


# 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

## Ronald Stevens

Dining Director

## Tyrone Warren

Maintenance Director

## Matthew Phillips

Activities Director

## NOVEMBER 2024



**Joy McGee ALFA, LPN**

*Executive Director*

**Cambridge Gardens Assisted Living**  
9300 Onyx Ct. Fredericksburg, Va. 22407  
Cell: (540) 645-7310  
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Gratitude unlocks the fullness of life —  
Melody Beattie

Greetings Gnomes,

We have so much to be grateful for as we enter the holiday season. I know the staff at Cambridge Gardens is very thankful for the residents and families we serve each day.

If you would like to join your loved one for a holiday meal this Thanksgiving, please register with our concierge, Joann, to reserve your spot at [cgconcierge@tarantinoseniorliving.com](mailto:cgconcierge@tarantinoseniorliving.com). We will also be having a celebration of a dessert that is as American as ... pie. Join us for a "pie walk," a "throw a pie at your favorite director" and "pie eating contest" on November 26. I know Matt, our activities director, and reigning pie eating champion, will be looking forward to some big competition this year. Please let us know if you would like to participate or donate a pie/dessert. I look forward to seeing you all in the community this November! Cheers!



**NOVEMBER 2024**


**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)

**"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."  
—Eleanor Roosevelt**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>FALL BACK</b> SET YOUR CLOCKS BACK AN HOUR</p>	 <p><i>Thank You</i> *** FOR YOUR *** <b>SERVICE</b></p>	 <p><b>THANKSGIVING</b></p>			<p>9:00  Morning Exercise 10:00  Friday Devotions with Matt 11:30  Lunch 1:00  500 2:00  Happy Hour 3:00  One on One with Residents 7:00  Personal Reflection Time</p>	<p>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  Sing Along--Thankfulness 7:00  Personal Reflection Time</p>
<p><b>Daylight Saving Time Ends</b> 3</p> <p>9:00  Good Morning Discussions 10:00  Sunday Morning Worship with Matt 11:30  Lunch 1:00  NFL Game and Snacks 2:00  Afternoon Exercise 3:00  Sing Along--Thankfulness 7:00  Personal Reflection Time</p>	<p>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  One on One with Residents 7:00  Personal Reflection Time</p>	<p><b>Resident Council</b> 5</p> <p>9:00  News Current and Historic 10:00  Anthony Leonard Interactive Musical Performance 11:30  Lunch 1:00  Resident Council Meeting 2:00  Tuesday Theatre Time 3:00  Tuesday Trivia 7:00  Personal Reflection Time</p>	<p><b>Monthly Birthday Party</b> 6</p> <p>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  One on One with Residents 7:00  Personal Reflection Time</p>	<p>9:00  Thanksgiving Movie Marathon 10:00  Trip Out Thursday 11:30  Lunch 1:00  CornHole 2:00  Staff/Resident Karaoke 3:00  Thursday Walking Club 7:00  Personal Reflection Time</p>	<p>9:00  Morning Exercise 10:00  Friday Devotions with Matt 11:30  Lunch 1:00  500 2:00  Happy Hour 3:00  One on One with Residents 7:00  Personal Reflection Time</p>	<p>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  Sing Along--Thankfulness 7:00  Personal Reflection Time</p>
