

# 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

## Teresa Steinbach

Marketing and Sales Director

## Nicole Parsons-Taylor

Dining Services Director

## Amy Wilson

Maintenance Director

## Matthew Phillips

Activities Director

## JANUARY 2024

### Resident Spotlight



Stan Piper is our Current Resident Council President. He has had a wonderful and successful term as President with a success rate of 100% But there is so much more to this resident, so get yourself a cup of cheer, sit into a comfortable chair, and enjoy learning about one of our most fantastically joyful

residents. Stan was born and raised in Canada. He served in the Canadian Royal Air Force. Stan quickly fell in love with everything that has to do with Trains, which can be seen on the shirt that he is wearing in the picture above. Stan moved to Michigan and made the United States of America his home. He loves all of our activities here at Cambridge Gardens but his favorite one is trip outs of the building because it usually includes going out to enjoy a restaurant where Stan often enjoys good food and even better fellowship, as he is able to make friends wherever he goes. His favorite candy is the Kit Kat Bar and loves enjoying this indulgent treat with a nice hot cup of coffee. He also has a Birthday this month that falls on the 23rd, so if you are here and see him on that day, make sure you wish him a very Happy Birthday!

# JANUARY



**JANUARY 2024**

**Laugh Lines:  
Ringing in the  
New Year**

Q: What is a New Year's resolution?

A: Something that goes in one year and out the other.

Q: What did the little Champagne bottle call his father?

A: Pop!

Knock, knock.

Who's there?

Abby.

Abby who?

Abby New Year!

Youth is when you're allowed to stay up on New Year's Eve. Middle age is when you're forced to.

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter. My New Year's resolution is to get better at pretending to know the words to "Auld Lang Syne."

