



THE CLARION

October 2025



4435 North Pershing Drive, Arlington, VA 22203

(703) 528-0162

VA Relay: 1-800-828-1120

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**IF YOU WOULD LIKE TO RECEIVE THE CLARION ELECTRONICALLY
PLEASE EMAIL RESIDENTSERVICES@CULPEPPERGARDEN.ORG**

Our communities do not discriminate on the basis of race, color, religion, national origin, sex, elderliness, familial status, disability, source of funds, sexual orientation, gender identity and veteran status in the admission or access to, and/or treatment and employment in, its federally assisted programs and activities. Occupancy is open to all persons who meet the communities' eligibility criteria, regardless of the aforementioned federal and state statutorily protected classes.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2025

10:15AM:Catholic Communion - Spiritual (MPR A)
2PM: Protestant Service Spiritual (AL 8TH FL)

2PM: Music with Cinda (Lobby)
6:30PM: OA Meeting (MPR C)

8:30AM: Coffee Talk w/ Mai (3rd FL)
10AM: HOLD FINANCE (MPR B)
1PM:Exercise Fun w/ Gail (MPR C)
2PM: Bingocize (MPR B)
2PM: Rosary Spiritual (MPR A)
3PM: Travel with Foster (MPR B)
6PM: "The Chosen" (Al 6th Fl)

Sukkot Begins

10:15AM:Catholic Communion - Spiritual (MPR A)
2PM: Protestant Service Spiritual (AL 8TH FL)
4PM: Music with LuAnn (Lobby)

10:30AM: Ladies Club w/ Bo (MPR C)
6:30PM: OA Meeting (MPR C)

Thanksgiving Day (Canada)
 Indigenous Peoples' Day
 Columbus Day (U.S.)

8:30AM: Coffee Talk w/ Mai (3rd FL)
1PM:Exercise Fun w/ Gail (MPR C)
2PM: Bingocize (MPR B)
2PM: Rosary Spiritual (MPR A)
6PM: "The Chosen" (Al 6th Fl)

Simchat Torah Begins

10:15AM:Catholic Communion - Spiritual (MPR A)
2PM: Protestant Service Spiritual (AL 8TH FL)

Podiatry Clinic 20 (By Appointments)
1PM: Travel Training (MPR A)
6:30PM: OA Meeting (MPR C)

8:30AM: Coffee Talk w/ Mai (3rd FL)
1PM:Exercise Fun w/ Gail (MPR C)
2PM: Bingocize (MPR B)
2PM: Rosary Spiritual (MPR A)
6PM: "The Chosen" (Al 6th Fl)

10:15AM:Catholic Communion - Spiritual (MPR A)
2PM: Protestant Service Spiritual (AL 8TH FL)

Dermatology Clinic 27 (By Appointments)
10:30AM: Ladies Club w/ Bo (MPR C)
6:30PM: OA Meeting (MPR C)

VACCINE CLINIC 28 (Registration Required)
8:30AM: Coffee Talk w/ Mai (3rd FL)
1PM:Exercise Fun w/ Gail (MPR C)
2PM: Bingocize (MPR B)
2PM: Rosary Spiritual (MPR A)
6PM: "The Chosen" (Al 6th Fl)

11AM: PAL Pet (Lobby)
1:30PM: Mobile Library (Dining)
2PM: Balance and Posture (MPR C)
5PM: Rummikub (5th Fl)

Yom Kippur Begins

11AM:ANV Meeting (Lobby)
1PM: Dining Services Council (Dining)
2PM: Catholic Mass (MPR A)
2PM: Balance and Posture (MPR C)
5PM: Rummikub (5th Fl)

10AM: Voter Registration (Lobby)
10:30AM: Tech Help w/ AI (L)
1PM: RAFT Mental Health Seminar (MPR B)
1:30PM: Mindful Stretching (MPR C)
2PM: Games w/ Tammy (MPR)
2PM: Bingo w/ Kellie (MPR)

1PM: Resident Association Meeting (MPR)
2PM: Balance and Posture (MPR C)
5PM: Rummikub (5th Fl)

