


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

Destine' Windbush

Sales and Marketing Director

Renee Towles, RMA

Assisted Living Director

Ronald Stevens

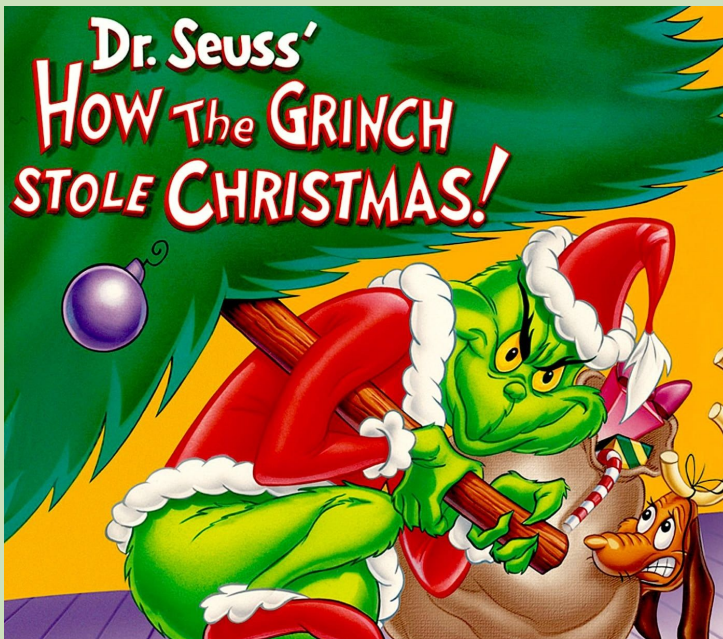
Dining Director

Tyrone Warren

Maintenance Director

Matthew Phillips

Activities Director



DECEMBER 2024



Joy McGee ALFA, LPN

Executive Director

Cambridge Gardens Assisted Living
9300 Onyx Ct. Fredericksburg, Va. 22407
Cell: (540) 645-7310
Office: (540) 891-5540 Ext. 120
Fax: (540) 479-4247

"Maybe Christmas (*he thought*) doesn't come from a store. Maybe Christmas perhaps means a little bit more." —**The Grinch**

Welcome to Who-Ville! Cambridge Gardens will be transforming into a winter wonderland in December. Rumor has it that a holiday elf may be causing some mischief at Cambridge Gardens this month with the help of our resident Gnomes. See if you can spot him in our community all month long. Sign up at the front desk with Joann if you would like to participate in a Secret Santa gift exchange with another resident. Our Community has also partnered as a toy drop off for "Gifts From Angels" to collect toys for children who are in the hospital over the Holidays.



DECEMBER 2024

Wit & Wisdom

"The worst gift is a fruitcake. There is only one fruitcake in the entire world, and people keep sending it to each other."

—Johnny Carson

"The easiest way to make a fruitcake is to buy a darkish cake, then pound some old, hard fruit into it with a mallet. Be sure to wear safety glasses."

—Dave Barry

"Reality is like a fruitcake; pretty enough to look at but with all sorts of nasty things lurking just beneath the surface."

—A. Lee Martinez

"For months they have lain in wait, dim shapes lurking in the forgotten corners of houses and factories all over the country, and now they are upon us, their massive bodies bulging with strange green protuberances, attacking us in our homes, at our friends' homes, at our offices. There is no escape! It is the hour of the fruitcake."

—Deborah Papier

"The more positivity, love and light you reflect, the more light is mirrored your way."

