


THE Cambridge Gardens *Lifestyle*



CAMBRIDGE
GARDENS
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
9300 Onyx Court · Fredericksburg, VA 22407 · (540) 891-5540

Robin Stafford, LPN

Assisted Living Director

Teresa Steinbach

Marketing and Sales Director

Amy Wilson

Maintenance Director

Matthew Phillips

Activities Director



FEBRUARY 2024

Resident Spotlight



Alex Shriner is one of the most active Residents we have here at Cambridge Gardens. Alex loves going to all sorts of activities—everything from Religious Services, Bingo, Trivia, Socials, Special Trips Out, Happy Hour, Live Musical Performances, and so much more. There isn't much you won't see Alex enjoying while living here. She also enjoys

spaghetti dinners, watching a good movie, and making lots and lots of noise. Alex loves life and lives it to the fullest. She is often smiling, high fiving workers as well as fellow residents, and clapping her hands. It has been a real treat getting to know Alex while serving the Cambridge Gardens community and once here, I'm sure you'll love to get to know her too.



FEBRUARY 2024

**Brain Bender:
A Romantic
Twist**

Valentine's Day is a lovely time to watch a romantic film. Each of the phrases below can be unscrambled to reveal the title of a popular movie about love. Can you guess them all?

Helpful hint: The films are in chronological order of when they were released.

1. Ink and Eight
 2. Widest Oysters
 3. Groundhog's Snowmen Cities
 4. Leo's Toy RV
 5. Earthly Lawn Rhymes
 6. Rhino Flu? SOS!
 7. Tenth Beams
 8. Big Fred Winked at My Egg
 9. Steaming Hot Stove Gig
 10. Ira Has Scary Zincl
- (Answers: 1. "The King and I" 2. "West Side Story" 3. "Guess Who's Coming to Dinner" 4. "Love Story" 5. "When Harry Met Sally" 6. "Fools Rush In" 7. "The Best Man" 8. "My Big Fat Greek Wedding" 9. "Something's Gotta Give" 10. "Crazy Rich Asians")

"Connecting our hearts through love yields a nectar so sweet we are forever full."
—Amy Leigh Mercree

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>HAPPY GROUNDHOG DAY</p>	 <p>Date Night</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>Happy Groundhog Day</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 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>9:00 Morning Exercise 10:00 Hymn Sing 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>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>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 Shooting Targets 7:00 Relaxation Station</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>Monthly Birthday Party</p> <p>9:00 Morning Exercise 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>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>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 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>9:00 Morning Exercise 10:00 Hymn Sing 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>Super Bowl Sunday</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 CornHole 7:00 Super Bowl!</p>	<p>9:00 Morning Exercise 10:00 Jerry Mills Bible Study 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 Shooting Targets 7:00 Relaxation Station</p>	<p>Mardi Gras</p> <p>9:00 Morning Exercise 10:00 Mike Milstead 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Afternoon Matinee 3:00 Mardi Gras Get Together 7:00 Relaxation Station</p>	<p>Valentine's Day</p> <p>9:00 Morning Exercise 10:00 Catholic Service 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Valentine's Day Trivia 3:00 Valentine's Day Get Together 7:00 Relaxation Station</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>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 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>9:00 Morning Exercise 10:00 Hymn Sing 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>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>Happy Presidents Day</p> <p>9:00 Morning Exercise 10:00 Jerry Mills Bible Study 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Afternoon Matinee 3:00 Presidents Day Trivia 7:00 Relaxation Station</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>9:00 Morning Exercise 10:00 Foresight Fitness Interactive Exercise Group 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>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>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 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>9:00 Morning Exercise 10:00 Hymn Sing 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>
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W. Sherry—2/16
E. Blackman—2/22



February 13th



Happy Valentine's Day

Valentine's Day is coming, and it reminds us of the people we love the most: you, our residents! And we're not thinking about just hearts and flowers, either. We are committed to making your home here the best ever. Please don't hesitate to let us know if there's anything else we can do to make it that way!



Cozy by the Fire

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.