



CAMBRIDGE
CROSSING
SENIOR LIVING AT EASE

Like Us!  

THE Cambridge Crossing *Lifestyle*

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

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JANUARY 2025

Meet Travius Denson

Meet Travius, our dedicated Area Sales Specialist here at Cambridge Crossing. As one of the first people our families meet, Travius plays a crucial role in helping them find the perfect place to call home for their loved ones. His passion for Senior Living is deeply rooted in personal experience—having grown up caring for his grandmother, who struggled with mental health challenges. After her passing, Travius knew he wanted to make a difference in the lives of seniors, and today, he does just that with heartfelt dedication. There is no greater joy for him than providing a safe, welcoming home.

When 26-year-old Trey isn't at work, you'll likely find him enjoying a hearty breakfast of five scrambled eggs, rocking his favorite colors—purple and black—or spreading laughter wherever he goes. Trey's also a self-taught pianist, always working on mastering beautiful songs to share with others. His vibrant personality and zest for life make him a true joy to be around!



JANUARY 2025

Frosty Bird Feeder

Transform a few natural ingredients into a beautiful bird feeder.

Materials:

- Bundt or tube pan
- Distilled water
- Apple slices
- Whole cranberries
- Star anise
- Evergreen needles
- Ribbon or twine

Directions:

Fill the pan with about an inch of water and freeze. Next, scatter the apple slices, a handful of cranberries, some star anise and a few evergreen needles on top of the ice. Pour another inch of water on top and freeze. After a few hours, add another inch of water to the pan, freeze, then repeat a final time. Once the last layer is solid, run the pan under warm water to loosen the ice ring. Remove it from the pan and loop ribbon or twine through the center, tying the ends together to make a hanger. Hang the ring from an outdoor hook or sturdy tree branch. Watch birds enjoy a winter snack as the ice melts.

“The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams.”
—Robert Brault

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1 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	2 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	3 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	4 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
5 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	6 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	7 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	8 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	9 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	10 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	11 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room
12 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	13 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	14 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	15 9:00 Music Melodies! 11:00 Word Game 2:00 Guest Guitar Player! 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	16 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	17 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	18 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room
19 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room	Martin Luther King Jr. Day 20 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	21 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	22 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	23 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	24 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	25 9:00 Music Melodies! 1:00 Daily Chronicles and News 6:00 Resident Led "After Dinner Chat" and Self Led Activities in Living Room
26 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	27 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	28 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	29 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	30 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	31 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	



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.

Helpful Tips

As our winter months continue, it is a great time to purge and organize our closets! Our residents may need family assistance sorting through clothing and making sure they are as warm as their beautiful hearts! This is a great time of year to prep for the Spring, discard any clothing that no longer fits, and make sure they have what they need for the colder months ahead.

Protect Your Privacy Online

Data Privacy Day on Jan. 28 reminds us how important it is to keep our personal information secure, especially in this digital age. Use these tips to protect your data online:

- On all your devices, keep apps and software up-to-date.
- Use long, unique passwords for different accounts. Change them occasionally, or whenever there's a security breach.
- Enable multi-factor authentication for important accounts like banking and social media.
- Turn off location and activity tracking on mobile apps, and regularly clear cookies on your browser.

