

# 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](http://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

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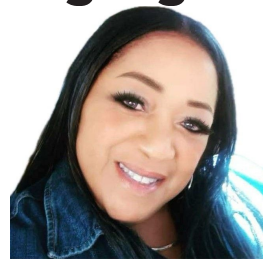


# Happy Birthday

Bonnie December 13th  
Antionett December 31st

## DECEMBER 2024

### Cambridge Crossing Staff Highlight



Tori Jones, our Resident Care Coordinator at Cambridge Crossing, is an invaluable member of our team. She wears many hats, from assessing new residents and managing medications to providing hands-on care and offering a comforting hug or a kind word to brighten a resident's day. Tori's unwavering dedication to our residents, their families, and our staff truly sets her apart.

Outside of her work, Tori cherishes time spent with her family, especially her adorable grandchildren, and her face lights up whenever she talks about them. We are incredibly fortunate to have someone as compassionate, hardworking, and genuine as Tori on our team. Her presence is a true blessing to all of us!

### December Events

- Join us on December 11th at 4:00PM to visit Santa! Santa, Mrs. Claus, and Santa's Elves will be here to spread Christmas cheer!
- December 19th is our monthly Family Night, we hope to see you all there. Dinner will be served at 5PM.
- Monday, December 23rd at 3PM will be our Resident Christmas Party. We will have snacks, music, gifts and more!



**DECEMBER 2024**



**The Joy of Simple Things**

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

*Treats.* Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration. *Decorations.* Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

*Crafts.* Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work. *Music.* Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

**"The more positivity, love and light you reflect, the more light is mirrored your way."**  
—Suzy Kassem

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	2 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	3 9:00 Music Melodies! 11:00 Crafty Corner 1:00 Daily Chronicles and News 2:00 BINGO! 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	4 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	5 9:00 Music Melodies! 11:00 Color Creativity 1:00 Daily Chronicles and News 2:00 Christmas Music and Game 3:00 Seasonal Snack Social 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	6 9:00 Music Melodies! 1:00 Daily Chronicles and News 2:00 Word Game 3:00 Bowling 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	7 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
8 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	9 9:00 Music Melodies! 11:00 Chair Exercise Fun! 1:00 Daily Chronicles and News 2:30 Resident Council 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	10 9:00 Music Melodies! 11:00 Crafty Corner 1:00 Daily Chronicles and News 2:00 BINGO! 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	11 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	12 9:00 Music Melodies! 11:00 Color Creativity 1:00 Daily Chronicles and News 2:00 Christmas Music and Game 3:00 Seasonal Snack Social 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	13 9:00 Music Melodies! 1:00 Daily Chronicles and News 2:00 Word Game 3:00 Bowling 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	14 9:00 Music Melodies! 1:00 Daily Chronicles and News 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! 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	17 9:00 Music Melodies! 11:00 Crafty Corner 1:00 Daily Chronicles and News 2:00 BINGO! 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	18 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	19 9:00 Music Melodies! 11:00 Color Creativity 1:00 Daily Chronicles and News 2:00 Christmas Music and Game 4:30 Family Night 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	20 9:00 Music Melodies! 1:00 Daily Chronicles and News 2:00 Word Game 3:00 Bowling 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	21 9:00 Music Melodies! 1:00 Daily Chronicles and News 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 3:00 Liberty Live Church 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	23 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	24 9:00 Music Melodies! 11:00 Crafty Corner 1:00 Daily Chronicles and News 2:00 BINGO! 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	25 Christmas 	26 Amanda Out of Building Today 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	27 Amanda Out of Building Today 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	28 9:00 Music Melodies! 1:00 Daily Chronicles and News 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! 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	31 9:00 Music Melodies! 11:00 Crafty Corner 1:00 Daily Chronicles and News 2:00 BINGO! 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room		<b>KEY</b> Yellow-Games Red-Social Light Blue-Learning/Cognitive Pink-Arts & Crafts Green-Exercise Light Purple-Spiritual Blue-Entertainment Black-Sensory Orange-Music	<b>Special Notes</b> Music Melodies and Daily Chronicles are a time for residents to gather on their own, after breakfast and lunch, to listen to music and read about current/past news events.	

# Sock Snowman

This soft snowman will look cute sitting on a shelf or table.

## Materials:

- Measuring cup
- Two socks, one white and one any color (ankle or crew-type socks)
- Dry rice or beans
- Rubber bands
- Scissors
- Hot glue gun and glue
- Buttons and/or pompoms, various colors
- Black marker
- Ribbon

## Directions:

Use the measuring cup to fill the white sock with dry rice or beans to create your desired size of snowman. Wind a rubber band around the top of the sock to close the opening, then trim any excess fabric. Take another rubber band and place it around the sock, about a third of the way down, to form the snowman's head and body.

Glue several buttons or pompoms down the front of the snowman's body, and dot on eyes and a mouth with the black marker. For the nose, glue on a small orange pompom or button. Wrap a length of ribbon around the snowman's neck to resemble a scarf, and secure with glue.

To make a hat, cut the colored sock just below the heel. With the toe section as the top of the hat, place the sock on the snowman's head and roll up the cut end to form the hat's brim.

# Apple-Cranberry Cobbler

## Ingredients:

- Nonstick cooking spray
- 5 apples, peeled, cored and cut into 1/2-inch-thick slices
- 1 1/2 cups fresh or frozen cranberries
- 2 teaspoons lemon juice
- 1 teaspoon vanilla extract
- 1/2 cup granulated sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon ground cinnamon
- 1 container (10.2 ounces) refrigerated homestyle biscuits, quartered
- 2 tablespoons butter, melted
- 2 tablespoons sparkling sugar

## Directions:

Heat oven to 375° F.

Prepare pie pan with nonstick cooking spray.

In large bowl, mix apple slices, cranberries, lemon juice and vanilla extract.

In small bowl, whisk sugar, cornstarch and cinnamon. Stir into fruit mixture.

Spoon mixture into prepared pan. Cover with foil. Bake on cookie sheet 40 to 45 minutes. Remove from oven.

Toss biscuits in melted butter. Distribute cut biscuits over fruit. Sprinkle biscuits with sparkling sugar.

Return to oven and bake 18 to 20 minutes. Remove from oven.

Let cool 15 minutes before serving.

Find more recipes at [www.Culinary.net](http://www.Culinary.net).

# A Peek at Polar Bears

Polar bears are a high-profile species, seen in films, storybooks and ads. "Paws" for a minute to learn all about these fascinating animals.

- Polar bears spend most of their lives on the sea ice of the Arctic Ocean. Their scientific name, *ursus maritimus*, means "sea bear," and they are classified as marine mammals.
- With large males weighing up to 1,700 pounds and standing 11 feet tall on their hind legs, polar bears are the planet's largest land carnivores. Females are about half as big as males, and newborn bears are the size of a guinea pig.
- Although they appear white, polar bears have hollow fur, which reflects light and acts as camouflage in their snowy environment. Under their coat, the bears have black skin that absorbs sunlight and keeps them warm.
- When swimming, polar bears use their back legs as a rudder to steer, and their front paws to move forward at speeds up to 6 mph. On land, they can run up to 25 mph.
- Since clean fur provides better insulation, the bears bathe by rolling around in the snow.
- When not rearing cubs, polar bears are mostly solitary, but will occasionally gather in groups, called sleuths.
- The Inuit of Canada call the polar bear *nanuq*, which means "an animal worthy of great respect."
- The first Coca-Cola ads featuring polar bears aired in 1993, and the animals have since become mascots for the company.