


# THE Cambridge Gardens *Lifestyle*



CAMBRIDGE  
GARDENS  
SENIOR LIVING AT EASE

Like Us!  

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

## Michelle Kelley, LPN, CDP

Assisted Living Director

## Paula Barner

Dining Service Director

## Teresa Steinbach

Marketing and Sales Director

## Matthew Phillips

Activities Director



## APRIL 2024

## April Is Here, Let's Get Outside

In all honesty, Mother Nature may find the indoor world pretty tough to compete with sometimes. After all, she can't offer flat-screen TVs, air-conditioning or WiFi. But she might potentially offer something even more important: improved health, by way of a stronger immune system, better sleep and reduced stress.

Spending time outdoors can boost physical and mental health in a range of ways. You don't have to spend hours at a time outside before those benefits kick in, either.

Better breathing--

Air pollution can trigger allergies, asthma and other respiratory diseases, which you may already know. But spending more time in natural green spaces could help lower your risk of respiratory concerns.

Reduced depression symptoms--

Sunlight can often help ease depression symptoms, like low mood and fatigue. Not to mention, the sun is the most natural way to receive Vitamin D.

Mental restoration--

The modern world contains plenty of intrusive stimuli—flashing screens, vibrating phones, rumbling roadways—that compete for our limited attention.

This ongoing overstimulation may raise your stress levels without you even realizing it.

The natural world, on the other hand, can offer a mental and emotional refuge when you need to unwind and recharge. In nature, soothing attractions for your senses, from the perfume of flowers to the music of bird song, can hold your attention without draining your mental energy.

All of these are good reasons why we all need to get out and enjoy the outdoors more this April ...

APRIL 2024

**Chasing Rainbows**

A rainbow is one of the most wondrous sights in nature. Here's how you can spot one! Rainbows are caused by light shining through water, so the best time to look for them is during a break in a rainstorm, when the sun is peeking out. Early mornings and late afternoons are better. Look for the sun in the sky and then turn your back to it—rainbows only appear across from the sun. The sky beneath a rainbow is brighter than the sky above it, so if you see a bright patch of sky, look closely. There may be a faint rainbow! When a rainbow itself is especially vibrant, there may be a double rainbow reflected from the top of the arc. The colors of this rainbow will be in reverse.

**Put Pen to Paper**

Celebrate National Card and Letter Writing Month in April by penning a heartfelt note to someone in your life. In today's digital world, the recipient will welcome the handwritten message.

