

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

JUNE 2024

Meet the Staff

Executive Director	Robin Pope
Maintenance Coordinator	Tim Brantley
Activities Director	Sarah Allen
Resident Care Coordinator	Tori Jones
Sales Coordinator	Sara Woodward

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for entrusting us with your loved ones!

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www.cambridgecrossingassistedliving.com

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AL# 1105121



Hello Cambridge Crossing Residents, Family, & Friends,

It is with joy and enthusiasm that I join your community team here at Cambridge Crossing. I started as the Director of Sales a few weeks ago and have loved getting to know everyone in the community!

I started my career in hospice as a music therapist and transitioned into senior living working as a music therapist in memory care. I spent a few years as a Director of Community Life overseeing activities and community outreach for a continuing care community in Maryland and most recently served as a Director of Memory Care for the last two years. I am a Certified Dementia Practitioner and a Certified Alzheimer's Disease and Dementia Care Trainer.

My husband and I moved to the Williamsburg area last August and had our first child in November. He just turned 6 months in May and we are enjoying every second of it! I enjoy running, playing beach volleyball, and singing. You can often find my husband and I jamming out together (he also is a musician), and our Corgi, Toby, will often join in the music making with howls of his own.

I look forward to bringing positive energy, vitality, and renewed growth to the community in my role here. If we haven't had the opportunity to meet yet, I hope to get to know you soon.

- Sara Woodward

JUNE 2024

Birthdays-

Cara B- 06-01

Famous Birthdays







Marilyn Monroe- 06/01
Tom Holland- 06/01
Angelina Jolie- 06/04
Prince- 06/07
Johnny Depp- 06/09
Mike Tyson- 06/30

June Weather Lore

Have you heard these June weather sayings?

- June, damp and warm, does a farmer no harm.
- A good rain in June sets all in tune.
- A wet June makes a dry September.

"When the sun is shining I can do anything; no mountain is too high, no trouble too difficult."
—Wilma Rudolph

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Happy Birthday Cara! 10:00 Morning Coffee 11:00 Game show day! 2:00 Williamsburg Church of Christ 3:00 Corn Hole 6:00 Movie Night
2 10:00 Morning Coffee 11:00 Sunday Worship! 2:00 Word find! 6:00 Puzzles	3 10:00 Chair Exercise 10:30 Pick a year! 11:00 Nature Walk 3:00 Olive tasting! 6:00 Fidget Jigsaw Puzzle	4 10:00 Morning walk 10:30 Coffee and chat 11:00 Music Melodies! 2:00 Rocky Road day! 3:00 Bingo! 6:00 Train of thought	5 10:00 Chair Exercise 10:30 Pick a year! 11:00 Therapy Dog 2:00 Cheese Tasting! 3:00 Hymn Singing 6:00 Match the shape!	6 10:00 Morning walk 10:30 Coffee and chat 11:00 Hands massage/ Nails 2:00 Watermelon Button 6:00 4 in a row	7 10:00 Chair Exercise 10:30 Pick a year! 11:00 Music Melodies! 2:00 Chocolate Ice Cream day! 6:00 Wooden Puzzle	8 10:00 Morning Coffee 2:00 Afternoon Social 3:00 Corn Hole 6:00 Movie Night
9 10:00 Morning Coffee 2:00 Powerhouse of Praise Church 6:00 Puzzles	10 10:00 Chair Exercise 10:30 Pick a year! 11:00 Nature Walk 2:00 Frosted Cookie day! 3:00 Resident Council 6:00 Fidget Jigsaw Puzzle	11 10:00 Morning walk 10:30 Coffee and chat 11:00 Music Melodies! 2:00 German Chocolate Cake day! 3:00 Bingo! 6:00 Train of thought	12 10:00 Chair Exercise 10:30 Pick a year! 11:00 Therapy Dog 2:00 Peanut Butter Cookie day! 3:00 Hymn Singing 6:00 Match the shape!	13 10:00 Morning walk 10:30 Coffee and chat 11:00 Hands massage/ Nails 2:00 Button Flag 6:00 4 in a row	14 10:00 Chair Exercise 10:30 Pick a year! 11:00 Music Melodies! 2:00 Strawberry Shortcake! 6:00 Movie night day!	15 10:00 Morning Coffee 2:00 Afternoon Social 3:00 Corn Hole 6:00 Movie Night
16 10:00 Morning Coffee 11:00 Sunday Worship! 2:00 Watermelon social! 6:00 Puzzles	17 10:00 Chair Exercise 10:30 Pick a year! 11:00 Nature Walk 2:00 Root beer day! 6:00 Fidget Jigsaw Puzzle	18 10:00 Morning walk 10:30 Coffee and chat 11:00 Music Melodies! 2:00 Flip Flop Door hanger! 3:00 Bingo! 6:00 Train of thought	Juneteenth 19 10:00 Chair Exercise 10:30 Pick a year! 11:00 Therapy Dog 2:00 Juneteenth! 3:00 Hymn Singing 6:00 Match the shape!	Longest Day! 20 10:00 Morning walk 10:30 Coffee and chat 11:00 Hands massage/ Nails 2:00 Ice Cream Soda! 5:00 Family night	21 10:00 Chair Exercise 10:30 Pick a year! 11:00 Music Melodies! 2:00 Smoothie making! 6:00 Wooden Puzzle	22 10:00 Morning Coffee 2:00 Chocolate Eclair! 3:00 Corn Hole 6:00 Movie Night
Wear Pink Day! 23 10:00 Morning Coffee 11:00 Sunday Worship! 2:00 Pecan Sandies 6:00 Puzzles	24 10:00 Chair Exercise 10:30 Pick a year! 11:00 Nature Walk 2:00 AT Home Care 6:00 Fidget Jigsaw Puzzle	25 10:00 Morning walk 10:30 Coffee and chat 11:00 Music Melodies! 2:00 Strawberry Parfait! 3:00 Bingo! 6:00 Train of thought	26 10:00 Chair Exercise 10:30 Pick a year! 11:00 Therapy Dog 2:00 Chocolate Pudding! 3:00 Hymn Singing 6:00 Match the shape!	27 10:00 Morning walk 10:30 Coffee and chat 11:00 Hands massage/ Nails 2:00 Bomb Pop! 6:00 4 in a row	28 10:00 Chair Exercise 10:30 Pick a year! 11:00 Music Melodies! 2:00 Ice Cream 3:00 Mr. Teller Piano Program 6:00 Wooden Puzzle	29 10:00 Morning Coffee 2:00 Afternoon Social 3:00 Corn Hole 6:00 Movie Night
30 10:00 Morning Coffee 11:00 Sunday Worship! 3:00 Liberty Live Church! 6:00 Puzzles						

