


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 & Sales Director

Nicole Parsons-Taylor

Dining Services Director

Amy Wilson

Maintenance Director

Matthew Phillips

Activities Director

DECEMBER 2023



Snowflakes ...

Here at **Cambridge Gardens** the Residents are All like Snowflakes. No Snowflake is identical to another Snowflake and no Resident is identical to another Resident either. As Snowflakes come in all shapes and sizes, so do our Beloved Residents. Each Resident is unique, and we are Blessed to have the opportunity to get to know each one of them Personally. It has been and will continue to be so, that Cambridge Gardens will do Everything in our ability to give each one of these Precious Residents the greatest quality of life that they have left to live. Thus, they may Live out their days here to the Fullest. If you have any questions or comments, please feel free to contact our new Marketing & Sales Director, Teresa Steinbach, and she would be happy to answer any questions you may have. Thank you and Happy Holidays!!

Hella
DECEMBER

Let it **SNOW!**

DECEMBER 2023

Funny December

Q: Why did the hot dog put on a sweater in December?
A: Because it was a chili dog!


Memorable Melody: 'Frosty the Snowman'

"With a corncob pipe and a button nose and his eyes made out of coal," a jolly, happy snowman named Frosty came to life for millions of kids in 1950 in the lyrics of this holiday song. Beloved actor and "Singing Cowboy" Gene Autry recorded the tune as a follow-up to his hit "Rudolph the Red-Nosed Reindeer." An animated TV special based on the song first aired in 1969, and has become a timeless holiday classic.

Roll and Repeat

You can burn about 240 calories building a snowman!