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

**"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been."  
—Rainer Maria Rilke**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>New Year's Day</b> 1</p> <p>9:00 Morning Exercise 10:00 Bible Study with Jerry 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 New Year's Day Cornhole 7:00 Relaxation Station</p>	<p><b>New Year's Day</b> 2</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 Afternoon Matinee 3:00 Resident Council 7:00 Relaxation Station</p>	<p><b>Monthly Birthday Party</b> 3</p> <p>9:00 Midweek Service 10:00 Foresight Fitness Interactive Exercise Group 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Monthly Birthday Party 3:00 Pet Therapy 7:00 Relaxation Station</p>	<p><b>Monthly Birthday Party</b> 4</p> <p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Afternoon Matinee 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p><b>Monthly Birthday Party</b> 5</p> <p>9:00 Morning Exercise 10:00 Friday Devotions with Chaplain Jones 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Happy Hour 3:00 Encouraging and Uplifting One on Ones 7:00 Relaxation Station</p>	<p><b>Monthly Birthday Party</b> 6</p> <p>9:00 Morning Exercise 10:00 Saturday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 CornHole 3:00 Afternoon Exercise 7:00 Relaxation Station</p>	
<p>7</p> <p>9:00 Morning Exercise 10:00 Sunday Morning Worship with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Afternoon Matinee 3:00 CornHole 7:00 Relaxation Station</p>	<p>8</p> <p>9:00 Morning Exercise 10:00 Bible Study with Jerry 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 Coloring Corner with Matt 7:00 Relaxation Station</p>	<p>9</p> <p>9:00 Morning Exercise 10:00 Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 Chess or Checkers with Arthur 2:00 Afternoon Matinee 3:00 Tuesday Trivia 7:00 Relaxation Station</p>	<p>10</p> <p><b>Town Hall</b> 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 Pet Therapy 7:00 Relaxation Station</p>	<p>11</p> <p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Afternoon Matinee 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>12</p> <p>9:00 Morning Exercise 10:00 Adam Melia Live Concert and Conversation 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Happy Hour 3:00 Encouraging and Uplifting One on Ones 7:00 Relaxation Station</p>	<p>13</p> <p>9:00 Morning Exercise 10:00 Saturday Morning Snowball Fight 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Afternoon Matinee 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>
<p>14</p> <p>9:00 Morning Exercise 10:00 Sunday Morning Trivia 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Sunday Afternoon Worship Service with Jerry Mills 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p><b>Martin Luther King Jr. Day</b> 15</p> <p>9:00 Morning Exercise 10:00 Bible Study with Jerry 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 CornHole 7:00 Relaxation Station</p>	<p>16</p> <p>9:00 Morning Exercise 10:00 Anthony Leonard Interactive Musical Performance 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Afternoon Matinee 3:00 Tuesday Trivia 7:00 Relaxation Station</p>	<p><b>Argyle Sweater Day</b> 17</p> <p>9:00 Midweek Service 10:00 Foresight Fitness Interactive Exercise Group 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Argyle Get Together 3:00 Pet Therapy 7:00 Relaxation Station</p>	<p><b>Winnie the Pooh Day</b> 18</p> <p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Afternoon Matinee 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>19</p> <p>9:00 Morning Exercise 10:00 Friday Devotions with Chaplain Jones 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Happy Hour 3:00 Encouraging and Uplifting One on Ones 7:00 Relaxation Station</p>	<p>20</p> <p>9:00 Morning Exercise 10:00 Saturday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 CornHole 3:00 Afternoon Exercise 7:00 Relaxation Station</p>
<p>21</p> <p>9:00 Morning Exercise 10:00 Sunday Morning Trivia 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Sunday Afternoon Worship Service with Dale Taylor 3:00 CornHole 7:00 Relaxation Station</p>	<p>22</p> <p>9:00 Morning Exercise 10:00 Bible Study with Jerry 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 Coloring Corner with Matt 7:00 Relaxation Station</p>	<p>23</p> <p>9:00 Morning Exercise 10:00 Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 Chess or Checkers with Arthur 2:00 Afternoon Matinee 3:00 Tuesday Trivia 7:00 Relaxation Station</p>	<p><b>Regular Wednesday</b> 24</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 Pet Therapy 7:00 Relaxation Station</p>	<p>25</p> <p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Afternoon Matinee 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>26</p> <p>9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Happy Hour 3:00 Encouraging and Uplifting One on Ones 7:00 Relaxation Station</p>	<p>27</p> <p>9:00 Morning Exercise 10:00 Saturday Morning Snowball Fight 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Afternoon Matinee 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>
<p>28</p> <p>9:00 Morning Exercise 10:00 Sunday Morning Trivia 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Resident's Choice 2:00 Sunday Afternoon Worship Service with James Matthias 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>29</p> <p>9:00 Morning Exercise 10:00 Bible Study with Jerry 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 CornHole 7:00 Relaxation Station</p>	<p>30</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 Tuesday Trivia 7:00 Relaxation Station</p>	<p><b>Hot Chocolate Day</b> 31</p> <p>9:00 Morning Exercise 10:00 Midweek Service 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Hot Chocolate Social 3:00 Pet Therapy 7:00 Relaxation Station</p>			



## January Birthdays

Hamilton C. 1/11  
Marlyss D. 1/11  
Ruth S. 1/15  
Stan P. 1/23

## Live Entertainment

January 2nd and the 16th mark your calendars for a **10am** musical interactive performance by **Anthony Leonard**.

January 12th at 10 am we also have **Adam Melia** performing live and in person with his classic mixture of songs and storytelling. You're not going to want to miss any of the fun and excitement, so make sure you book these fantastic shows today!!



## Argyle Sweater Day

On Wednesday, January 17th we will be celebrating **Argyle Sweater Day**. Thus, if you have an **Argyle Sweater** you will be asked to help participate in this wacky and fun day. You may wear appropriate for work Jeans or Khaki pants to accompany your Argyle Sweater outfit. We will be looking nice and having fun in our **Argyle Sweaters** as we celebrate **Argyle Sweater Day**.



## Boogie on Down

**Boogie on Down** with us as we bring in **2024!**

Each day gives All of us the opportunity to **Boogie Down**, be a **Little Silly**, **Make Memories**, and have **Some Fun** as we give the *Residents* the *Best Quality of Happiness* that Life has to offer.

