


THE Cambridge Gardens *Lifestyle*



CAMBRIDGE
GARDENS
SENIOR LIVING AT EASE

Like Us!  

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

Christina Cidoni, LPN

Executive Director

Robin Stafford, LPN

Assisted Living Director

Nicole Parsons-Taylor

Dining Services Director

Amy Wilson

Maintenance Director

Matthew Phillips

Activities Director

OCTOBER 2023



Trunk or Treat

This year on October 31st from 6PM-8PM, Cambridge Gardens will be hosting a Trunk or Treat for everyone to enjoy!! Our Dining Service Director, Nicole, loves Halloween and loves having FUN, especially on Halloween. She is going to make sure that there is plenty of candy, decorated vehicles, people in costumes, and surprises lurking around every corner. So, come out and enjoy a safe and fun-filled evening with your Cambridge Gardens Family. This is an event you should be scared to miss. Happy Halloween, everyone!!



OCTOBER 2023

Wonders of the Night Sky

Take time to look up and appreciate the marvels of the night sky. That's the mission behind Astronomy Day on Oct. 9. The biannual event, celebrated each fall and spring, invites people to get into stargazing, whether it's from their backyard, an observatory or planetarium, or a virtual event that streams telescopic views.

Happy Halloween

Those cool October breezes will soon be blowing all kinds of apparitions our way. As Halloween approaches, be on the lookout for the little ghosts, goblins, witches and ghouls haunting our community. Have a safe and happy holiday!

A Dose of Fun

At a busy clinic, a nurse approached the doctor and said, "The Invisible Man is here, but he doesn't have an appointment." The doctor replied, "Sorry, I can't see him."

"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us."
—Samuel Smiles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>9:00 Morning Exercise 10:00 Sunday Morning Worship 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>2</p> <p>9:00 Morning Exercise 10:00 Jerry Mills Bible Study 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>3</p> <p>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 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>4</p> <p>Monthly Birthday Party 9:00 Morning Exercise 10:00 Midweek Service 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Monthly Birthday Party 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>5</p> <p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Thursday Testimonies 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>6</p> <p>9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Happy Hour 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>7</p> <p>9:00 Morning Exercise 10:00 Saturday Morning Worship 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	
<p>8</p> <p>9:00 Morning Exercise 10:00 Sunday Morning Trivia 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Sunday Afternoon Worship Service 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>9</p> <p>Columbus Day 9:00 Morning Exercise 10:00 Jerry Mills Bible Study 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>10</p> <p>9:00 Morning Exercise 10:00 Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>11</p> <p>Town Hall 9:00 Morning Exercise 10:00 Catholic Service 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>12</p> <p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Thursday Testimonies 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>13</p> <p>9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Happy Hour 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>14</p> <p>9:00 Morning Exercise 10:00 Saturday Morning Worship 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	
<p>15</p> <p>9:00 Morning Exercise 10:00 Sunday Morning Trivia 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Sunday Afternoon Worship Service 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>16</p> <p>9:00 Morning Exercise 10:00 Jerry Mills Bible Study 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>17</p> <p>9:00 Morning Exercise 10:00 Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>18</p> <p>9:00 Morning Exercise 10:00 Midweek Service 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>19</p> <p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Thursday Testimonies 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>20</p> <p>9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Happy Hour 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>21</p> <p>9:00 Morning Exercise 10:00 Saturday Morning Worship 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	
<p>22</p> <p>9:00 Morning Exercise 10:00 Sunday Morning Worship 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>23</p> <p>9:00 Morning Exercise 10:00 Jerry Mills Bible Study 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>24</p> <p>9:00 Morning Exercise 10:00 Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>25</p> <p>9:00 Morning Exercise 10:00 Catholic Service 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>26</p> <p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Thursday Testimonies 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>27</p> <p>9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Happy Hour 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>28</p> <p>9:00 Morning Exercise 10:00 Saturday Morning Worship 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	
<p>29</p> <p>9:00 Morning Exercise 10:00 Sunday Morning Trivia 11:00 Outdoor Time or Inside Stroll 1:00 Board Games 2:00 Sunday Afternoon Worship Service 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>30</p> <p>9:00 Morning Exercise 10:00 Jerry Mills Bible Study 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>31</p> <p>Halloween 9:00 Morning Exercise 10:00 Halloween Songs 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Halloween Movie 3:00 3 O'clock Fun Time 6:00 Trunk or Treat</p>					



What's the Best Halloween Costume?

Laugh Lines: Tickle Your Funny Bone

See if you find these riddles "humerus."

Q: How did the skeleton know it was going to rain?

A: He could feel it in his bones.

Q: Why does a skeleton always tell the truth?

A: He wants tibia honest.

Q: How do skeletons prefer to travel?

A: By scare-plane or skele-copter.

Q: What kind of entertainment do skeletons like best?

A: Binge-watching skele-vision shows.

Q: Do skeletons like to garden?

A: Yes, especially tending bone-zai trees.

Q: What type of artwork do skeletons admire?

A: Skull-ptures.

Q: Which historical figure was the skeleton reading about?

A: Napoleon Bone-aparte.

Q: Why couldn't the skeleton keep a job?

A: He was known for being a bonehead and a lazy bones.

Q: Why didn't the group of skeletons finish the construction job?

A: It was a skeleton crew.

Q: Why didn't the skeleton use email?

A: He preferred texting on his cell-bone.



What's Your Favorite Halloween Candy

Snickers

Kit Kat

Hershey Kisses

Whoppers

Twix

Smarties

Something Else...

