


THE Cambridge Gardens *Lifestyle*



CAMBRIDGE
GARDENS
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
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SEPTEMBER 2023

In Remembrance of 9/11

Described as “a tribute to the past and a place of hope for the future,” the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001. Built on the site of the former World Trade Center complex, the memorial’s focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools’ black granite walls, creating massive waterfalls. Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated. The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.

Another powerful memorial that commemorates the historic date is New York City’s annual Tribute in Light. From dusk to dawn on Sept. 11, dozens of searchlights are used to create two beams of light that resemble the former twin towers standing within the city’s skyline.








SEPTEMBER 2023

The Buzz on Bees

Honeybees are social insects, with a very distinct division of labor among the various types of bees in the colony: the queen, drones and workers. Here's how the duties fall:
The Queen—The largest bee in the colony, she mates once and then produces as many as 3,000 eggs a day for her life span of two years.
The Drones—Stout male bees with no stingers, drones do not collect food or pollen. Their sole purpose is to mate with the queen. If the colony is short on food, drones are often kicked out of the hive.
The Workers—A colony may have 50,000 to 60,000 worker bees. The smallest bees in the colony, workers (all female) feed the queen and larvae, collect nectar, guard the hive and help keep the hive cool by fanning their wings, which stroke 11,400 times per minute. The life span of a worker bee varies according to the time of year. Her life expectancy is approximately 28 to 35 days. Workers that are reared in September and October, however, can live through the winter.

