor Coffee Chat</p> <p>10:00 Trip Out Thursday</p> <p>11:30 Thursday Lunch</p> <p>1:00 Afternoon Exercise</p> <p>2:00 Mike Milstead Concert</p> <p>3:00 21 (Blackjack)</p> <p>7:00 Personal Reflection Time</p>	<p>20</p> <p>9:00 Morning Exercise</p> <p>10:00 Friday Devotions with Matt</p> <p>11:30 Friday Lunch</p> <p>1:00 Friday Trivia</p> <p>2:00 Happy Hour</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>21</p> <p>9:00 Coffee Chat</p> <p>10:00 Morning Exercise</p> <p>11:30 Saturday Lunch</p> <p>1:00 College Football Games and Snacks</p> <p>2:00 Horseshoes</p> <p>3:00 Board Games-- Residents' Choice</p> <p>7:00 Personal Reflection Time</p>
<p>22</p> <p>9:00 Coffee Chat</p> <p>10:00 Sunday Morning Worship with Matt</p> <p>11:30 Sunday Lunch</p> <p>1:00 NFL Game and Snacks</p> <p>2:00 Walking Club</p> <p>3:00 Board Games-- Residents' Choice</p> <p>7:00 Personal Reflection Time</p>	<p>23</p> <p>9:00 Morning Exercise</p> <p>10:00 Monday Bible Study with Matt</p> <p>11:30 Monday Lunch</p> <p>1:00 Bingo with Jane</p> <p>2:00 Wild and Wonderful Activity Cart</p> <p>3:00 Bombardment Game</p> <p>7:00 Personal Reflection Time</p>	<p>24</p> <p>9:00 Outdoor Coffee Chat</p> <p>10:00 Tuesday Sing-Along</p> <p>11:30 Tuesday Lunch</p> <p>1:00 500</p> <p>2:00 Tuesday Theatre Time</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>25</p> <p>Comic Book Day</p> <p>9:00 Morning Exercise</p> <p>10:00 Catholic Service</p> <p>11:30 Wednesday Lunch</p> <p>1:00 Scrabble with Jane</p> <p>2:00 Comic Book Character Parade</p> <p>3:00 Fun Creativity, Craft, and Coloring</p> <p>7:00 Personal Reflection Time</p>	<p>26</p> <p>9:00 Outdoor Coffee Chat</p> <p>10:00 Trip Out Thursday</p> <p>11:30 Thursday Lunch</p> <p>1:00 Afternoon Exercise</p> <p>2:00 Vendor's Surprise</p> <p>3:00 Frisbee Bowling</p> <p>7:00 Personal Reflection Time</p>	<p>27</p> <p>9:00 Morning Exercise</p> <p>10:00 Friday Devotions with Matt</p> <p>11:30 Friday Lunch</p> <p>1:00 Friday Trivia</p> <p>2:00 Happy Hour</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>28</p> <p>9:00 Coffee Chat</p> <p>10:00 Morning Exercise</p> <p>11:30 Saturday Lunch</p> <p>1:00 College Football Games and Snacks</p> <p>2:00 Shooting Targets</p> <p>3:00 Board Games-- Residents' Choice</p> <p>7:00 Personal Reflection Time</p>
<p>29</p> <p>9:00 Coffee Chat</p> <p>10:00 Sunday Matinee</p> <p>11:30 Sunday Lunch</p> <p>1:00 NFL Game and Snacks</p> <p>2:00 Sunday Afternoon Worship Service with James Matthias</p> <p>3:00 Board Games-- Residents' Choice</p> <p>7:00 Personal Reflection Time</p>	<p>30</p> <p>9:00 Morning Exercise</p> <p>10:00 Monday Bible Study with Matt</p> <p>11:30 Monday Lunch</p> <p>12:00 Wild and Wonderful Activity Cart</p> <p>1:00 Bingo with Jane</p> <p>3:00 Frisbee Flying Time</p> <p>7:00 Personal Reflection Time</p>					

Happy
Birthday
— TO YOU —

**L.Cary-9/1, J.French-9/1, M.Belt-9/9,
J.Skinner-9/11, W.Fulp-9/12,
D.Ring-9/17, D.Wernsman-9/18,
T.Siddiqui-9/30**



Football Is Back

SUNDAY, September 8, 2024, YOU are Invited to Come and ENJOY a Free Meal on us at 11:30AM, as Cambridge Gardens gets ready for the 2024 NFL Season. Come Decked Out Representing your Favorite Team to our NFL Kickoff Celebration. We will be Enjoying All of your Favorite Football Fixings Created by our very own Chef Ronald, and then Feel Free to stay and watch a game with your Loved Ones in Luxury!!



Cambridge Gardens Is So Special That Residents Like Britt King, Alex Shriner, Stan Piper, and Eloise Thompson Call This Place HOME.