

# 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

## NOVEMBER 2023



## November 7th and 30th 2023:

On November 7th, 2023, Anthony Leonard will be here to Perform his Musical Interactive Show. He is the showstopper and the main event. Everyone comes in, kicks their feet, claps their hands, and has a great time. Guests' appearances from Christina, Robin, Matt, and Multiple CNAs come in and Dance and Sing along with Anthony and the Residents. You Don't want to miss out!!

On November 30th, 2023, Adam Melia will be here to Perform his Musical performance. He has mastered the Residents' favorites from Elvis, Buddy Holly, Johnny Cash, Bing Crosby, and so much more. Adam also does a good job revealing behind the scenes secrets of some of the Residents' favorite performers from years gone by. Always a wonderful Concert. Adam even takes the Residents' Requests. You don't want to miss either one of these Great Shows.



HELLO  
November

**NOVEMBER 2023**

**Brain Bender: Words of a Feather**

Use your ol' noodle to solve these Thanksgiving-themed analogies!  
Example: Thanksgiving is to November as Valentine's Day is to: February.

- Turkey is to bird as cranberry is to \_\_\_\_\_.
- Corn is to field as pumpkin is to \_\_\_\_\_.
- Mash is to potatoes as \_\_\_\_\_ is to turkey.
- Thanksgiving is to Thursday as Mother's Day is to \_\_\_\_\_.
- Drumstick is to turkey leg as spud is to \_\_\_\_\_.
- Stuffing is to side dish as pumpkin pie is to \_\_\_\_\_.
- Turkey is to platter as \_\_\_\_\_ is to boat.
- Green bean is to casserole as \_\_\_\_\_ is to sauce.
- Massasoit is to Wampanoag as William Bradford is to \_\_\_\_\_.
- Black is to Friday as \_\_\_\_\_ is to Monday.  
(Answers: 1. fruit; 2. patch; 3. carve; 4. Sunday; 5. potato; 6. dessert; 7. gravy; 8. cranberry; 9. Pilgrims; 10. Cyber)

**"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."**  
—Charlotte Rae

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Daylight Saving Time Ends</b> 5</p> <p>9:00 Morning Exercise 10:00 <b>Sunday Morning Worship with Matt</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	 <p>9:00 Morning Exercise 10:00 <b>Jerry Mills Bible Study</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Bingo with Jane</b> 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	 <p><b>Resident Council</b> 7</p> <p>9:00 Morning Exercise 10:00 <b>Anthony Leonard Interactive Musical Performance</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Texas Hold'EM</b> 2:00 <b>Resident Council</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p><b>Monthly Birthday Party</b> 1</p> <p>9:00 <b>Midweek Service</b> 10:00 <b>Foresight Fitness Interactive Exercise Group</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Scrabble with Jane</b> 2:00 <b>Monthly Birthday Party</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>2</p> <p>9:00 Morning Exercise 10:00 <b>Trip Out Thursday</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Creativity and Crafts with Joann</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>3</p> <p>9:00 Morning Exercise 10:00 <b>Friday Devotions with Chaplain Jones</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Happy Hour</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>4</p> <p>9:00 Morning Exercise 10:00 <b>Saturday Morning Matinee</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Saturday Bowling or Cornhole</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>
<p>12</p> <p>9:00 Morning Exercise 10:00 <b>Sunday Morning Trivia</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Sunday Afternoon Worship Service with Jerry Mills</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>13</p> <p>9:00 Morning Exercise 10:00 <b>Jerry Mills Bible Study</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Bingo with Jane</b> 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>14</p> <p>9:00 Morning Exercise 10:00 <b>Hymn Sing</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>500</b> 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>15</p> <p>9:00 <b>Midweek Service</b> 10:00 <b>Foresight Fitness Interactive Exercise Group</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Scrabble with Jane</b> 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>16</p> <p>9:00 Morning Exercise 10:00 <b>Trip Out Thursday</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Creativity and Crafts with Joann</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>17</p> <p>9:00 Morning Exercise 10:00 <b>Friday Devotions with Chaplain Jones</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Happy Hour</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>18</p> <p>9:00 Morning Exercise 10:00 <b>Saturday Morning Matinee</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Saturday Bowling or Cornhole</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>
<p>19</p> <p>9:00 Morning Exercise 10:00 <b>Sunday Morning Trivia</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Sunday Afternoon Worship Service with Dale Taylor</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>20</p> <p>9:00 Morning Exercise 10:00 <b>Jerry Mills Bible Study</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Bingo with Jane</b> 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>21</p> <p>9:00 Morning Exercise 10:00 <b>Hymn Sing</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>500</b> 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 <b>Catholic Service</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Scrabble with Jane</b> 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p><b>Thanksgiving</b> 23</p> <p>9:00 Morning Exercise 10:00 <b>Macy's Thanksgiving Day Parade</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 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 <b>Friday Devotions with Matt</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Happy Hour</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>25</p> <p>9:00 Morning Exercise 10:00 <b>Saturday Morning Matinee</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Saturday Bowling or Cornhole</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>
<p>26</p> <p>9:00 Morning Exercise 10:00 <b>Sunday Morning Trivia</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Sunday Afternoon Worship Service with James Matthias</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p><b>Cyber Monday</b> 27</p> <p>9:00 Morning Exercise 10:00 <b>Jerry Mills Bible Study</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Bingo with Jane</b> 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>28</p> <p>9:00 Morning Exercise 10:00 <b>Hymn Sing</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>500</b> 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 <b>Midweek Service</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Scrabble with Jane</b> 2:00 Afternoon Matinee 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>30</p> <p>9:00 Morning Exercise 10:00 <b>Trip Out Thursday</b> 11:00 Outdoor Time or Inside Stroll 1:00 <b>Board Games-- Resident's Choice</b> 2:00 <b>Adam Melia Live Concert and Conversation</b> 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	 <p><b>HAPPY VETERANS DAY</b> HONORING ALL WHO SERVED</p>	



## Thank You Veterans for Our Freedom:

Ken, Mike, Hamilton, Richard, Dot, Bob, and Stan!!



## Happy November Birthdays:

J. Vasquez and R. Wells



## Favorite Thanksgiving Dishes Here at Cambridge Gardens:

- 100 Percent of the Residents--  
PIE
- 90 Percent of the Residents--  
Mashed Potatoes
- 80 Percent of the Residents--  
Stuffing
- 75 Percent of the Residents--  
Turkey
- 50 Percent of the Residents--  
Sweet Potato Casserole
- 25 Percent of the Residents--  
Green Bean Casserole
- 10 Percent of the Residents--  
Cranberry Sauce
- 5 Percent of the Residents--  
Mac and Cheese
- 1 Percent of the Residents--  
Didn't have a Favorite