"Bells are music's laughter."
—Thomas Hood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Dr. Seuss' How the Grinch Stole Christmas!</p>	 <p>RUDOLPH THE RED-NOSED REINDEER</p>	 <p>FROSTY THE SNOWMAN</p>	 <p>A CHARLIE BROWN Christmas</p>		<p>1</p> <p>9:00 Morning Exercise 10:00 Friday Devotions with Chaplain Jones 11:00 Outdoor Time or Inside Stroll 1:00 Board Games--Residents' Choice 2:00 Happy Hour 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>2</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 CornHole 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>
<p>3</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 Sunday Afternoon Trivia 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>4</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 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>5</p> <p>9:00 Tuesday's Trivia 10:00 Anthony Leonard Interactive Musical Performance 11:00 Outdoor Time or Inside Stroll 1:00 Texas Hold 'em 2:00 Resident Council 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>6</p> <p>Monthly Birthday Party 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>7</p> <p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Board Games--Residents' Choice 2:00 Afternoon Matinee 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>8</p> <p>9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Board Games--Residents' Choice 2:00 Happy Hour 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>9</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 CornHole 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>
<p>10</p> <p>9:00 Morning Exercise 10:00 Sunday Morning Trivia 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 Relaxation Station</p>	<p>11</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 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>12</p> <p>9:00 Honoring of Veterans with Christmas Gifts 10:00 Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Snowball Fight 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>13</p> <p>Town Hall 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>14</p> <p>Wear a Santa or Elf Outfit 9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Board Games--Residents' Choice 2:00 Falls Run Singers 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>15</p> <p>Wear Clothes That Resemble Characters From the Christmas Carol 9:00 Morning Exercise 10:00 Friday Devotions with Chaplain Jones 11:00 Outdoor Time or Inside Stroll 1:00 Board Games--Residents' Choice 2:00 Happy Hour 3:00 3 O'clock Fun Time 5:00 Staff Christmas Party (5-7)</p>	<p>16</p> <p>Wear Clothes That Resemble Characters From the Grinch That Stole Christmas 9:00 Morning Exercise 10:00 Saturday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games--Residents' Choice 2:00 Mike Milstead 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>
<p>17</p> <p>Wear Blue for Blue Christmas 9:00 Morning Exercise 10:00 Sunday Morning Trivia 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 Relaxation Station</p>	<p>18</p> <p>Wear White for White Christmas 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 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>19</p> <p>Wear Christmas Scarves or Neckware 9:00 Tuesday's Trivia 10:00 Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Snowball Fight 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>20</p> <p>Wear Clothes That Resemble Characters From Charlie Brown's Christmas 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 Christmas Social 3:00 Pet Therapy 7:00 Relaxation Station</p>	<p>21</p> <p>Wear Ugly Christmas Sweater 9:00 Morning Exercise 10:00 Christmas Caroling with Dale Taylor 11:00 Outdoor Time or Inside Stroll 1:00 Board Games--Residents' Choice 2:00 Afternoon Matinee 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>22</p> <p>Wear Christmas Hats or Headgear 9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Board Games--Residents' Choice 2:00 Happy Hour 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>23</p> <p>Wear Christmas Socks 9:00 Morning Exercise 10:00 Saturday Morning Matinee 11:00 Outdoor Time or Inside Stroll 1:00 Board Games--Residents' Choice 2:00 CornHole 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>
<p>24</p> <p>Christmas Eve (Wear Favorite Christmas Outfit) 10:00 Christmas Eve Church Service 1:00 Snowball Fight 3:00 Sunday Afternoon Trivia 7:00 Christmas Movie Marathon</p>	<p>25</p> <p>Christmas (Wear RED and GREEN) 9:00 Opening Gifts from Under the Tree 10:00 Singing Christmas Songs 11:00 Outdoor Time or Inside Stroll 1:00 Christmas Dinner 2:00 Snowball Fight 3:00 Christmas Movie Marathon 7:00 Relaxation Station</p>	<p>26</p> <p>9:00 Tuesday's Trivia 10:00 Hymn Sing 11:00 Outdoor Time or Inside Stroll 1:00 500 2:00 Snowball Fight 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>27</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>28</p> <p>9:00 Morning Exercise 10:00 Trip Out Thursday 11:00 Outdoor Time or Inside Stroll 1:00 Board Games--Residents' Choice 2:00 Afternoon Matinee 3:00 Creativity and Crafts with Joann 7:00 Relaxation Station</p>	<p>29</p> <p>9:00 Morning Exercise 10:00 Friday Devotions with Matt 11:00 Outdoor Time or Inside Stroll 1:00 Board Games--Residents' Choice 2:00 Happy Hour 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>	<p>30</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 CornHole 3:00 3 O'clock Fun Time 7:00 Relaxation Station</p>
<p>31</p> <p>New Year's Eve 10:00 Sunday Morning Trivia 2:00 Sunday Afternoon Worship Service with James Matthias 3:00 Sunday Matinee 7:00 New Year's Eve Celebration</p>						



B. Wernsman: 12/3
S. Kelly: 12/9
M. Thomas: 12/14



Christmas Caroling:

Two Dates to Remember ...
December 14, 2023: Falls Run Singers @ 2PM
December 21, 2023: Dale Taylor and Company @ 10AM

Sometime After Christmas

After Christmas but Just B4 New Year's, we will be taking the Residents on a Hunting Trip. We have been taking the Residents every year right after Christmas to the BEST Hunting Lodge of Spotsylvania. What we do is we take all the Christmas trees down and bring them to the Activity Room, we set the Residents in front of the forest and arm them with Nerf Guns, and a Wild Deer runs all over the place, the Residents and Staff Members are able to thus shoot at the deer as the deer bobs and weaves through the trees. It's a Fantastic and Hilarious Activity and it is Enjoyed by Everyone who dares to Participate. So, if you were wondering what to get your loved one maybe this year, you purchase them a brand-new Nerf gun, one with plenty of ammo.

Followed Up With Some Hot Chocolate:

We Always End our Day from the Hunting Lodge with a Time of Enjoyment as We Sip on some Delicious Hot Chocolate and Tell Stories of How Big the Deer was that we Just Got!!

