


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

Kendra Banks

Resident Care Coordinator

Teresa Steinbach

Marketing and Sales Director

Ronald Stevens

Dining Director

Tyrone Warren

Maintenance Director

Matthew Phillips

Activities Director

OCTOBER 2024



Joy McGee ALFA, LPN

Executive Director

Cambridge Gardens Assisted Living
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A Note From JOY

We have word that some very special house elves will be helping to bring the magical world of Harry Potter to Cambridge Gardens.

Our community will be transforming into Kings Cross Station, Diagon Alley, and Hogwarts all month long in celebration of Halloween.

Join us Saturday, the 26th, for a special screening of "Harry Potter and the Goblet of Fire" from 5:30pm-8pm. We will be making wands from Ollivander's Wand Shop.

October 31st will be our Halloween Party and Trunk or Treat. We hope to see you there for a butter beer! Witches welcome, Muggles tolerated, of course!



OCTOBER 2024

**Laugh Lines:
Silly Squirrels**

These squirrely jokes will drive you nuts!
 Q: Why are squirrels so good at explaining things?
 A: Because they give it to you in a nutshell.
 Q: What is a squirrel's favorite flower?
 A: Forget-me-nut.
 Q: What do you call a squirrel who solves mysteries?
 A: Squirrel-ock Holmes.
 Q: Why did the squirrel bury lottery tickets under a shrub?
 A: He was hedging his bets.
 Q: What did the squirrel order on top of her latte?
 A: Extra nutmeg.
 Did you hear about the squirrel who worked at a bank? He was the branch manager.
 Beware of talking to the squirrel. He will probably tell you acorn-y joke.
 Look at that squirrel—he can't decide whether to jump to the ground or to the tree. He's on the fence.

'Tackle' Is One

How many words can you come up with using the letters in "cozy blanket"?

