


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

Teresa Steinbach

Marketing and Sales Director

Tyrone Warner

Maintenance Director

Matthew Phillips

Activities Director



A Warm Welcome

We are pleased to welcome all of our new residents this month. Moving can be very stressful, as we all know. If there is anything we can do to make your transition easier—answer any questions about your new home or take you on a tour of the property—please don't hesitate to call or stop by the office. Thanks again for choosing Cambridge Gardens to call home. We have Delicious Foods, Exciting Activities, and the very Best Staff to take Care of All of your Needs. Our community is a better place because you are in it!

MAY 2024

It's Taco Time!

For Cinco de Mayo, Taco Tuesday, breakfast, lunch and dinner, this Mexican staple has become a mealtime favorite in America, where people eat more than 4.5 billion tacos each year.



Just Doing Her Job?

In addition to the demanding duties of motherhood, our moms worked second jobs as homemakers, accountants, teachers, scientists, writers, artists, chefs and more. If an award were to be given for Best Mother Ever, millions of women would be recognized because each mother excels in her own way. However, every last one would probably decline the award, saying that she was glad to do whatever she could to give her children the world. The team at our community would like to thank our mothers for their hard work and devotion. We hope your Mother's Day holds all the happiness (and rest) that you deserve!



MAY 2024

Marvelous Monogram of Flowers

Try this pretty, personalized project that is perfect for springtime.

Materials:

- Utility knife
- Paper-mâché initial of your choice
- Floral foam
- Hot glue gun and glue
- Wire cutters
- Faux flowers

Directions:

With the knife, carefully cut off the front face of the initial so that the letter is hollow. Cut the floral foam into pieces that will fit and fill up the space inside the initial. The pieces don't need to be perfect. Glue the foam pieces inside the letter.

Use the wire cutters to trim the stems of the faux flowers, leaving a short stem that can be inserted into the floral foam. Arrange the blossoms as desired to cover the face of the initial. If needed, secure the flowers in place with glue.

Combine several letters to spell out a word, such as "MOM" or "LOVE," or your first name.

"Wherever you go, no matter what the weather, always bring your own sunshine."

—Anthony J. D'Angelo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Cinco De Mayo 5 9:00 Morning Exercise 10:00 Sunday Morning Worship with Matt 11:00 Cinco De Mayo Luncheon 1:00 Board Games-- Residents' Choice 2:00 Coffee time with Matt 3:00 Wild and Wonderful Activity Time 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 Coffee time with Matt 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	 <p>Resident Council 7 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 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>Monthly Birthday Party 1 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 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 Mike Martin Concert 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Cinco De Mayo Happy Hour 3:00 Wild and Wonderful Activity Time 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 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>
<p>Cinco De Mayo 5 9:00 Morning Exercise 10:00 Sunday Morning Worship with Matt 11:00 Cinco De Mayo Luncheon 1:00 Board Games-- Residents' Choice 2:00 Coffee time with Matt 3:00 Wild and Wonderful Activity Time 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 Coffee time with Matt 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>Resident Council 7 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 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>Town Hall 8 9:00 Morning Exercise 10:00 Catholic Service 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Coffee time with Matt 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 Outdoor Hymn Sing 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Mother's Day Happy Hour 3:00 Wild and Wonderful Activity Time 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 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>
<p>Mother's Day 12 9:00 Morning Exercise 10:00 Sunday Matinee 11:00 Mother's Day Luncheon 1:00 Board Games-- Residents' Choice 2:00 Sunday Afternoon Worship Service with Jerry Mills 3:00 Wild and Wonderful Activity Time 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 Coffee time with Matt 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Outdoor Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold'EM 2:00 Coffee time with Matt 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</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 Coffee time with Matt 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 Mike Milstead Concert 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>Armed Forces Day 18 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 Wild and Wonderful Activity Time 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 Wild and Wonderful Activity Time 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 Coffee time with Matt 3:00 Wild and Wonderful Activity Time 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 Coffee time with Matt 3:00 Wild and Wonderful Activity Time 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 Coffee time with Matt 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 Outdoor Hymn Sing 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Memorial Day Happy Hour 3:00 Wild and Wonderful Activity Time 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 Wild and Wonderful Activity Time 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 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>Memorial Day 27 9:00 Morning Exercise 10:00 Bible Study with Jerry 11:00 Memorial Day Cookout 1:00 Bingo with Jane 2:00 Memorial Day Fun 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Outdoor Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold'EM 2:00 Coffee time with Matt 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Midweek Devotions with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Scrabble with Jane 2:00 Coffee time with Matt 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 Mike Milstead Concert 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	<p>9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Happy Hour 3:00 Wild and Wonderful Activity Time 7:00 Personal Reflection Time</p>	



Happy May Birthdays

T. Warren 5-4

We have No Residents with a May Birthday but we will be Celebrating everyone with a May Birthday on May 1, 2024 during our Monthly Birthday Party!!!!

Something Else Happens May 4th

As People are Excited about the Kentucky Derby on May 4th, we at Cambridge Gardens are Excited about May 4th, too. May 4th is our very own maintenance director Tyrone Warren's Birthday! Tyrone has only been with us for a few weeks but has already had a positive impact for our Residents. Tyrone has done everything asked of him with Joyfulness and often times a Song from his heart. Make sure you come by and say hello and thank you to Tyrone for his excellent service that he is providing for the Cambridge Gardens community.

Remember and Honor

This Memorial Day, we remember all the brave men and women who gave their lives for our country. Our heartfelt thanks goes out to them and to all of our community's veterans for their service.



150th Kentucky Derby

The world's most exciting two minutes in sports will bring even more excitement this year, as thousands will gather to watch the 150th Kentucky Derby on May 4. Several special events are scheduled to mark this milestone, including the fashion-focused "Derby Through the Decades" on Opening Night of the festivities, April 27. Churchill Downs will also unveil its renovated paddock, offering attendees luxury seating and an up-close look at the horses before the Race for the Roses begins.