**"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."**  
—Lynda Resnick

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <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 Wild and Wonderful Activity Cart 3:00 Monday Puzzle Madness 7:00 Personal Reflection Time</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 Wild and Wonderful Activity Cart 3:00 Monday Puzzle Madness 7:00 Personal Reflection Time</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 Resident Council Meeting 3:00 Coloring Corner with Matt 7:00 Personal Reflection Time</p>	<p>9:00 White Board Games with Joann 10:00 Foresight Fitness Interactive Exercise Group 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Monthly Birthday Party (Come Bust the Rainbow Piñata) 3:00 Pet Therapy 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Chess or Checkers with Arthur 2:00 Wild and Wonderful Activity Cart 3:00 Creativity and Crafts with Joann 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour 3:00 Singing Along with Matt and Joann 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Saturday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Shooting Targets 3:00 Soaking Up the Sun 7:00 Personal Reflection Time</p>
<p>9:00 Morning Exercise 10:00 Sunday Morning Worship with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 CornHole 3:00 Sunday Matinee 7:00 Personal Reflection Time</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 Monday Afternoon Trivia 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold'EM 2:00 Tuesday's Tasting 3:00 Coloring Corner with Matt 7:00 Personal Reflection Time</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 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Chess or Checkers with Arthur 2:00 Afternoon Matinee 3:00 Creativity and Crafts with Joann 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Adam Melia Live Concert and Conversation 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour 3:00 Singing Along with Matt and Joann 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Saturday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Creativity and Crafts with Joann 3:00 Soaking Up the Sun 7:00 Personal Reflection Time</p>
<p>9:00 Morning Exercise 10:00 Sunday Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Sunday Afternoon Worship Service with Jerry Mills 3:00 CornHole 7:00 Personal Reflection Time</p>	<p><b>Tax Day</b> 9:00 Morning Exercise 10:00 Bible Study with Jerry 11:00 Outdoor Time or Inside Stroll 1:00 Bingo with Jane 2:00 Wild and Wonderful Activity Cart 3:00 Monday Puzzle Madness 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Anthony Leonard Plus Matt Phillips Special Worship Service 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold'EM 2:00 Throwing Frisbees 3:00 Coloring Corner with Matt 7:00 Personal Reflection Time</p>	<p>9:00 White Board Games with Joann 10:00 Foresight Fitness Interactive Exercise Group 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Wednesday Outside Devotions 3:00 Pet Therapy 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Chess or Checkers with Arthur 2:00 Wild and Wonderful Activity Cart 3:00 Creativity and Crafts with Joann 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour 3:00 Singing Along with Matt and Joann 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Saturday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Shooting Targets 3:00 Soaking Up the Sun 7:00 Personal Reflection Time</p>
<p>9:00 Morning Exercise 10:00 Sunday Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Sunday Afternoon Worship Service with Dale Taylor 3:00 CornHole 7:00 Personal Reflection Time</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 Monday Afternoon Trivia 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold'EM 2:00 Tuesday's Tasting 3:00 Coloring Corner with Matt 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Catholic Service 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Banana Split Party 3:00 Pet Therapy 7:00 Personal Reflection Time</p>	<p><b>Pajama Day</b> 9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Chess or Checkers with Arthur 2:00 Pajama Party 3:00 Creativity and Crafts with Joann 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Friday Devotions 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour 3:00 Singing Along with Matt and Joann 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Saturday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Creativity and Crafts with Joann 3:00 Soaking Up the Sun 7:00 Personal Reflection Time</p>
<p>9:00 Morning Exercise 10:00 Sunday Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games-- Residents' Choice 2:00 Sunday Afternoon Worship Service with James Matthias 3:00 CornHole 7:00 Personal Reflection Time</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 Wild and Wonderful Activity Cart 3:00 Monday Puzzle Madness 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold'EM 2:00 Throwing Frisbees 3:00 Coloring Corner with Matt 7:00 Personal Reflection Time</p>				



## April Birthdays

M. Acors--4/14  
 B. King--4/26  
 J. McKenzie--4/26  
 H. Hill--4/28  
 J. Sipple--4/28



At Cambridge Gardens, Our Volunteers Are Appreciated and Essential to the Everyday Successes in Keeping the Residents' Lives Happy and Fulfilled. We are Blessed to have Volunteers who have duties, including but not limited to, Conducting Church Services, Hosting All Different Types of Board Games, Instructing in many different types of Exercise, Performing Live Entertainment and so much more. As you have therefore the opportunity, to do good for our Residents, I simply ask that you take the opportunity to do so. You won't regret it and neither will they. If you would like the opportunity to change someone's life through the vast world of volunteering, please contact Matt Phillips. Thank You and Have a Blessed Day.

## Wit & Wisdom

"A heart of gold is where the rainbow begins."

—Tammy L. Kubasko

"The sighting of a rainbow never fails to bring a smile to people's faces. They signify optimism and positivity: with them comes the sunshine after the rain."

—Matthew Williamson

"Life without dreams is like a rainbow without colors."

—Greyson Chance

"Rainbows remind us that even after the darkest clouds and the fiercest winds there is still beauty."

—Katrina Mayer

"All the best things in life are free: love, smiles, friends, family, pets and companions, thoughts, sunsets and sunrises and especially rainbows."

—Anthony T. Hincks

"Why would I spend my life chasing rainbows, when I can be still and see them in their full beauty?"

—Rasheed Ogunlaru

"Weekends are a bit like rainbows; they look good from a distance but disappear when you get up close to them."

—John Shirley

"The way I see it, if you want the rainbow, you gotta put up with the rain."

—Dolly Parton

"Look at the rainbow. It is made up of different colors, yet they do not split, because they know how beautiful they are when they stick together."

—Michael Bassey Johnson