—Suzy Kassem

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 Good Morning Discussions</p> <p>10:00 Sunday Morning Worship with Matt</p> <p>11:30 Lunch</p> <p>1:00 NFL Game and Snacks</p> <p>2:00 Coloring in the Activity Room</p> <p>3:00 Afternoon Exercise</p> <p>7:00 Personal Reflection Time</p>	<p>2</p> <p>9:00 Morning Exercise</p> <p>10:00 Monday Bible Study with Matt</p> <p>11:30 Lunch</p> <p>1:00 Bingo with Jane</p> <p>2:00 Wild and Wonderful Activity Cart</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>3</p> <p>Resident Council</p> <p>9:00 News Current and Historic</p> <p>10:00 Anthony Leonard Interactive Musical Performance</p> <p>11:30 Lunch</p> <p>1:00 Resident Council Meeting</p> <p>2:00 Tuesday Theatre Time</p> <p>3:00 Tuesday Frisbee Toss</p> <p>7:00 Personal Reflection Time</p>	<p>4</p> <p>Monthly Birthday Party</p> <p>9:00 Coffee Time with Matt</p> <p>10:00 Midweek Devotions with Matt</p> <p>11:30 Lunch</p> <p>1:00 Scrabble with Jane</p> <p>2:00 Monthly Birthday Party</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>5</p> <p>9:00 Christmas Movie Marathon</p> <p>10:00 Trip Out Thursday</p> <p>11:30 Lunch</p> <p>1:00 Chess or Checkers</p> <p>2:00 Thursday Coloring Time</p> <p>3:00 Thursday Walking Club</p> <p>7:00 Personal Reflection Time</p>	<p>6</p> <p>9:00 Morning Exercise</p> <p>10:00 Friday Devotions with Matt</p> <p>11:30 Lunch</p> <p>1:00 500</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 Good Morning Discussions</p> <p>10:00 Saturday Morning Matinee</p> <p>11:30 Lunch</p> <p>1:00 College Football Games and Snacks</p> <p>2:00 Coloring in the Activity Room</p> <p>3:00 Afternoon Exercise</p> <p>7:00 Personal Reflection Time</p>
<p>8</p> <p>9:00 Good Morning Discussions</p> <p>10:00 December Creativity Time</p> <p>11:30 Lunch</p> <p>1:00 NFL Game and Snacks</p> <p>2:00 Sunday Afternoon Worship Service</p> <p>3:00 Afternoon Exercise</p> <p>7:00 Personal Reflection Time</p>	<p>9</p> <p>9:00 Coffee Time with Matt</p> <p>10:00 Monday Bible Study with Matt</p> <p>11:30 Lunch</p> <p>1:00 Bingo with Jane</p> <p>2:00 Wild and Wonderful Activity Cart</p> <p>3:00 Snowball Fight</p> <p>7:00 Personal Reflection Time</p>	<p>10</p> <p>9:00 News Current and Historic</p> <p>10:00 Tuesday Dance and Sing</p> <p>11:30 Lunch</p> <p>1:00 500</p> <p>2:00 Tuesday Trivia</p> <p>3:00 Tuesday Creativity and Crafts</p> <p>7:00 Personal Reflection Time</p>	<p>11</p> <p>Town Hall</p> <p>9:00 Morning Exercise</p> <p>10:00 Catholic Service</p> <p>11:30 Lunch</p> <p>1:00 Scrabble with Jane</p> <p>2:00 Town Hall</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>12</p> <p>9:00 Christmas Movie Marathon</p> <p>10:00 Trip Out Thursday</p> <p>11:30 Lunch</p> <p>1:00 Monopoly</p> <p>2:00 Live Chef Chat with Snacks</p> <p>3:00 Walking Club</p> <p>7:00 Personal Reflection Time</p>	<p>13</p> <p>9:00 Coffee Time with Matt</p> <p>10:00 Friday Devotions with Matt</p> <p>11:30 Lunch</p> <p>1:00 500</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>Wear Jingle Bells</p> <p>9:00 Good Morning Discussions</p> <p>10:00 Saturday Morning Matinee</p> <p>11:30 Lunch</p> <p>1:00 College Football Games and Snacks</p> <p>2:00 Coloring in the Activity Room</p> <p>3:00 Afternoon Exercise</p> <p>7:00 Personal Reflection Time</p>
<p>15</p> <p>Wear Christmas Scarfs or Neckware</p> <p>9:00 Good Morning Discussions</p> <p>10:00 December Creativity Time</p> <p>11:30 Lunch</p> <p>1:00 NFL Game and Snacks</p> <p>2:00 Sunday Afternoon Worship Service with Dale Taylor</p> <p>3:00 Afternoon Exercise</p> <p>7:00 Personal Reflection Time</p>	<p>16</p> <p>Wear Green</p> <p>9:00 Morning Exercise</p> <p>10:00 Monday Bible Study with Matt</p> <p>11:30 Lunch</p> <p>1:00 Bingo with Jane</p> <p>2:00 Wild and Wonderful Activity Cart</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>17</p> <p>Wear Red</p> <p>9:00 News Current and Historic</p> <p>10:00 Anthony Leonard Interactive Musical Performance</p> <p>11:30 Lunch</p> <p>1:00 Tuesday Testimonials</p> <p>2:00 Tuesday Theatre Time</p> <p>3:00 Bowling with Snowballs</p> <p>7:00 Personal Reflection Time</p>	<p>18</p> <p>White Christmas</p> <p>9:00 Coffee Time with Matt</p> <p>10:00 Midweek Devotions with Matt</p> <p>11:30 Lunch</p> <p>1:00 