

THE Cambridge Crossing Lifestyle



CAMBRIDGE CROSSING
SENIOR LIVING AT EASE

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

Meet the Staff

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AL# 1105121

JULY 2024

Here's to Our Independence

If your Fourth of July plans include gatherings of friends and family for barbecues and fireworks, don't forget to take a moment to remember those who fought for our country's independence so long ago. The revolutionaries of 1776 couldn't have imagined how far we would come. The great strides we've made in science, technology, medicine and social justice are only more amazing when you consider where we started.

So while you're enjoying the all-American foods and breathtaking sights of Independence Day, take some time to thank those first Americans who took a leap into the unknown in the hopes of a better tomorrow. Our office will be closed on July 4 so that our team can observe this holiday as well.



JULY 2024

Famous Birthdays!

Princess Diane- 07/01
Tom Cruise- 07/03
George W. Bush- 07/06
Toby Keith- 07/08
O.J. Simpson- 07/09
Tom Hanks- 07/09
Jessica Simpson- 07/10
Cheryl Ladd- 07/12
Gerald Ford- 07/14
Matthew Fox- 07/14
Alexander the Great- 07/20
Don Knotts- 07/21
Robin Williams- 07/21
Rose Kennedy- 07/22
Amelia Earhart- 07/ 24
Jennifer Lopez- 07/24
Alex Rodriguez "A-Rod"- 07/27
Martina McBride- 07/29
Henry Ford- 07/30




Resident and Staff Birthdays

Sara- 07/07
Polly- 07/16
Maria- 07/17
Ethel- 07/31

'Bell' Is One

How many words can you come up with using the letters in "bald eagle"?

"Even the smallest victory is never to be taken for granted. Each victory must be applauded."
—Audre Lorde