10:30AM: Tech Help w/ AI (L)
1:30PM: Mindful Stretching (MPR C)
2PM: Crafts w/ Tammy (MPR)
7PM: NASA (MPR)

9AM: Coffee Talk w/ Paul (Dining)
10:30AM: Tech Help w/ AI (L)
1:30PM: Mindful Stretching (MPR C)
2PM: Crafts w/ Tammy (MPR)

10AM: Voter Registration (Lobby)
10:30AM: Tech Help w/ AI (L)
1PM: RAFT Mental Health Seminar (MPR B)
1:30PM: Mindful Stretching (MPR C)
2PM: Games w/ Tammy (MPR)

11:30AM: Full AFAC (MPR)

8AM-12PM: Lubber 11 Run Farmers Market (OFF-SITE)
11AM: Video Exercise (MPR C)
1PM: Crafts with LuAnn (MPR)
1:30PM: Jazz Piano w/ Ed (MPR B)

11:30AM: Partial AFAC (MPR)
2PM: Blood Pressure Clinic (Clinic RM)
2PM: Glam Girls (AL 6th Fl)

8AM-12PM: Lubber 18 Run Farmers Market (OFF-SITE)
11AM: Video Exercise (MPR C)
1:30PM: Jazz Piano w/ Ed (MPR B)

11:30AM: Partial AFAC (MPR)
2:30 PM: Tea Time Social (Dining)

8AM-12PM: Lubber 4 Run Farmers Market (OFF-SITE)
11AM: Video Exercise (MPR C)
1:30PM: Jazz Piano w/ Ed (MPR B)

11:30AM: Full AFAC (MPR)
2PM: Portable Sanctuary (MPR A)

8AM-12PM: Lubber 25 Run Farmers Market (OFF-SITE)
11AM: Video Exercise (MPR C)
1:30PM: Jazz Piano w/ Ed (MPR B)

11:30AM: Partial AFAC (MPR)
2PM: HALLOWEEN PARTY (DINING)

10:30AM: Tech Help w/ AI (L)
1:30PM: Mindful Stretching (MPR C)
2PM: Catholic Mass (MPR A)

Halloween

Programs are subject to change.



HAPPY BIRTHDAY



Happy October Birthdays:



10.01 - Wilhelmina A.

10.01 - Delefruz N.

10.02 - Indra G.

10.03 - Sarah W.

10.04 - Edie M.

10.05 - Tony Ho N.

10.05 - Catalina H.

10.06 - Diana P.

10.07 - Rozo G.

10.10 - Tamara B.

10.11 - John L.

10.14 - Beatrix B.

10.15 - Hao Thi T.

10.16 - Mohamed G.

10.19 - Gail V. B.

10.19 - Judy M.

10.19 - Petrona V.

10.19 - Ting Y.

10.22 - Valerie B.

10.24 - Cynthia S.

10.25 - Willie B.

10.26 - Jean C.

10.28 - Carmen E.

10.29 - David W.

10.30 - Karen P.

10.31 - Nancy A.

10.31 - Ursula R.



RESIDENT ASSOCIATION

All Resident Association Events are CANCELLED until further notice.

Due to a lack of interest, and a lack of volunteers, the Resident Association has suspended all operations.

There will be no meetings, ice cream socials, or other Association events until a full board is in place.

If you are interested in serving on the board, please see Paul, or a member of Resident Services, to express interest in volunteering.

The Resident Association cannot function without a full board.

• President • Vice President • Secretary • Treasurer • Assistant Treasurer • Volunteer Coordinator

Halloween this month! Already the tinges of color and leaves blowing about. Change is in the air. Change can be a hard thing but in order it is a requirement. Much like trees Culpepper Garden is always looking for ways to change for future growth. Winter is a great time to think about what changes we all wish to make before springs growth begins. As always, I welcome the seasons of our lives, and weather. Fall foliage commence!!