Welcome, Summer!

Different cultures have celebrated the longest day of the year, known as the summer solstice or midsummer, for centuries. Imagine soaking up the sun at some of the world's most buzzed about summer parties:

Sweden. Midsummer is a major holiday in Sweden, whose solstice celebrations are famous. Families and friends often spend the day in the countryside, marking the occasion by dancing around a maypole, making flower crowns and feasting on pickled herring.

Wiltshire, England. Visitors to Stonehenge can normally only walk around the towering stone circle, but they are allowed inside of it twice a year—on the summer and winter solstices. That's because on each solstice, the ancient stones are positioned perfectly with the movement of the sun. On the first day of summer, the view from inside shows a spectacular sunrise over the large Heel Stone, which stands outside the circle.

Ottawa, Canada. Canada's capital is also the original territory of the Algonquin people, and the Summer Solstice Indigenous Festival honors Native chiefs and artisans; traditional attire, music and dancing; and other cultural experiences.

Alaska. Experiencing almost 24 hours of sunlight on the summer solstice, most of Alaska parties well into the night. The city of Fairbanks greets the season with a Midnight Sun Baseball game, while Anchorage tests the bravery of their first responders with the Hero Games.

Spain. A few days after the solstice, Spain welcomes summer on June 23, the Night of San Juan. Beaches are lit up with bonfires, which represent good luck and a new start, and it's tradition to jump over the flames or write wishes on paper before burning them. The ceremonies are usually accompanied by fireworks and a midnight dip in the ocean.

At the Beach

The combination of sand and surf creates scenic coastlines across the world. Relax, unwind and find out what makes some beaches fascinating and fantastic.

- Beaches became popular destinations during the 1700s. Doctors often prescribed a visit to the seashore to improve a person's health.
- Most beach sand is tan or white in color, but there are beaches with sand that's black, green, pink, purple and red.
- Brazil is home to the world's longest beach, Casino Beach, which stretches 150 miles long.
- You'll find the "shark tooth capital of the world" at Venice Beach in Florida. Every year, hundreds of fossilized teeth from prehistoric sharks wash ashore there.
- At 58 feet high, the world's tallest sandcastle was built on a German beach in 2019.
- Tides have turned California's Glass Beach from trash to treasure. Its shore is covered with polished pebbles of colorful sea glass, made from garbage tossed into the ocean long ago.
- A day at the beach or the spa? You can have both at New Zealand's Hot Water Beach, where the water underneath the beach heats up to 150 degrees. Beachgoers dig holes in the sand to soak in their own hot tubs.
- It's the wildlife that makes some beaches unique. Sea turtles, penguins, flamingos, monkeys and pigs are just some of the animals that roam the shores along with human visitors.

Wit & Wisdom

"The sky is an infinite movie to me. I never get tired of looking at what's happening up there."

—K.D. Lang

"You cannot look up at the night sky on the planet Earth and not wonder what it's like to be up there amongst the stars."

—Tom Hanks

"The sky is the ultimate art gallery just above us."

—Ralph Waldo Emerson

"My experiences remind me that it's those black clouds that make the blue skies even more beautiful."

—Kelly Clarkson

"I always believe that the sky is the beginning of the limit."

—MC Hammer

"Passion isn't something that lives way up in the sky, in abstract dreams and hopes. It lives at ground level, in the specific details of what you're actually doing every day."

—Marcus Buckingham

"Don't forget: Beautiful sunsets need cloudy skies."

—Paulo Coelho

"I like to go outside at night by myself and look at the sky and just appreciate it."

—Kendall Jenner

"We are a nation of communities ... a brilliant diversity spread like stars, like a thousand points of light in a broad and peaceful sky."

—George H.W. Bush