



THE Cambridge Gardens *Lifestyle*



CAMBRIDGE
GARDENS
SENIOR LIVING AT EASE

Like Us!  

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

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Happy
St. Patrick's
Day 

MARCH 2025



Joy McGee ALFA, LPN

Executive Director

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"May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face."
-An Irish Blessing

Greetings Gnomes,
March is upon us, and with it come warmer weather and blooming flowers. March 4th is Mardi Gras, followed by Ash Wednesday on the 5th. We are excited to celebrate "Women's History month" and observe International Women's Day on March 8th, as well as Irish-American Heritage Month. March 13th and 14th, a full Worm Moon will be visible on the horizon. Be on the lookout for earthworms and robins, a true sign of spring. On Monday, March 17th, we will be observing St. Patrick's Day. You may just see a mischievous Leprechaun on the hunt for his pot o' gold. Thursday, March 27th, is Opening Day for Major League Baseball.

Thank you for being part of our blossoming community.

Joy McGee



MARCH 2025

Brain Bender: Leprechaun Logic

Four young leprechauns—Bridget, Erin, Declan and Seamus—are going to a St. Patrick's Day party. Each is taking a treat—shamrock cookies, a rainbow cake, Irish stew and soda bread. Use the clues to find out the name and age of each leprechaun and the food they're taking to the party.

- Bridget is the same age as the leprechaun who likes bread.
 - The 8-year-old girl is not bringing a cake.
 - Declan isn't taking the stew.
 - Erin loves rainbows. She is younger than Seamus.
 - Seamus and his twin sister are 8 years old.
 - The youngest leprechaun, who is 6, isn't bringing cake or stew.
 - Bridget isn't taking bread, and Seamus isn't taking cookies.
- (Answers: Declan is 6 years old and taking cookies. Erin is 7 and taking a cake. Bridget is 8 and taking Irish stew. Seamus is 8 and taking soda bread.)