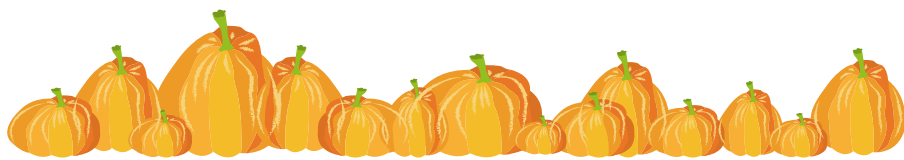
Property Management Notes:

- The window replacement work is well underway in CG III. The new windows look fantastic and more importantly, are both easy to open and much more energy efficient. Once CG III is completed the work will start in CG II. We do not have a time frame, but resident will receive notice a few days in advance.
- We will again be having our huge Halloween party in the main dining room. Get those costumes ready! Barrett Elementary School is scheduled to do their annual Halloween parade through the community. Check out the CGTV and calendar for updates.
- We have seen a dramatic increase in residents locking themselves out of their apartments and forgetting the keys. If this continues, we will start enforcing the \$5.00 lockout charge for the front desk or maintenance to unlock resident doors. Please remember your keys! If you need a lanyard to hold keys on, please see me! Thank you!
- We have a lot of new residents in our community. Please make them feel welcome and say hello! Our community is a special place, and we need to look out for each other.

Courtesy and manners. Those who raised us all spent a lot of time showing us as children that these simple gestures are a path to inner peace and outer success. Folks don't look at someone who treats others with respect and dignity as anything other than extraordinary and successful people. Sometimes others are not accepting of these gestures, and that is their choice. This does not mean that the person having courtesy and manners is not rewarded with the self-knowledge of simply being kind and respectful to our fellow human beings. That feeling of being kind without expectation of reward is a wonderful feeling and long-lasting reward.

- Paul Tinpane

Director of Property Operations



Coffee Chat With Paul:

Thursday, October 2

9AM - 10AM

(Dining Room)



Paul's Prose:

Pumpkin Spice Latte, really?
Never understood that fuss.
Wafting odors of the season,
Cinnamon, in a warm pumpkin pie.
Can't wait for the season.

PLAY A GAME WITH THE EXECUTIVE DIRECTOR

Searching for October

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

B	T	E	H	W	I	W	R	K	M	I	I	T	E	Q
C	W	R	V	S	G	N	M	P	E	Q	H	N	Y	L
Z	Y	J	V	P	A	Q	D	L	R	A	M	M	O	K
C	O	L	U	M	B	U	S	I	N	S	K	U	M	P
L	E	A	V	E	S	T	Q	K	G	W	C	T	K	S
R	P	G	V	O	J	B	S	S	E	E	U	U	I	E
A	R	B	I	L	I	G	A	Z	U	E	N	A	P	I
P	Y	W	V	R	I	P	A	T	M	T	S	O	P	R
B	U	F	Q	V	W	M	R	S	S	E	Y	I	U	E
G	F	M	I	R	N	U	U	O	M	S	I	T	R	S
V	C	N	P	R	G	K	W	U	C	T	N	A	J	D
X	G	J	O	K	K	W	T	E	Y	S	Z	X	T	L
J	B	C	Y	O	I	S	E	D	I	R	Y	A	H	R
Q	T	T	T	V	O	N	C	O	B	W	E	B	S	O
I	Q	S	G	C	N	R	S	B	A	S	I	Y	N	W



AUTUMN
BATS
COBWEBS
COLUMBUS (Day)
CORN MAZE
COSTUMES

HAYRIDES
INDIGENOUS
(Peoples' Day)
LEAVES
LIBRA
PUMPKINS
SCORPIO

SQUASH
SUKKOT
SWEETEST (Day)
THANKSGIVING
(Canada)
WORLD SERIES
YOM KIPPUR

Angela Burton

Administrative Team**Angela Burton:** Executive Director**Paul Timpane:** Director of Property Operations**Liberty Efford:** Business Office Manager**Ray Reyes:** Director of Plant Operations**Niveen Laa:** Director of Compliance**Charles Robinson:** Recertification Specialist**Angela Scott:** Staff Accountant**Samantha Herbel:** Leasing Coordinator**Jimmy Yowell:** Director of Dining Services**Jonathan Bernel:** Assistant Director of Dining**Marta Hill Gray:** President of Culpepper Garden**Jasmin Witcher:** VP, Development**Independent Living****Kiarra Clark:** Director of Resident Services**Assisted Living****Seniorita Ngosong:** Director of Nursing**Renita Payne:** Service Coordinator**Colleen Boltri:** Life Enrichment Director**CONTACT US****703-528-0162****Welcome New Staff**