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Postal Worker Day! 1 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Nature Walk 2:00 Gingersnap! 3:00 Resident Council 6:00 Fidget Jigsaw Puzzle</p>	<p>2 10:00 Morning Walk 10:30 Coffee and Chat 11:00 Music Melodies! 2:00 Straw Stamped 3:00 July 4th Bingo! 6:00 Train of Thought</p>	<p>3 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Therapy Dog 2:00 Chocolate Wafer! 3:00 Hymn Singing 6:00 Match the Shape!</p>	<p>4 Independence Day 10:00 Morning Walk 10:30 Coffee and Chat 11:00 Hands Massage/ Nails 2:00 July 4th Trivia! 6:00 4 in a Row</p>	<p>5 Hawaii Day! 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Music Melodies! 2:00 Apple Turnover! 6:00 Wooden Puzzle</p>	<p>6 10:00 Morning Coffee 2:00 Williamsburg Church of Christ 3:00 Corn Hole 6:00 Movie Night</p>	
<p>7 Happy Birthday Sara! 10:00 Morning Coffee 11:00 Sunday Worship! 2:00 Strawberry Sundae 6:00 Puzzles</p>	<p>8 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Nature Walk 2:00 Freezer Pop Day! 6:00 Fidget Jigsaw Puzzle</p>	<p>9 10:00 Morning Walk 10:30 Coffee and Chat 11:00 Music Melodies! 2:00 Sugar Cookie 3:00 Bingo! 6:00 Train of Thought</p>	<p>10 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Therapy Dog 2:00 Piña Colada! 3:00 Flag Art 6:00 Match the Shape!</p>	<p>11 Cherry Day! 10:00 Morning Walk 10:30 Coffee and Chat 11:00 Hands Massage/ Nails 2:00 Birthday Social! 6:00 4 in a Row</p>	<p>12 Pecan Pie Day! 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Music Melodies! 2:00 Jello! 6:00 Wooden Puzzle</p>	<p>13 Beans 'N' Franks! 10:00 Morning Coffee 2:00 Afternoon Social 3:00 Corn Hole 6:00 Movie Night</p>
<p>14 10:00 Morning Coffee 11:00 Sunday Worship! 2:00 Powerhouse of Praise Church 6:00 Puzzles</p>	<p>15 Gummy Worms! 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Nature Walk 2:00 Tapioca Pudding! 6:00 Fidget Jigsaw Puzzle</p>	<p>16 Happy Birthday Polly! 10:00 Morning Walk 10:30 Coffee and Chat 11:00 Music Melodies! 1:00 Short Talk with Williamsburg Library 6:00 Train of Thought</p>	<p>17 Happy Birthday Maria! 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Therapy Dog 2:00 Peach Ice Cream! 3:00 Hymn Singing 6:00 Match the Shape!</p>	<p>18 Tropical Fruit Day! 10:00 Morning Walk 10:30 Coffee and Chat 11:00 Hands Massage/ Nails 2:00 Dole Whip! 5:00 Family Night</p>	<p>19 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Music Melodies! 2:00 Daiquiri Day! 6:00 Wooden Puzzle</p>	<p>20 Lollipop Day! 10:00 Morning Coffee 2:00 Afternoon Social 3:00 Corn Hole 6:00 Movie Night</p>
<p>21 10:00 Morning Coffee 11:00 Sunday Worship! 6:00 Puzzles</p>	<p>22 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Nature Walk 2:00 Mango Day 6:00 Fidget Jigsaw Puzzle</p>	<p>23 10:00 Morning Walk 10:30 Coffee and Chat 11:00 Music Melodies! 2:00 Vanilla Ice Cream! 3:00 Bingo! 6:00 Train of Thought</p>	<p>24 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Therapy Dog 3:00 Hymn Singing 6:00 Match the Shape!</p>	<p>25 Thread the Needle Day! 10:00 Morning Walk 10:30 Coffee and Chat 11:00 Hands Massage/ Nails 2:00 Hot Fudge Sundae 6:00 4 in a Row</p>	<p>26 Aunt & Uncle Day! 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Music Melodies! 2:00 Coffee Milkshake Day! 6:00 Wooden Puzzle</p>	<p>27 Crème Brûlée Day! 10:00 Morning Coffee 2:00 Afternoon Social 3:00 Corn Hole 6:00 Movie Night</p>
<p>28 Chocolate Milk Day! 10:00 Morning Coffee 3:30 Liberty Live Church! 6:00 Puzzles</p>	<p>29 Lasagna Day! 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Nature Walk 6:00 Fidget Jigsaw Puzzle</p>	<p>30 10:00 Morning Walk 10:30 Coffee and Chat 11:00 Music Melodies! 2:00 Cheesecake Day! 3:00 Bingo! 6:00 Train of Thought</p>	<p>31 Happy Birthday Ethel! 10:00 Chair Exercise 10:30 Pick a Year! 11:00 Therapy Dog 3:00 Hymn Singing 6:00 Match the Shape!</p>		<p>All Events Are Subject to Change</p>	


ELITE SHINE SERVICES
WE DON'T JUST CLEAN, WE ELEVATE!
PRESENTS

BACK TO SCHOOL BASH

JULY 20TH, 2024
11AM - 4PM

- ★ SCHOOL SUPPLIES AND BACKPACK GIVEAWAY
- ★ FOOD TRUCKS & GAMES
- ★ MUSIC & ENTERTAINMENT
- ★ FREE HAIRCUTS
- ★ FACE PAINTING

CAMBRIDGE CROSSING ASSISTED LIVING
251 PATRIOT LANE
WILLIAMSBURG, VA 23185

AMBULANCE AND POLICE PRESENCE
DONATIONS ACCEPTED TO SUPPORT LOCAL CHARITY

EVENT HOSTED BY: CURTIS SMITH-REMBERT
CONTACT US @ ELITESHINESERVICESNOW@GMAIL.COM

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.

Memorable Melody: 'Blue'

Written in 1958 by Bill Mack, this lonely love song took nearly 40 years to become a hit. Country singer LeAnn Rimes was only 13 years old when she recorded "Blue," the lead single off her debut album of the same name, released in 1996. The song's bluesy instrumentals paired with Rimes' powerful, twangy vocals brought many comparisons to Patsy Cline; coincidentally, Mack had once pitched "Blue" to the legendary artist, though she never got a chance to record it. "Blue" made Rimes a breakout star and earned Grammy Awards for best country song and best female country vocal performance.