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!" —Humbert Wolfe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Resident Council 1 9:00 Tuesday Trivia 10:00 Anthony Leonard Interactive Musical Performance 11:30 Lunch 1:00 Resident Council Meeting 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	Monthly Birthday Party 2 9:00 Morning Exercise 10:00 Midweek Devotions with Matt 11:30 Lunch 1:00 Scrabble with Jane 2:00 Monthly Birthday Party 3:00 Wednesday's Walking Group 7:00 Personal Reflection Time	3 9:00 Halloween Marathon 10:00 Trip Out Thursday 11:30 Lunch 1:00 Parcheesi 2:00 Mike Martin Concert 3:00 One on One with Residents 7:00 Personal Reflection Time	4 9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 Singing Halloween Songs 7:00 Personal Reflection Time	5 9:00 Coffee Chat 10:00 Saturday Morning Matinee 11:30 Lunch 1:00 College Football Games and Snacks 2:00 Afternoon Exercise 3:00 Coloring in the Activity Room 7:00 Personal Reflection Time
6 9:00 Good Morning Discussions 10:00 Sunday Morning Worship with Matt 11:30 Lunch 1:00 NFL Game and Snacks 2:00 Sunday Matinee 3:00 Corn Hole 7:00 Personal Reflection Time	7 9:00 Morning Exercise 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 October Trivia 7:00 Personal Reflection Time	8 9:00 Frisbee Toss 10:00 Special Shopping Trip to Purchase Halloween Candy 11:30 Lunch 1:00 500 2:00 Tuesday Testimonials 3:00 One on One with Residents 7:00 Personal Reflection Time	9 9:00 Morning Exercise 10:00 Catholic Service 11:30 Lunch 1:00 Scrabble with Jane 2:00 Town Hall 3:00 Wednesday's Walking Group 7:00 Personal Reflection Time	10 9:00 Halloween Marathon 10:00 Trip Out Thursday 11:30 Lunch 1:00 Monopoly 2:00 Live Chef Chat with Snacks 3:00 One on One with Residents 7:00 Personal Reflection Time	11 9:00 Morning Exercise 10:00 Friday Devotions with Pernel 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 Singing Halloween Songs 7:00 Personal Reflection Time	12 9:00 Do Something Kind for Someone Else 10:00 Saturday Morning Matinee 11:30 Lunch 1:00 College Football Games and Snacks 2:00 Afternoon Exercise 3:00 White Board Games 7:00 Personal Reflection Time
13 9:00 Coloring in the Activity Room 10:00 Sunday Matinee 11:30 Lunch 1:00 NFL Game and Snacks 2:00 Sunday Afternoon Worship Service 3:00 Dominos 7:00 Personal Reflection Time	14 9:00 Coffee Time with Matt 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 Afternoon Exercise 7:00 Personal Reflection Time	15 9:00 Wii Sports 10:00 Anthony Leonard Interactive Musical Performance 11:30 Lunch 1:00 Poker 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	16 9:00 Morning Exercise 10:00 Midweek Devotions with Matt 11:30 Lunch 1:00 Scrabble with Jane 2:00 Doughnuts and Coffee Time 3:00 Wednesday's Walking Group 7:00 Personal Reflection Time	17 9:00 Halloween Marathon 10:00 Trip Out Thursday 11:30 Lunch 1:00 Chess or Checkers 2:00 Workers Testimonies of Residents 3:00 One on One with Residents 7:00 Personal Reflection Time	18 9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 Singing Halloween Songs 7:00 Personal Reflection Time	19 9:00 Working Puzzles 10:00 Saturday Morning Matinee 11:30 Lunch 1:00 College Football Games and Snacks 2:00 Afternoon Exercise 3:00 Corn Hole 7:00 Personal Reflection Time
20 9:00 Do Something Kind for Someone Else 10:00 Sunday Matinee 11:30 Lunch 1:00 NFL Game and Snacks 2:00 Sunday Afternoon Worship Service with Dale Taylor 3:00 Horseshoes 7:00 Personal Reflection Time	21 9:00 Morning Exercise 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 Wheelchair Races (Try to beat Matt down the Hall) 7:00 Personal Reflection Time	22 9:00 Batting Practice 10:00 Special Shopping Trip to Purchase Halloween Candy 11:30 Lunch 1:00 Uno 2:00 Crafts with Matt 3:00 One on One with Residents 7:00 Personal Reflection Time	23 9:00 Morning Exercise 10:00 Catholic Service 11:30 Lunch 1:00 Scrabble with Jane 2:00 Cobwebs and Cookies 3:00 Wednesday's Walking Group 7:00 Personal Reflection Time	24 9:00 Halloween Marathon 10:00 Trip Out Thursday 11:30 Lunch 1:00 Connect 4 2:00 Vendor's Surprise 3:00 One on One with Residents 7:00 Personal Reflection Time	25 9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 Singing Halloween Songs 7:00 Personal Reflection Time	26 9:00 Good Morning Discussions 10:00 Saturday Morning Matinee 11:30 Lunch 1:00 College Football Games and Snacks 2:00 Afternoon Exercise 3:00 Alphabet Ball Toss Game 5:30 Harry Potter and the Goblet of Fire
27 9:00 Working Puzzles 10:00 Sunday Matinee 11:30 Lunch 1:00 NFL Game and Snacks 2:00 Sunday Afternoon Worship Service with James Matthias 3:00 Shooting Targets 7:00 Personal Reflection Time	28 9:00 Coffee Time with Matt 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 Afternoon Exercise 7:00 Personal Reflection Time	29 9:00 Bowling 10:00 Tuesday Sing Along 11:30 Lunch 1:00 Hayride 2:00 Pumpkin Patch Picking 3:00 One on One with Residents 7:00 Personal Reflection Time	30 9:00 Morning Exercise 10:00 Midweek Service 11:30 Lunch 1:00 Scrabble with Jane 2:00 Awesome Possumz (Animal Encounter) 3:00 Wednesday's Walking Group 7:00 Personal Reflection Time	31 Happy Halloween 9:00 Halloween Marathon 10:00 Trip Out Thursday 11:30 Lunch 1:00 Cribbage 2:00 Costume Contest 3:00 Costume Parade 6:00 Halloween Party		



Do you ever wonder where you might belong?
If you're Daring and Courageous, you'll enter the way of Gryffindor
If you're Cunning and Ambitious, you'll slither Slythrin's way
If you're Wise beyond your years, you'll soar to be in class with Ravenclaw
If you're Loyal and Hardworking, you'll go the way of Hufflepuff
Regardless where you think you fit in, at Cambridge Gardens ...
The Care Staff Are Tops for All of our Gnomes.
The Activities here will Enrich Your Life.
The Food Enjoyed here will Satisfy your Tastebuds.
And at the End of the Day, you will Know that You Are Home.



October's Theme is Harry Potter
C'mon in and Have a Magical Time!!



**Stanley Hays
10/5, Alex
Shriner 10/9,
Vicki Morales
10/16, George
Wright 10/28**

HAPPY OCTOBER BIRTHDAYS



The Cambridge Gardens Halloween Staff Party

October 31, 6-8PM

**DJ Anthony Leonard will be
back in our 2nd Annual
Halloween Party. He will be
Playing our Favorite Halloween
Favorites.**

**Plus, There will be Plenty of
Candy for All the Kids.
Come Out and ENJOY!!**