Yebsira Gebisa- Receptionist

Magne Koaudio- Registered Medication Aide

Ebony Blackwell - Registered Medication Aide

Terri Proctor- C.N.A

Staff Birthdays

10/13 REYNA ALMENDAREZ

10/18 JUANA GONZALES

10/28 MELVIN SCOTT

10/31 ANGELA BURTON

**Employee of the Month recommendation forms
are located at the front desk.****Please submit your recommendations to Liberty
in the Business Office.****Thank you!!****Employee of the Month****Melvin Scott, Dish King****Interview with Team Member: MELVIN
SCOTT****What do you like most about your job?**Its a combination. I like the work I do and
talking with the residents.**Where are you from?** Washington DC.**What's the best advice you've ever received?**

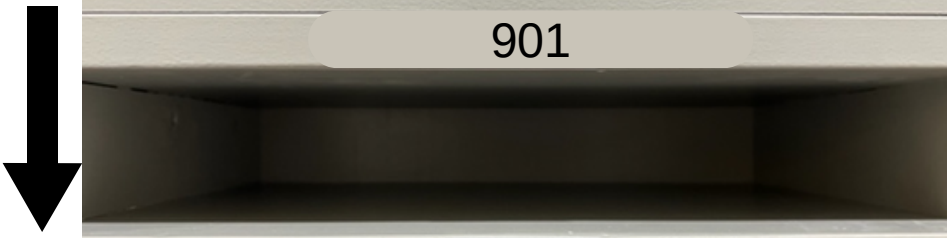
Be Humble .

What do you like to do most in your free time?

Taking walks.

Tell us a fun fact about yourself? I love to roller-
skate. It is truly my passion.

CHECK YOUR FLYER BOX FOR UPDATES AND NOTICES
YOUR FLYER BOX IS BELOW YOUR APARTMENT
NUMBER



Contents in flyer boxes will be recycled on the last day of every month.

If you want to carry a drink around with you, please remember that all mugs and cups used outside your apartment must have a lid.



Suggestion boxes are a way to ADVOCATE!

Please make use of all suggestion boxes located on the property:

- Dining Services: In the dining room
- Resident Association: Beside the Front Desk
- Resident Services: Garden Level, between the Resident Services Offices

Missing something? Make sure you check out the Lost and Found at the Front Desk. Unclaimed items are removed after a couple weeks!

Shopping Cart Policy

- All carts must be signed in and out from the front desk
- Please do not enter the administration area behind the desk
- Shopping carts are limited to 15 minute check out times



LANGUAGE SERVICES

TRADUCCIÓN AL ESPAÑOL CON DÚGLAS

OJO! Residentes de Culpepper Garden
Traducción de idiomas - Español/Inglés
Para hacer una cita llama a Dúglas por tel:
703-615-7062

English speaking residents needing translation services from English to Spanish can call
Doug Schroeder for assistance: 703-615-7062

Culpepper Garden will make reasonable efforts to provide or **arrange free language assistance** for all its clients with Limited English Proficiency (LEP). This service is available to all LEP clients, including applicants, recipients, and/or persons eligible for housing or employment at Culpepper Garden.



INDIVIDUAL MEAL TICKETS \$12

See a member of Resident Services to discuss joining a meal plan!

HALF PRICE MONDAYS!

**INDIVIDUAL MEAL TICKETS WILL BE SOLD FOR \$6 ON MONDAYS
(RESIDENTS ONLY)**

MEAL SUBSIDY REMINDER

A meal subsidy of 25% or 50% is available through Arlington County. Subsidy applications can be submitted through Resident Services. Please reach out to Kiarra for more information, and to see if you are eligible!