<p>9:00  Good Morning Discussions 10:00  November Creativity Time 11:30  Lunch 1:00  NFL Game and Snacks 2:00  Sunday Afternoon Worship Service 3:00  Sing Along--Thankfulness 7:00  Personal Reflection Time</p>	<p><b>Veterans Day</b> 11</p> <p>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  One on One with Residents 7:00  Personal Reflection Time</p>	<p>9:00  News Current and Historic 10:00  Mike Milstead Concert 11:30  Lunch 1:00  500 2:00  Tuesday Theatre Time 3:00  Tuesday Trivia 7:00  Personal Reflection Time</p>	<p><b>Town Hall</b> 13</p> <p>9:00  Morning Exercise 10:00  Catholic Service 11:30  Lunch 1:00  Scrabble with Jane 2:00  Town Hall 3:00  One on One with Residents 7:00  Personal Reflection Time</p>	<p>9:00  Thanksgiving Movie Marathon 10:00  Trip Out Thursday 11:30  Lunch 1:00  Throwing Frisbees 2:00  Live Chef Chat with Snacks 3:00  Thursday Walking Club 7:00  Personal Reflection Time</p>	<p>9:00  Morning Exercise 10:00  Friday Devotions with Matt 11:30  Lunch 1:00  500 2:00  Happy Hour 3:00  One on One with Residents 7:00  Personal Reflection Time</p>	<p>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  Sing Along--Thankfulness 7:00  Personal Reflection Time</p>
<p>9:00  Good Morning Discussions 10:00  November Creativity Time 11:30  Lunch 1:00  NFL Game and Snacks 2:00  Sunday Afternoon Worship Service with Dale Taylor 3:00  Sing Along--Thankfulness 7:00  Personal Reflection Time</p>	<p>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  One on One with Residents 7:00  Personal Reflection Time</p>	<p>9:00  News Current and Historic 10:00  Anthony Leonard Interactive Musical Performance 11:30  Lunch 1:00  Tuesday Testimonials 2:00  Tuesday Theatre Time 3:00  Tuesday Trivia 7:00  Personal Reflection Time</p>	<p>9:00  Morning Exercise 10:00  Midweek Devotions with Matt 11:30  Lunch 1:00  Scrabble with Jane 2:00  Chili Cook-Off 3:00  One on One with Residents 7:00  Personal Reflection Time</p>	<p>9:00  Thanksgiving Movie Marathon 10:00  Trip Out Thursday 11:30  Lunch 1:00  CornHole 2:00  Vendor's Surprise 3:00  Thursday Walking Club 7:00  Personal Reflection Time</p>	<p>9:00  Morning Exercise 10:00  Friday Devotions with Matt 11:30  Lunch 1:00  500 2:00  Happy Hour 3:00  One on One with Residents 7:00  Personal Reflection Time</p>	<p>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  Sing Along--Thankfulness 7:00  Personal Reflection Time</p>
<p>9:00  Good Morning Discussions 10:00  November Creativity Time 11:30  Lunch 1:00  NFL Game and Snacks 2:00  Sunday Afternoon Worship Service with James Matthias 3:00  Sing Along--Thankfulness 7:00  Personal Reflection Time</p>	<p>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  One on One with Residents 7:00  Personal Reflection Time</p>	<p>9:00  News Current and Historic 10:00  Tuesday Sing Along 11:30  Lunch 1:00  500 2:00  Pumpkin Pie Eating Contest 3:00  Tuesday Trivia 7:00  Personal Reflection Time</p>	<p>9:00  Morning Exercise 10:00  Catholic Service 11:30  Lunch 1:00  Scrabble with Jane 2:00  Apple Delight 3:00  One on One with Residents 7:00  Personal Reflection Time</p>	<p><b>Thanksgiving</b> 28</p> <p>9:00  Macy's Thanksgiving Day Parade 10:00  Thanksgiving Family Time 11:30  Thanksgiving Dinner 1:00  NFL Game and Snacks 2:00  One on One with Residents 4:30  NFL Game and Snacks 7:00  Personal Reflection Time</p>	<p>9:00  Morning Exercise 10:00  Friday Devotions with Matt 11:30  Lunch 1:00  Black Friday Online Shopping 2:00  Happy Hour 3:00  One on One with Residents 7:00  Personal Reflection Time</p>	<p>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  Sing Along--Thankfulness 7:00  Personal Reflection Time</p>

Happy Birthday  
— TO YOU —

**Ruth Wells 11/2; Robert Schubert 11/4;  
Eloise Thompson 11/4; Mary North  
11/22; Janice Vasquez 11/22; Dennis  
Proffitt 11/23**

**Thank You for Your Service and  
Welcome Home: Ken Bawden, Michael  
Belt, Hamilton Carmouche, Stan Piper,  
Dennis Proffitt, Dot Ring, And Bob  
Wernsman**



This November, we will be having a little contest: From November 1st till the day before Thanksgiving, we will be looking for Tyrone and Renee. When you see either one of them, all you have to do is say, Thank You. This Contest will continue until Wednesday, November 27th. The winner of this contest will receive a special Thanksgiving Gift for Thanksgiving Day.

