

THE Cambridge Crossing *Lifestyle*



CAMBRIDGE
CROSSING
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY

251 Patriot Lane · Williamsburg, VA 23185 · (757) 220-4014 · www.cambridgecrossingassistedliving.com

Meet the Staff

Executive Director
Resident Care Coordinator
Activities Director
Area Sales Specialist
Maintenance Coordinator
Housekeeping

Brittany Hooper
Tori Jones
Amanda Beasley
Travius Denson
Keith McCall
Maria Nunez

Scan To Like,
Follow And
Share Our Page



Remember When: Car Tail Fins

Many car lovers have an affinity for models made during post-war America's fascination with the jet and space age. For about a decade, tail fins became a signature feature of auto design, giving even the simplest sedan some futuristic flair. Automakers Ford, General Motors and Chrysler steered into the fad that reached its zenith with those created for the 1959 Cadillac, which were high, long and accented with chrome and red taillights. But by the mid-1960s, the finned look had driven off into the sunset.

Monthly Celebrations

Have a blast enjoying these February celebrations that last all month.

- Keep your heart in mind during American Heart Month.
- Stay organized and focused for National Time Management Month.
- Give yourself a pat on the back—it's International Boost Self-Esteem Month.

FEBRUARY 2025



Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

Everything's Roses

"Stop and smell the roses" may be healthy advice in more ways than one. The flower's delicate scent can produce a relaxing effect. Rose extracts, often used in beauty products, have anti-inflammatory properties that help soothe dry, irritated skin. And German researchers found that sleepers who were exposed to the smell of roses experienced pleasant dreams.

February Forecast

Feb. 2 is Groundhog Day, when the furry forecaster from Pennsylvania emerges from his burrow. If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he doesn't, then spring is just around the corner.

FEBRUARY 2025

'Soup' Is One

How many words can you come up with using the letters in "Super Bowl"?

5 Things About: Chocolate

- Chocolate in the form of cocoa beans was used as currency by ancient Mayans.
- It takes about 400 cocoa beans to make 1 pound of chocolate.
- Americans eat about \$21 billion worth of the sweets each year.
- Researchers say eating it can cause the brain to release endorphins, which is why it's so enjoyable for some.
- The world's largest chocolate bar weighed more than 12,000 pounds. It was made by an English candy company in 2011.

Brainteaser

Question: If you have one, you want to share it, but if you share it, you haven't got it. What is it?

Answer: A secret.

"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
						1 9:00 Music Melodies! 1:00 Daily Chronicles and News 2:00 Williamsburg Church of Christ 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room
2 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	3 9:00 Music Melodies! 11:00 Chair Exercise Fun! 1:00 Daily Chronicles and News 2:00 Word Game 3:00 Card Games 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	4 9:00 Music Melodies! 1:00 Daily Chronicles and News 2:00 BINGO! 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	5 9:00 Music Melodies! 11:00 Word Game 1:00 Daily Chronicles and News 2:00 Music Memories 3:00 Sensational Senses 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	6 9:00 Music Melodies! 11:00 Color Creativity 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	7 9:00 News and Conversation 1:00 Daily Chronicles and News 2:00 Word Game 3:00 Bowling & Corn Hole 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	8 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room
9 9:00 Music Melodies! 1:00 Daily Chronicles and News 2:00 Power House Church 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	10 9:00 Music Melodies! 11:00 Chair Exercise Fun! 1:00 Daily Chronicles and News 2:00 Word Game 2:30 Resident Council 3:00 Card Games 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	11 9:00 Music Melodies! 11:00 Manicures 1:00 Daily Chronicles and News 2:00 BINGO! 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	12 9:00 Music Melodies! 11:00 Word Game 1:00 Daily Chronicles and News 2:00 Music Memories 3:00 Sensational Senses 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	13 9:00 Music Melodies! 11:00 Color Creativity 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	14 9:00 News and Conversation 1:00 Daily Chronicles and News 2:00 Word Game 3:00 Bowling & Corn Hole 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	15 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room
16 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	17 Presidents Day 9:00 Music Melodies! 11:00 Chair Exercise Fun! 1:00 Daily Chronicles and News 2:00 Word Game 3:00 Card Games 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	18 9:00 Music Melodies! 1:00 Daily Chronicles and News 2:00 BINGO! 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	19 9:00 Music Melodies! 11:00 Word Game 1:00 Daily Chronicles and News 2:00 Music Memories 3:00 Sensational Senses 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	20 9:00 Music Melodies! 11:00 Color Creativity 1:00 Daily Chronicles and News 4:30 Family Night 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	21 9:00 News and Conversation 1:00 Daily Chronicles and News 2:00 Word Game 3:00 Bowling & Corn Hole 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	22 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room
23 9:00 Music Melodies! 1:00 Daily Chronicles and News 3:00 Liberty Live Church 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	24 9:00 Music Melodies! 11:00 Chair Exercise Fun! 1:00 Daily Chronicles and News 2:00 Word Game 3:00 Card Games 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	25 9:00 Music Melodies! 11:00 Manicures 1:00 Daily Chronicles and News 2:00 BINGO! 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	26 9:00 Music Melodies! 11:00 Word Game 1:00 Daily Chronicles and News 2:00 Music Memories 3:00 Sensational Senses 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	27 9:00 Music Melodies! 11:00 Color Creativity 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	28 9:00 News and Conversation 1:00 Daily Chronicles and News 2:00 Word Game 3:00 Bowling & Corn Hole 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	