MEAL PLANS

15 meals - \$140

30 meals - \$270

60 meals - \$485

90 meals - \$585

Director of Dining

Jimmy Yowell

jyowell@culpeppergarden.org



Assistant Director of Dining

Jonathan Bernal

dbernal@culpeppergarden.org

Dining Services Council Meeting

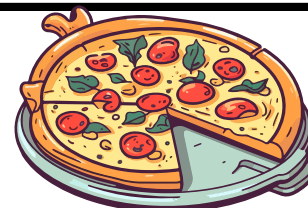
October 8 at 1PM

(Dining Room)

Bring your suggestions and feedback on the second Wednesday of every month to the dining room!

WEEKLY SPECIAL ITEMS

PIZZA - AVAILABLE ON TUESDAYS AND FRIDAYS (*MUST PAY AT FRONT DESK*)



SALAD BAR - AVAILABLE ON WEDNESDAYS AND THURSDAYS (***INCLUDED WITH A MEAL TICKET***)



PANINIS- AVAILABLE ON MONDAYS (*MUST PAY AT FRONT DESK*)



PLANT OPERATIONS

Semi - Annual Inspections *CGI, CGII, & CGIII*

The maintenance team will be scheduling inspections throughout the week of:

October 6, 2025 - November 14, 2025

Exact dates and times will be given to you closer to inspections.

Inspections will include:

- PTAC Units
- Cleaning and changing filters
- Smoke Detectors
- Stoves
- Automatic cooktop Fire Suppression
- Appliances
- Window blinds
- Electrical
- Plumbing



Ray Reyes, Director of Plant Operations | rreyes@culpeppergarden.org | ext. 122

CULPEPPER GARDEN AFAC DISTRIBUTION

EVERY FRIDAY 11:30AM - 1PM

MULTIPURPOSE ROOM

The line will open at 10:45AM on Fridays. There is no saving spots in line. The doors do not open until 11:30AM. There will be enough food for everyone who attends.

DON'T FORGET YOUR BAG!



RESIDENT SERVICES



Come visit Resident Services on the Garden Level. We are here to help you navigate services at Culpepper Garden and Arlington County. We would love to see you!

Please stop by or make an appointment.

We look forward to helping you!

Best wishes, Your Resident Services Team

Support vulnerable populations by educating, empowering, advocating and connecting them with services that provide opportunities for inclusion and connection.

contact me



Kiarra Clark

Director of Resident Services

703-528-0162 Ext. 142

kclark@culpeppergarden.org

residentservices@culpeppergarden.org

Mental Health Program

Discuss the importance of mental health and the benefits of taking care of oneself with Arlington County RAFT Program!

October 9th
1PM MPR B

Voter Registration Table

Voting day is November 4th! Check your registration and make sure you are able to vote!

October 9th
10AM Lobby



CLINIC SPACE



On-Site Physical Therapy!

To schedule an appointment with Powerback Rehabilitation call:
703-940-3178

Blood Pressure Checks with Marymount Students

October 17th

NO APPOINTMENT REQUIRED. SIMPLY WALK-IN!



Mental Health Counseling: All on-site counseling spots have been filled. Please contact

Resident Services to be put on the waitlist and/or call Arlington County for additional referrals.

703-228-5160

Health Clinics

****Sign up in the yellow clinic binder - located in the Lobby****

Hearing (Ear) Sponsored by: Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC)

- Quarterly: Dates TBD

Podiatry (Feet) Sponsored by: Dr. Breiner and Associates

- Monthly: Third Monday (Insurance required)

Dermatology (Skin) Sponsored by: Onsite Derm

- Monthly: Fourth Monday (Insurance Required)
- Please schedule an appointment by calling: 877-345-5300

Dental (Teeth) Sponsored by: Fenwick Foundation

- Quarterly - Dates TBD
- Participants must meet eligibility criteria



VACCINE PAGE

Vaccine Clinic

SPONSORED BY CVS PHARMACY

October 28th

REGISTRATION REQUIRED

You must see a member of the Resident Services team to register for a vaccine.

