

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

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Activities Director
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Brittany Hooper
Tori Jones
Sara Woodward
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 Tarantino 
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OCTOBER 2024

A Note From Our Executive Director

**Dear Cambridge Crossing
Residents and Families,**

I am pleased to introduce myself as the new Executive Director of Cambridge Crossing. With 12 years of experience in nursing and over 13 years in the healthcare field as a whole, I bring a wealth of knowledge from various healthcare settings, including doctors' offices, long-term care facilities, and assisted living communities. I am also a licensed Assisted Living Facility Administrator and recently completed a Master of Science in Healthcare Administration degree from Liberty University in December 2023. My dedication lies in enhancing the quality of care, service, and compassion provided to our elderly population, ensuring that their later years are met with dignity and excellence.

Outside of my professional life, I am a proud mother of two sons, Hudson, 9, and Harrison, 7 and a wife to my sweet husband of 10 years, James. Please do not hesitate to reach out if you have any questions or concerns. I look forward to working with you and contributing to the well-being of our community. Families, please reach out to me via text or email with a good email address so that I can send you updates.

Warm regards,

Brittany Hooper, MSHA, LALFA, LPN

BHooper@tarantinoseniorliving.com

Cell: (832)219-2493



OCTOBER 2024

Think Pink

October is National Breast Cancer Awareness Month.

Staff Birthdays

Staff Birthdays

Tonea 10-09
Tori 10-26

Famous Faces

Born in October



Oct. 1, 1924: Jimmy Carter
Oct. 9, 1964: Guillermo del Toro
Oct. 10, 1958: Tanya Tucker
Oct. 11, 1992: Cardi B
Oct. 14, 1978: Usher
Oct. 18, 1939: Mike Ditka
Oct. 23, 1986: Emilia Clarke
Oct. 30, 1987: Ashley Graham

Cookies Galore

October is National Cookie Month, the tastiest time to start testing recipes for the upcoming holiday season. Consider taking part in a cookie exchange this year. It's a fun, budget-friendly and delicious way to celebrate!