Wild World: Hedgehog

These tiny, spiny mammals are popular pets in some parts of North America, but they're actually native to Europe, Africa and Asia. Hedgehogs get their name from their habit of foraging through hedges and making grunting noises like a pig. Each hedgehog has about 5,000 to 7,000 hollow, stiff quills, which are used for defense. The animals curl into a ball when threatened or sleeping to deter predators. These adorable critters—which are unrelated to porcupines—are often welcomed by gardeners because they eat pests such as snails, worms, mice, frogs and snakes. A baby hedgehog is called a hoglet.

Popcorn Pick: 'It Happened One Night'

This enduring classic has been called the original romantic comedy. Directed by the legendary Frank Capra, the 1934 film stars Claudette Colbert as spoiled heiress Ellie, who is on the run from her rich father after she elopes with a famous aviator. While on the lam, she falls for Peter, a newspaper reporter, played by Clark Gable. Audiences both then and now love the couple's witty banter and their many comic situations. The film won all five major Oscar categories (best picture, director, actor, actress and screenplay), the first to achieve the honor.

Go Nutty for Heart Health

February is National Heart Month, a good time to do something beneficial for this vital organ. One simple suggestion is to incorporate nuts or nut butters into your diet. Tree nuts like almonds, walnuts and pecans, as well as peanut and almond butters, have all been found to reduce cholesterol, which can decrease the risk for heart disease.

Geography 101: Sweden's Icehotel

Visitors looking for a cool destination can chill out each winter at any one of the world's many ice hotels, found at locales in Canada, Finland and Norway. But the world's first and largest is Sweden's Icehotel in the town of Jukkasjarvi, about 125 miles north of the Arctic Circle. The must-see-to-believe establishment is more than 60,000 square feet, and is rebuilt each year entirely out of snow and blocks of ice taken from the nearby Torne River. Accommodations range from standard rooms to deluxe suites, all with walls, artwork, furniture and even beds created out of ice.



Memorable Melody: 'Love Me Tender'

Hearts were aflutter when Elvis Presley debuted the ballad "Love Me Tender" on "The Ed Sullivan Show" in 1956—so much that a million preorders made it the first single to become a gold record before it was released. The huge success of the No. 1 hit even made producers change the name of the upcoming movie in which Elvis would make his big-screen debut to the song's title. Veteran songwriter Ken Darby created the classic by adding new lyrics to the Civil War tune "Aura Lee."

Amazing Herbs:

Rosemary

Rosemary doesn't smell like roses, but instead has a strong, sweet, piney aroma. An evergreen bush, this herb is easy to grow in containers and loves the sunlight. Its spiky leaves are used often in cooking, especially with lamb or other red meat, as well as in Italian recipes and with roasted potatoes. Rosemary is an excellent source of vitamin A and iron, and studies show it may also be a memory aid. In late spring, the rosemary plant produces light blue and purple flowers.

Purple Power

Amethyst, February's birthstone, is a purple variety of quartz. In ancient times, people believed this gemstone could provide mental clarity, intelligence and pleasant dreams.