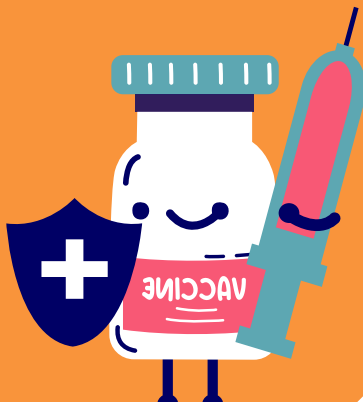
**REGISTRATION CLOSES:
THURSDAY OCTOBER 16**

Registration times will be:
**TUESDAYS AND THURSDAYS
4PM - 5PM.**

**Please bring your insurance, and
ID to register.**

Available Vaccines:

- Flu
- RSV
- Shingles
- Pneumonia
- COVID (Pfizer)



5 Reasons It Is Important for Adults to Get Vaccinated

(<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>)

1. Vaccines have saved lives for over 100 years - but serious diseases are still a threat.
2. Vaccines are the best way to protect yourself and your loved ones from preventable diseases.
3. Vaccines can prevent serious illness. Some vaccine-preventable diseases can have serious complications or even lead to later illnesses. For them, vaccination provides protection not only against the disease itself but also against the dangerous complications or consequences that it can bring.
4. The vaccines you receive are safe. CDC and other experts carefully review safety data before recommending any vaccine, then continually monitor vaccine safety after approval.
5. Vaccines may be required. Certain vaccines are required for school, work, travel, and more.

ARLINGTON COUNTY PROGRAMS



Travel Training

October 20th

1PM MPR

Join us as we discuss the benefits of bus and metro travel at our small group Travel Training classes.

ARLINGTON COUNTY AGING AND DISABILITY

703-228-1700

Have a question? Reach out to Arlington County Aging and Disability to connect to resources, and learn about what is going on within Arlington

VICAP MEDICARE COUNSELING



OCTOBER 22

****REGISTRATION REQUIRED****

Free Medicare counseling and assistance with Arlington County! Please register on the sign-up sheet located in the lobby! Spots are filling fast!

SPONSORED BY VIRGINIA INSURANCE COUNSELING AND ASSISTANCE PROGRAM (VICAP)

ARLINGTON COUNTY PUBLIC LIBRARY

MOBILE LIBRARY

Wednesday October 1 at
1:30PM - 2:30PM CGI Dining Room
Miércoles 1 de Octubre
a las 13:30 14:30 Comedor CGI
(Monthly - First Wednesday)
(Mensual - Primer miércoles)
No RSVP needed! Just show up!
¡No es necesario confirmar asistencia! ¡Solo tienes que aparecer!

CHECK OUT THE LOBBY
BULLETIN BOARD FOR MORE
EVENTS AROUND ARLINGTON!



RESIDENT LED PROGRAMMING

****Please fill out an event request form for any programs you would like to lead!****

Sign up to show a movie using the Movie Night Clipboard - located on the Lobby Table.

RESIDENT LED EXERCISE PROGRAMS

Fun Exercise with Gail

Every Tuesday

1PM - 2PM

Multipurpose Room C

Balance and Posture with Gail

Wednesday

2PM - 3 PM

Multipurpose Room C



Video Exercise with Gail

Saturdays

11AM - 12PM

Multipurpose Room C

Mindful Stretching with Barbara

Thursdays

1:30PM - 2:30PM

Multipurpose Room C

CONVERSATION

Coffee Talk

Every Tuesday at

8:30AM - 10AM

3rd Floor CGII Lobby

Sponsored by: Mai

Cafecito with Andres

October 22

2PM MPR B



GAMES

Rummikub

Every Wednesday

5PM - 6PM

5th Floor CGII Lobby

Sponsored by: Karyl and Barbara



SPIRITUAL PROGRAMMING

CHECK OUT THE SPIRITUAL BULLETIN BOARD BY MPR-C FOR UPDATES!

Culpepper Garden is a safe place for all religious practices and traditions.

Please let us know how we can best support you!

Rosary

Every Tuesday at 2PM (MPR-A)

Holy Communion

Every Sunday at 10:15AM (MPR-A)

Catholic Mass

The LAST Thursday of Each Month
2PM (MPR-A)



Protestant Church Service

Every Sunday at 2PM (AL - 8th Floor)

Bible Study

Monthly - See Assisted Living calendar for details

"The Chosen" TV Show

Every Tuesday starting at 5:30PM (AL - 6th Floor)

OCTOBER 14TH - INDIGENOUS PEOPLES DAY

Columbus Day is a national holiday in many countries of the Americas and elsewhere, and a federal holiday in the United States, which officially celebrates the anniversary of Christopher Columbus's arrival in the Americas. He went ashore at Guanahani, an island in the Bahamas, on October 12, 1492. On his return in 1493, he moved his coastal base of operations to the island of Hispanola, in what is now the Dominican Republic and established the settlement of La Isbella, the first permanent Spanish settlement in the Americas.