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."
—Jim Carrey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 Daily Chronicals 10:00 Sunday Morning Worship with Matt 11:30 Lunch 12:30 Dance Break 1:00 Walking Club 2:00 Sunday Afternoon Movie 3:00 One on One with Residents 7:00 Personal Reflection Time	3 9:00 Coffee time with Matt 10:00 Monday Morning Exercises 11:30 Lunch 12:30 Dance Break 1:00 Bingo with Jane 2:00 Coloring in the Activity Room 3:00 One on One with Residents 7:00 Personal Reflection Time	4 Resident Council 9:00 Daily Chronicals 10:00 Anthony Leonard Interactive Musical Performance 11:30 Lunch 12:30 Dance Break 1:00 Resident Council Meeting 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	5 Monthly Birthday Party 9:00 Coffee time with Matt 10:00 Midweek Devotions with Matt 11:30 Lunch 12:30 Dance Break 1:00 Scrabble with Jane 2:00 Monthly Birthday Party 3:00 One on One with Residents 7:00 Personal Reflection Time	6 9:00 Daily Chronicals 10:00 Trip Out Thursday 11:30 Lunch 12:30 Dance Break 1:00 March Surprises 2:00 Mike Martin Concert 3:00 One on One with Residents 7:00 Personal Reflection Time	7 9:00 Coffee time with Matt 10:00 Friday Devotions with Matt 11:30 Lunch 12:30 Dance Break 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	8 9:00 Daily Chronicals 10:00 Saturday Morning Matinee 11:30 Lunch 12:30 Dance Break 1:00 Coloring in the Activity Room 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time
9 Daylight Saving Time Begins 9:00 Daily Chronicals 10:00 Sunday Morning Worship with Matt 11:30 Lunch 12:30 Dance Break 1:00 Walking Club 2:00 Sunday Afternoon Movie 3:00 One on One with Residents 7:00 Personal Reflection Time	10 9:00 Coffee time with Matt 10:00 Bowling 10:00 CornHole 11:30 Lunch 12:30 Dance Break 1:00 Bingo with Jane 2:00 Coloring in the Activity Room 3:00 One on One with Residents 7:00 Personal Reflection Time	11 9:00 Daily Chronicals 10:00 Nerf Gun Battle 11:30 Lunch 12:30 Dance Break 1:00 Resident Testimonials 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	12 Town Hall 9:00 Coffee time with Matt 10:00 Catholic Service 11:30 Lunch 12:30 Dance Break 1:00 Scrabble with Jane 2:00 Town Hall 3:00 One on One with Residents 7:00 Personal Reflection Time	13 9:00 Daily Chronicals 10:00 Trip Out Thursday 11:30 Lunch 12:30 Dance Break 1:00 March Surprises 2:00 Thursday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	14 9:00 Coffee time with Matt 10:00 Friday Devotions with Matt 11:30 Lunch 12:30 Dance Break 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	15 9:00 Daily Chronicals 10:00 Saturday Morning Matinee 11:30 Lunch 12:30 Dance Break 1:00 Coloring in the Activity Room 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time
16 9:00 Daily Chronicals 10:00 Sunday Matinee 11:30 Lunch 12:30 Dance Break 1:00 Walking Club 2:00 Sunday Afternoon Worship Service with Redeemer 3:00 One on One with Residents 7:00 Personal Reflection Time	17 Saint Patrick's Day 9:00 Coffee time with Matt 10:00 St. Patrick's Day Devotions 11:30 Lunch 12:30 Dance Break 1:00 Bingo with Jane 2:00 St. Patrick's Day Special Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	18 9:00 Daily Chronicals 10:00 Anthony Leonard Interactive Musical Performance 11:30 Lunch 12:30 Dance Break 1:00 Gnome Testimonial 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	19 9:00 Coffee time with Matt 10:00 Midweek Devotions with Matt 11:30 Lunch 12:30 Dance Break 1:00 Scrabble with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	20 9:00 Daily Chronicals 10:00 Trip Out Thursday 11:30 Lunch 12:30 Dance Break 1:00 March Surprises 2:00 Thursday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	21 9:00 Coffee time with Matt 10:00 Friday Devotions with Matt 11:30 Lunch 12:30 Dance Break 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	22 9:00 Daily Chronicals 10:00 Saturday Morning Matinee 11:30 Lunch 12:30 Dance Break 1:00 Coloring in the Activity Room 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time
23 10:00 Sunday Matinee 11:30 Lunch 1:00 Walking Club 2:00 Sunday Afternoon Worship Service 3:00 One on One with Residents 7:00 Personal Reflection Time	24 10:00 Morning Exercise 11:30 Lunch 1:00 Bingo with Jane 2:00 Coloring in the Activity Room 3:00 One on One with Residents 7:00 Personal Reflection Time	25 9:00 Daily Chronicals 10:00 Nerf Gun Battle 11:30 Lunch 12:30 Dance Break 1:00 Joy's Testimonial 2:00 Tuesday Theatre Time 3:00 One on One with Residents 7:00 Personal Reflection Time	26 9:00 Coffee time with Matt 10:00 Catholic Service 11:30 Lunch 12:30 Dance Break 1:00 Scrabble with Jane 2:00 Afternoon Exercise 3:00 One on One with Residents 7:00 Personal Reflection Time	27 MLB Opening Day 9:00 Daily Chronicals 10:00 Trip Out Thursday 11:30 Lunch 12:30 Dance Break 1:00 March Surprises 2:00 Opening Day of MLB (Happy Hour) 3:00 One on One with Residents 7:00 Personal Reflection Time	28 9:00 Coffee time with Matt 10:00 Friday Devotions with Matt 11:30 Lunch 12:30 Dance Break 1:00 500 2:00 Happy Hour 3:00 One on One with Residents 7:00 Personal Reflection Time	29 9:00 Daily Chronicals 10:00 Saturday Morning Matinee 11:30 Lunch 12:30 Dance Break 1:00 Coloring in the Activity Room 2:00 Walking Club 3:00 One on One with Residents 7:00 Personal Reflection Time
30 10:00 Sunday Matinee 11:30 Lunch 1:00 Walking Club 2:00 Sunday Afternoon Worship Service with James Matthias 7:00 Personal Reflection Time	31 10:00 Bowling 10:00 CornHole 11:30 Lunch 1:00 Bingo with Jane 2:00 Coloring in the Activity Room 7:00 Personal Reflection Time					

R. Wright 3/7



Irish Heritage in America

March is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the U.S. can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.

The biggest wave of immigrants arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America. Irish music, with an emphasis on fiddles, played a part in the foundation of America's folk and country music. Lively Irish step dancing became popular entertainment, with shows and competitions still prevalent today.

In the sports world, Irish athletes dominated the early days of baseball and boxing, and Irish influence is evident in the names of the NBA's Boston Celtics and the University of Notre Dame's Fighting Irish.



Baseball at the Box Office

"There's no crying in baseball!"
"If you build it, he will come."
These memorable lines are among many from baseball-themed movies through the years. Catch a few of these popular titles:

"The Pride of the Yankees" (1942). Gary Cooper stars in this sentimental biopic of Hall of Famer Lou Gehrig.

"The Bad News Bears" (1976). A former minor league ballplayer coaches a ragtag Little League team of comic misfits.

"The Natural" (1984). A middle-aged slugger gets a second chance at the big leagues, where he faces secrets from his past.

"Eight Men Out" (1988). This is the dramatic account of the infamous Black Sox scandal, in which eight Chicago White Sox players accepted bribes to purposely lose the 1919 World Series.

"Field of Dreams" (1989). Part fairy tale, part drama, this story about second chances often strikes a chord with fathers and sons.

"A League of Their Own" (1992). This film is a fictional portrayal of the real-life All-American Girls Professional Baseball League, formed during World War II.

"Moneyball" (2011). The true story of how a revolutionary method of scouting players, based solely on statistics, turned around the struggling Oakland A's.

"42" (2013). Jackie Robinson's courageous rookie season as the first African American to play in the MLB is dramatized in this inspirational film.