Scrabble with Jane</p> <p>2:00 Afternoon Exercise</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>19</p> <p>Blue Christmas</p> <p>9:00 Christmas Movie Marathon</p> <p>10:00 Trip Out Thursday</p> <p>11:30 Lunch</p> <p>1:00 Cribbage</p> <p>2:00 Vendor's Surprise</p> <p>3:00 Walking Club</p> <p>7:00 Personal Reflection Time</p>	<p>20</p> <p>Christmas Pajamas</p> <p>9:00 Morning Exercise</p> <p>10:00 Adam Melia Live Concert and Conversation</p> <p>11:30 Lunch</p> <p>1:00 500</p> <p>2:00 Happy Hour</p> <p>3:00 One on One with Residents</p> <p>7:00 Christmas Play</p>	<p>21</p> <p>Winter Solstice (Christmas Socks)</p> <p>9:00 Good Morning Discussions</p> <p>10:00 Saturday Morning Matinee</p> <p>11:30 Lunch</p> <p>1:00 College Football Games and Snacks</p> <p>2:00 Coloring in the Activity Room</p> <p>3:00 Afternoon Exercise</p> <p>7:00 Personal Reflection Time</p>
<p>22</p> <p>Favorite Christmas Hat</p> <p>9:00 Good Morning Discussions</p> <p>10:00 Sunday Morning Worship with Matt</p> <p>11:30 Lunch</p> <p>1:00 NFL Game and Snacks</p> <p>2:00 Coloring in the Activity Room</p> <p>3:00 Afternoon Exercise</p> <p>7:00 Personal Reflection Time</p>	<p>23</p> <p>Wear Your Favorite Christmas Outfit</p> <p>9:00 Coffee Time with Matt</p> <p>10:00 Monday Bible Study with Matt</p> <p>11:30 Lunch</p> <p>1:00 Bingo with Jane</p> <p>2:00 Wild and Wonderful Activity Cart</p> <p>3:00 Christmas Party</p> <p>7:00 Personal Reflection Time</p>	<p>24</p> <p>Ugly Sweater Day</p> <p>9:00 News Current and Historic</p> <p>10:00 Singing Christmas Carols</p> <p>11:30 Lunch</p> <p>1:00 500</p> <p>2:00 Christmas Trivia</p> <p>3:00 Ugly Sweater Parade and Contest</p> <p>7:00 Personal Reflection Time</p>	<p>25</p> <p>Christmas Day (Wear Red and Green)</p> <p>8:00 Christmas Breakfast</p> <p>9:00 Christmas Caroling</p> <p>10:00 Opening Gifts from Under the Tree</p> <p>11:30 Christmas Dinner</p> <p>1:00 Christmas Movies</p> <p>2:00 Christmas Reminiscing</p> <p>3:00 Christmas Time with Families</p> <p>7:00 Personal Reflection Time</p>	<p>26</p> <p>9:00 New Year's Movie Marathon</p> <p>10:00 Trip Out Thursday</p> <p>11:30 Lunch</p> <p>1:00 Poker</p> <p>2:00 Sing Along</p> <p>3:00 Walking Club</p> <p>7:00 Personal Reflection Time</p>	<p>27</p> <p>9:00 Coffee Time with Matt</p> <p>10:00 Friday Devotions with Matt</p> <p>11:30 Lunch</p> <p>1:00 500</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 Good Morning Discussions</p> <p>10:00 Saturday Morning Matinee</p> <p>11:30 Lunch</p> <p>1:00 College Football Games and Snacks</p> <p>2:00 Coloring in the Activity Room</p> <p>3:00 Afternoon Exercise</p> <p>7:00 Personal Reflection Time</p>
<p>29</p> <p>9:00 Good Morning Discussions</p> <p>10:00 December Creativity Time</p> <p>11:30 Lunch</p> <p>1:00 NFL Game and Snacks</p> <p>2:00 Sunday Afternoon Worship Service with James Matthias</p> <p>3:00 Afternoon Exercise</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 Lunch</p> <p>1:00 Bingo with Jane</p> <p>2:00 Wild and Wonderful Activity Cart</p> <p>3:00 One on One with Residents</p> <p>7:00 Personal Reflection Time</p>	<p>31</p> <p>New Year's Eve</p> <p>9:00 News Current and Historic</p> <p>10:00 Tuesday Sing Along</p> <p>11:30 Lunch</p> <p>1:00 Tuesday Creativity and Crafts</p> <p>2:00 Tuesday Theatre Time</p> <p>3:00 News Year's Resolutions</p> <p>7:00 New Year's Eve Celebration</p>				



Meet Cambridge Gardens' New Sales and Marketing Director

I am from the small town of Culpeper, known for being a crossroad in the Civil War. My fiancé and I have two amazing daughters who are 2 ½ and 3 months old who keep me very busy. In addition, we have two dogs, a terrier mix who just turned 5, and a lab mix who just turned 2; they both were rescued as puppies. I have always had a true passion for helping others which led me to Purdue Global University where I am studying Psychology and Human Services. In my spare time, I love spending time with my family, painting, watching documentaries, going to the beach, and eating seafood. I am so excited to be a part of the Cambridge Gardens Family!



**Happy
December
Birthdays**

**B. Wernsman
12/3; A.
Pritchett 12/8;
S. Kelly 12/9;
Ed Carter
12/19**



**December 31--
Stay Up With
Our Residents
to Bring in the
New Year**