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!"
—Humbert Wolfe

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Coffee and Chat 10:30 Morning Walk 11:00 Music Melodies! 3:00 Prize Bingo! 6:00 Train of Thought	2 10:00 Chair Exercise 10:30 Pick a Year Trivia! 11:00 Visit w/Therapy Dog, "Major" 1:30 Connect Four 3:00 Hymn Singing 6:00 Match the Shape!	3 10:00 Coffee and Chat 10:30 Morning Walk 11:00 Manicures & Music 1:30 Resident Education w/ Kathy 6:00 4 in a Row	4 10:00 Chair Exercise 10:30 Pick a Year Trivia! 11:00 Music Melodies! 2:00 Resident Social 6:00 Wooden Puzzle	5 9:30 Word Search Puzzles 10:00 Morning Coffee 3:00 Corn Hole 6:00 Movie Night
6 9:00 Jigsaw Puzzles 10:00 Morning Coffee 11:00 Sunday Worship! 6:00 Puzzles	7 10:00 Nature Walk 10:30 Pick a Year Trivia! 1:30 Resident Education w/ Kathy 2:30 Game: Would You Rather 6:00 Fidget Jigsaw Puzzle	8 10:00 Coffee and Chat 10:30 Morning Walk 11:00 Music Melodies! 2:00 Ice Cream Social 3:00 Prize Bingo! 6:00 Train of Thought	9 10:00 Chair Exercise 10:30 Pick a Year Trivia! 11:00 Visit w/Therapy Dog, "Major" 3:00 Hymn Singing 6:00 Match the Shape!	10 10:00 Coffee and Chat 10:30 Morning Walk 11:00 Manicures & Music 1:30 Resident Education w/ Kathy 2:00 October Birthday Celebration 6:00 4 in a Row	11 10:00 Chair Exercise 10:30 Pick a Year Trivia! 11:00 Music Melodies! 1:00 Drawing Activity 2:00 Resident Social 6:00 Wooden Puzzle	12 9:30 Word Search Puzzles 10:00 Morning Coffee 3:00 Corn Hole 6:00 Movie Night
13 9:00 Jigsaw Puzzles 10:00 Morning Coffee 11:00 Sunday Worship! 6:00 Puzzles	14 Columbus Day 10:00 Nature Walk 10:30 Pick a Year Trivia! 1:30 Jenga 1:30 Resident Education w/ Kathy 6:00 Fidget Jigsaw Puzzle	15 10:00 Coffee and Chat 10:30 Morning Walk 11:00 Music Melodies! 1:30 Virtual Travel to Germany 3:00 Prize Bingo! 6:00 Train of Thought	16 10:00 Chair Exercise 10:30 Pick a Year Trivia! 11:00 Visit w/Therapy Dog, "Major" 1:00 Poetry Reading 3:00 Hymn Singing 6:00 Match the Shape!	17 10:00 Coffee and Chat 10:30 Morning Walk 11:00 Manicures & Music 1:30 Resident Education w/ Kathy 4:30 Concert Pianist Mr. Teller 4:30 Family Night	18 10:00 Chair Exercise 10:30 Pick a Year Trivia! 11:00 Music Melodies! 2:00 Resident Social 6:00 Wooden Puzzle	19 9:30 Word Search Puzzles 10:00 Morning Coffee 3:00 Corn Hole 6:00 Movie Night
20 9:00 Jigsaw Puzzles 10:00 Morning Coffee 11:00 Sunday Worship! 6:00 Puzzles	21 10:00 Nature Walk 10:30 Pick a Year Trivia! 1:30 Resident Education w/ Kathy 2:30 Game: Connect Four 6:00 Fidget Jigsaw Puzzle	22 10:00 Coffee and Chat 10:30 Morning Walk 11:00 Music Melodies! 1:30 Painting on Canvas: Fall Theme 3:00 Prize Bingo! 6:00 Train of Thought	23 10:00 Chair Exercise 10:30 Pick a Year Trivia! 11:00 Visit w/Therapy Dog, "Major" 1:00 Hand Massages 3:00 Hymn Singing 6:00 Match the Shape!	24 10:00 Coffee and Chat 10:30 Morning Walk 11:00 Manicures & Music 1:30 Resident Education w/ Kathy 6:00 4 in a Row	25 10:00 Chair Exercise 10:30 Pick a Year Trivia! 11:00 Music Melodies! 2:00 Resident Social 3:00 Concert Pianist, Mr. Teller 6:00 Wooden Puzzle	26 9:30 Word Search Puzzles 10:00 Morning Coffee 3:00 Corn Hole 6:00 Movie Night
27 9:00 Jigsaw Puzzles 10:00 Morning Coffee 11:00 Sunday Worship! 6:00 Puzzles	28 10:00 Nature Walk 10:30 Pick a Year Trivia! 1:30 Resident Education w/ Kathy 2:30 Game: Uno 6:00 Fidget Jigsaw Puzzle	29 10:00 Coffee and Chat 10:30 Morning Walk 11:00 Music Melodies! 3:00 Prize Bingo! 6:00 Train of Thought	30 10:00 Chair Exercise 10:30 Pick a Year Trivia! 11:00 Visit w/Therapy Dog, "Major" 3:00 Hymn Singing 6:00 Match the Shape!	31 10:00 Coffee and Chat 10:30 Morning Walk 11:00 Manicures & Music 1:30 Resident Education w/ Kathy 6:00 4 in a Row		

True Colors

The shades of red, orange and yellow you see on fall leaves are actually present year-round. The chlorophyll in the trees turns the leaves green in the spring and summer, covering up the other colors.



Pounds of Pumpkins

About 2 billion pounds of pumpkins are harvested in the U.S. each year.

Stretch Your Toes

Give your toes some wiggle room after wearing shoes all day. Sit in a chair with your feet flat on the floor, and then cross one foot across your lap. Hold your toes and pull them toward your ankle until you feel a gentle stretch along the bottom of your foot. Use your other hand to massage the arch of your foot for about 10 seconds. Repeat 10 times for each foot.



Happy October!

"Autumn leaves are falling, filling up the streets;
Golden colors on the lawn,
nature's trick or treat!"

—Rusty Fischer



Memorable Melody: 'Time of the Season'

Upon hearing this song's opening bass notes combined with a hissing "ahh!" vocal, listeners are transported back to the groovy '60s, when this dreamy number became a hit for British rock band The Zombies. Nearly half of the song's running time is instrumental, as the group's keyboardist, Rod Argent—who also composed the tune—riffs away on the organ. Though the lyrics only mention the "season for loving," Argent paid homage to the jazz standard "Summertime" with the famous lines: "Who's your daddy? Is he rich like me?" But the song's eerie, breathy quality also makes it a perfect soundtrack for a spooky fall night.

Brainteaser

Q: With pointed fangs I sit and wait; with piercing force I crunch out fate, grabbing victims, proclaiming might, and physically joining with a single bite. What am I?

A: A stapler.