

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



Wild World: Mandrill

The largest monkeys in the world, mandrills are also some of the most colorful mammals on the planet. The mandrill's most distinctive feature is its bright red nose, framed on both sides by blue and purple ridges. These primates live in the rainforests of Africa near the equator, where family groups of around 40 often join to form troops that number over 600. Mandrills can be very noisy, using deep grunts and high-pitched screams to communicate. During the day, they hunt small animals and insects and forage for fruits and seeds, often saving snacks for later in their cheek pouches. Mandrills choose a different tree to sleep in every night.

Protect Your Personal Information

Taking precautions can help you avoid becoming a victim of identity theft and financial fraud. Experts recommend shredding unneeded documents that include personal information, and warn against disclosing private data via phone or email.

MARCH 2025



A Cheery Sight

Wearing a chest of bold orange feathers and chirping a cheery song, the robin is known as the herald of spring. This hardy North American bird is often a year-round resident that spends the winter roosting in trees to conserve energy. As the weather warms, robins become a more noticeable sight as they come out to search for food and begin nesting.

Spring Is in the Air

The first day of spring, also known as the vernal equinox, falls on March 20 this year. Longer warmer days are on their way!

Famous Firsts: Academy Awards

Unlike today's spectacle, the first Academy Awards celebration in 1929 was a small affair with just 270 people. A private dinner at a Hollywood hotel honored the film industry's best in 12 categories, and the winners had been announced months earlier.

MARCH 2025

March Madness

It means office pools. Heartbreak. Buzzer beaters. Braggin' rights. "March Madness" strikes this month each year. The goal is to crown a national champion in college basketball. But did you know "March Madness" originally was coined in relation to high school hoops? In 1939, Henry V. Porter, an administrator with the Illinois High School Association, referred to "March Madness" in an article he wrote describing the hoopla surrounding the Illinois state tournament. When TV broadcaster Brent Musburger used the phrase "March Madness" during the 1982 NCAA tournament, it ignited an association with what has become a much-anticipated March staple.

Anthem Anniversary

On March 3, 1931, President Herbert Hoover signed a congressional resolution making "The Star-Spangled Banner" the official national anthem of the United States.

"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
						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 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 See the 3rd for today's events!	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	29 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room
30 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	31 See the 3rd for today's events!					

Popular Pages: 'Anne of Green Gables'

Lucy Maud Montgomery's 1908 novel about a spunky, redheaded 11-year-old orphan has captured the hearts of readers across the world. Anne's adventures begin when she is sent to the town of Avonlea to help aging brother and sister Matthew and Marilla Cuthbert with their farm, called Green Gables. Bubbly and imaginative, Anne doesn't always exhibit proper behavior, but her kindness and intelligence pave the way for a promising future. The book and its sequels have been adapted for stage and screen, and every year more than 125,000 fans visit Green Gables Heritage Place on Canada's Prince Edward Island, the inspiration for the story's setting.

Remember When: Silly Putty

During World War II, a rubber shortage prompted a search for a synthetic substitute. Two chemists—one at General Electric and the other with Dow Corning—combined boric acid and silicone oil. Though they were working independently, they got the same result: a bouncy, stretchy material. It wasn't a good rubber replacement, but it was entertaining to play with. A toy marketer packaged 1-ounce balls of the putty in plastic eggs and sold them for a dollar apiece, and Silly Putty became one of the most popular toys of the 20th century.

Brainteaser

Question: I am found on land and in sea, yet I neither walk nor swim. I travel by foot, but have no toes. No matter where I roam, I'm never away from home. What am I?
Answer: A snail.

To Your Health: Time for Bed

A bedtime routine isn't just for children; adults can benefit from one, too. Become a creature of habit by doing the same thing every night for about an hour before going to bed. Activities could include writing in a journal, having a fresh fruit snack or reading a book. Soon, your brain will associate the activity with bedtime, and you will fall asleep faster when your head hits the pillow. Better slumber can lower stress levels and improve overall health.



Positive Thought

"An optimist is the human personification of spring."
—Susan J. Bissonette

Popcorn Pick: 'The Lion King'

Praised for its spectacular visuals, Academy Award-winning music, memorable characters, and dramatic tale, "The Lion King" has become a beloved classic since its release in 1994. It was Disney's first animated feature based on an original story and follows the journey of Simba, an African lion cub who must overcome his fears to reclaim his place as king of the pride in nature's "Circle of Life." The animal kingdom is voiced by an all-star cast that includes Matthew Broderick, James Earl Jones, Jeremy Irons and Nathan Lane.

Did You Know?

In Europe, some gardeners make nests of straw or hay to attract hedgehogs, which eat snails, slugs and other garden pests.

A Cheesy Occasion

They're the crunchy, cheesy snacks that leave your fingers a bright shade of orange. Grab a napkin and dig into a bag of them on March 5, National Cheese Doodle Day.

Wild and Witty

Q: What do you call an alligator in a vest?

A: An investigator.