**"Be curious always!
For knowledge will not acquire you;
you must acquire it."
—Sudie Back**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>9:00 Morning Exercise</p> <p>10:00 Sunday Service</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 CornHole</p> <p>3:00 Sunday Matinee</p> <p>7:00 Relaxation Station</p>	<p>Labor Day</p> <p>9:00 Morning Exercise</p> <p>10:00 Jerry Mills' Bible Study</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Bingo with Jane</p> <p>2:00 Afternoon Matinee</p> <p>3:00 3 O'clock Fun Time</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Anthony Leonard Interactive Musical Performance</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Texas Hold'EM</p> <p>2:00 Resident Council</p> <p>3:00 Afternoon Matinee</p> <p>7:00 Relaxation Station</p>	<p>Monthly Birthday Party</p> <p>9:00 Morning Exercise</p> <p>10:00 Midweek Service</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Scrabble with Jane</p> <p>2:00 Monthly Birthday Party</p> <p>3:00 3 O'clock Fun Time</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Trip Out Thursday</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 Afternoon Matinee</p> <p>3:00 Thursday Testimonies</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Friday Devotions</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 Happy Hour</p> <p>3:00 Afternoon Matinee</p> <p>7:00 Relaxation Station</p>	<p>Great American Cookout</p> <p>9:00 Morning Exercise</p> <p>10:00 Saturday Morning Worship</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Mike Milstead</p> <p>2:00 Afternoon Matinee</p> <p>3:00 3 o'clock Fun Time</p> <p>7:00 Relaxation Station</p>
<p>9:00 Morning Exercise</p> <p>10:00 Sunday Morning Trivia</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 Sunday Service</p> <p>3:00 Afternoon Matinee</p> <p>7:00 Relaxation Station</p>	<p>Patriot Day</p> <p>9:00 Morning Exercise</p> <p>10:00 Jerry Mills' Bible Study</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Bingo with Jane</p> <p>2:00 Afternoon Matinee</p> <p>3:00 3 O'clock Fun Time</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Hymn Sing</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 500</p> <p>2:00 Bowling</p> <p>3:00 Afternoon Matinee</p> <p>7:00 Relaxation Station</p>	<p>Town Hall</p> <p>9:00 Morning Exercise</p> <p>10:00 Catholic Service</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Scrabble with Jane</p> <p>2:00 Town Hall</p> <p>3:00 3 O'clock Fun Time</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Trip Out Thursday</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 Afternoon Matinee</p> <p>3:00 Thursday Testimonies</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Friday Devotions</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 Happy Hour</p> <p>3:00 Afternoon Matinee</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Saturday Morning Worship</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 500</p> <p>2:00 Afternoon Matinee</p> <p>3:00 3 o'clock Fun Time</p> <p>7:00 Relaxation Station</p>
<p>9:00 Morning Exercise</p> <p>10:00 Sunday Morning Trivia</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 Sunday Service</p> <p>3:00 Afternoon Matinee</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Jerry Mills' Bible Study</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Bingo with Jane</p> <p>2:00 Afternoon Matinee</p> <p>3:00 3 O'clock Fun Time</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Hymn Sing</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 500</p> <p>2:00 Shooting Targets</p> <p>3:00 Afternoon Matinee</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Midweek Service</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Scrabble with Jane</p> <p>2:00 Afternoon Matinee</p> <p>3:00 3 O'clock Fun Time</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Trip Out Thursday</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 Afternoon Matinee</p> <p>3:00 Thursday Testimonies</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Friday Devotions</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 Happy Hour</p> <p>3:00 Afternoon Matinee</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Saturday Morning Worship</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 500</p> <p>2:00 Afternoon Matinee</p> <p>3:00 3 o'clock Fun Time</p> <p>7:00 Relaxation Station</p>
<p>9:00 Morning Exercise</p> <p>10:00 Sunday Morning Trivia</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 Sunday Service</p> <p>3:00 Afternoon Matinee</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Jerry Mills' Bible Study</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Bingo with Jane</p> <p>2:00 Afternoon Matinee</p> <p>3:00 3 O'clock Fun Time</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Hymn Sing</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 500</p> <p>2:00 Tossing Dice</p> <p>3:00 Afternoon Matinee</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Catholic Service</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Scrabble with Jane</p> <p>2:00 Afternoon Matinee</p> <p>3:00 3 O'clock Fun Time</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Trip Out Thursday</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 Afternoon Matinee</p> <p>3:00 Thursday Testimonies</p> <p>6:00 Adam Melia: Live Concert and Conversation</p>	<p>9:00 Morning Exercise</p> <p>10:00 Friday Devotions</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 Board Games</p> <p>2:00 Happy Hour</p> <p>3:00 Afternoon Matinee</p> <p>7:00 Relaxation Station</p>	<p>9:00 Morning Exercise</p> <p>10:00 Saturday Morning Worship</p> <p>11:00 Outdoor Time or Inside Stroll</p> <p>1:00 500</p> <p>2:00 Afternoon Matinee</p> <p>3:00 3 o'clock Fun Time</p> <p>7:00 Relaxation Station</p>



Alan Jackson Asked These Questions About 9/11

Were you in the yard with your wife and children Or worked on some stage in LA? Did you stand there in shock at the sight of that black smoke Rising against that blue sky? Did you shout out in anger, in fear for your neighbor Or did you just sit down and cry? Did you weep for the children who lost their dear, loved ones? Pray for the ones who don't know? Did you rejoice for the people who walked from the rubble And sob for the ones left below? Did you burst out in pride, for the red, white and blue, And the heroes who died just doing what they do? Did you look up to heaven for some kind of answer And look at yourself and what really matters? Did you feel guilty 'cause you're a survivor In a crowded room. Did you feel alone? Did you call up your mother and tell her you loved her? Did you dust off that Bible at home? Did you open your eyes and hope it never happened? Close your eyes and not go to sleep? Did you notice the sunset the first time in ages Or speak with some stranger on the street? Did you lie down at night and think of tomorrow? Go out and buy you a gun? Did you turn off that violent old movie you're watching And turn on "I Love Lucy" reruns? Did you go to a church and hold hands with some stranger? Stand in line and give your own blood? Did you just stay home and cling tightly to your family? Thank God you had somebody to love?

