


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

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Sales and Marketing Director

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Assisted Living Director

Ronald Stevens

Dining Director

Tyrone Warren

Maintenance Director

Matthew Phillips

Activities Director

FEBRUARY 2025



Joy McGee ALFA, LPN

Executive Director

Cambridge Gardens Assisted Living
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"The heart can think of no devotion Greater than being shore to ocean- Holding the curve of one position, Counting and endless repetition." -Robert Frost

Love is in the air this February, and Cupid has his sight set on Cambridge Gardens. Join us February 14th for a very special happy hour, where we will be crowning our King and Queen of Hearts and their Royal Court. If there are any couples who would like to renew their vows this Valentine's Day, please register with Joann at the front desk. On February 28th we will be celebrating our first responders with a breakfast pancake bar. We look forward to serving those who serve our surrounding community!

Cheers,
Joy McGee



FEBRUARY 2025

**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")

**"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."
—Patience Strong**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>9:00 Daily Chronicles 10:00 Sunday Morning Worship with Matt 11:30 Lunch 1:00 NFL Game and Snacks 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>2</p>	<p>9:00 Coffee time with Matt 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>3</p>	<p>Resident Council 9:00 Good Morning Discussions 10:00 Anthony Leonard Interactive Musical Performance 11:30 Lunch 1:00 Resident Council Meeting 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>4</p>	<p>Monthly Birthday Party 9:00 Daily Chronicles 10:00 Midweek Devotions with Matt 11:30 Lunch 1:00 Scrabble with Jane 2:00 Monthly Birthday Party 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>5</p>	<p>9:00 Coffee time with Matt 10:00 Trip Out Thursday 11:30 Lunch 1:00 February Surprises 2:00 Mike Martin Concert 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>6</p>	<p>9:00 Good Morning Discussions 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>7</p>	<p>9:00 Daily Chronicles 10:00 Saturday Morning Matinee 11:30 Lunch 1:00 Coloring in the Activity Room 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>8</p>
<p>Super Bowl Sunday 9:00 Daily Chronicles 10:00 Sunday Morning Worship with Matt 11:30 Lunch 1:00 NFL Tailgating with Snacks 2:00 Walking Club 3:00 One on One with Residents 7:00 Super Bowl</p> <p>9</p>	<p>9:00 Coffee time with Matt 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>10</p>	<p>9:00 Good Morning Discussions 10:00 Inside Bowling 11:30 Lunch 1:00 Parcheesi 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>11</p>	<p>Town Hall 9:00 Daily Chronicles 10:00 Catholic Service 11:30 Lunch 1:00 Scrabble with Jane 2:00 Town Hall 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>12</p>	<p>9:00 Coffee time with Matt 10:00 Trip Out Thursday 11:30 Lunch 1:00 February Surprises 2:00 Thursday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>13</p>	<p>Happy Valentine's Day 9:00 Good Morning Discussions 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour Valentine's Day Edition 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>14</p>	<p>9:00 Daily Chronicles 10:00 Saturday Morning Matinee 11:30 Lunch 1:00 Coloring in the Activity Room 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>15</p>
<p>9:00 Daily Chronicles 10:00 Sunday Matinee 11:30 Lunch 1:00 Walking Club 2:00 Sunday Afternoon Worship Service with Dale Taylor 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>16</p>	<p>Presidents Day 9:00 Coffee time with Matt 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>17</p>	<p>9:00 Good Morning Discussions 10:00 Anthony Leonard Interactive Musical Performance 11:30 Lunch 1:00 CornHole 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>18</p>	<p>9:00 Daily Chronicles 10:00 Midweek Devotions with Matt 11:30 Lunch 1:00 Scrabble with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>19</p>	<p>9:00 Coffee time with Matt 10:00 Trip Out Thursday 11:30 Lunch 1:00 February Surprises 2:00 Thursday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>20</p>	<p>9:00 Good Morning Discussions 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>21</p>	<p>9:00 Daily Chronicles 10:00 Saturday Morning Matinee 11:30 Lunch 1:00 Coloring in the Activity Room 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>22</p>
<p>9:00 Daily Chronicles 10:00 Sunday Matinee 11:30 Lunch 1:00 Walking Club 2:00 Sunday Afternoon Worship Service with James Matthias 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>23</p>	<p>9:00 Coffee time with Matt 10:00 Monday Bible Study with Matt 11:30 Lunch 1:00 Bingo with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>24</p>	<p>9:00 Good Morning Discussions 10:00 Frisbee Flying Time 11:30 Lunch 1:00 Chess or Checkers 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>25</p>	<p>9:00 Daily Chronicles 10:00 Catholic Service 11:30 Lunch 1:00 Scrabble with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>26</p>	<p>9:00 Daily Chronicles 10:00 Trip Out Thursday 11:30 Lunch 1:00 February Surprises 2:00 Thursday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>27</p>	<p>First Responders' Breakfast 8:30 1st Responders' Breakfast 10:00 Friday Devotions with Matt 11:30 Lunch 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time</p> <p>28</p>	

C. Thornton--2/3 & E. Blackman--2/22

Happy Birthday to our Residents who share a Birthday in the month of February!!



Cambridge Gardens and Our Residents



Why Do You Love Being a Gnome at Cambridge Gardens?

"To provide a safe place to live for the Senior community, and to support residents and their families on their senior living journey."

- Destine Windbush, Sales and Marketing Director



"Enriching the lives of our residents through the care that we provide."

- Matthew Phillips, Activities Director