Christopher Columbus was an Italian explorer from Genoa, who led a Spanish maritime expedition to cross the Atlantic Ocean in search of an alternative route to the far east. Columbus believed he sailed his crew to the East Indies, but Europeans realized years later that his voyage landed them in the New World. His first voyage to the New World was made on the Spanish ships Nina, Pinta and Santa Maria and took about three months.



The crew's arrival in the New World initiated the colonization of the Americas by Spain, followed in the ensuing centuries by other European powers, as well as the transfer of plants, animals, culture, human populations and technology between the new and old worlds, an event referred to by some late 20th century historians as the Columbian exchange. The landing is celebrated as Columbus Day in the United States, but the name varies internationally. The first Columbus Day celebration took place on October 12, 1792, when the Columbian Order of New York held an event to commemorate the 300th anniversary of the historic landing.



Indigenous Peoples' Day is Monday, October 14. Indigenous Peoples Day has been recognized for decades, under different names, to celebrate Native Americans' history and culture and to recognize the challenges they continue to face. In 2021, President Biden issued a presidential proclamation of Indigenous Peoples Day. He said the day is meant to "honor America's first inhabitants and the Tribal Nations that continue to thrive today."

THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY: DIANA POWER

OCTOBER 20TH - DIWALI शुभ दिवाली

Diwali is the five-day Festival of Lights. Originating in India, is a key Hindu festival celebrated by Indians religious beliefs. The festival falls between mid-October and mid-November but the exact dates change each year and are determined by the position of the moon. The name is derived from the Sanskrit(Ancient language of India)term "Deepavali", meaning "row of lights." One of the main stories in Hindu mythology, Diwali is the day when an evil king Ravana, in Lanka (which some people associate with Sri Lanka) captures Rama's(one of the incarnations of the god Vishnu, the Prince of "Ayodhya) wife Sita Devi. He "builds up an army of monkeys" to rescue her. The monkeys "build a bridge over from India to Sri Lanka, and they invade Sri Lanka, free Sita after 14 years in exile (vanvas)and kill that evil king Ravana. The villagers lighting the streets and every home of the city with rows of lamps(diyas) to welcome return to their homeland . Lighting lamps in the evening, draw rangoli(beautiful patterns made using colorful powders and flowers)on the floor by the entrance of their homes, watch fireworks, devotional prayers has to long been one of the ways that Hindus celebrate Diwali. Diwali is a time for family, friends & relatives get together, wear traditional clothing, exchange sweets and gifts and charity to the needy people. Festivals give positive energy, break the monotony of daily life and most of all bring community together.



THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT: SHELLY Q.

OCTOBER 31ST - HALLOWEEN

Halloween has always been a holiday filled with mystery, magic and superstition. It began as a Celtic end-of-summer festival, Samhain. This day marked the end of summer and the harvest and the beginning of the dark, cold winter. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31, they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth. For these friendly spirits, they set places at the dinner table, left treats on doorsteps and along the side of the road and lit candles to help loved ones find their way back to the spirit world.



Today's Halloween ghosts are often depicted as more fearsome, and our customs and superstitions are scarier too. We avoid crossing paths with black cats, afraid that they might bring us bad luck. We try not to walk under ladders for the same reason. And around Halloween, especially, we try to avoid breaking mirrors, stepping on cracks in the road or spilling salt. The tradition of dressing in costume for Halloween has both European and Celtic roots. Hundreds of years ago, winter was an uncertain and frightening time. Food supplies often ran low and, the short days of winter were full of constant worry. On Halloween, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks after dark so the ghosts would mistake them for fellow spirits. On Halloween, to keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter.

In America, as the beliefs and customs of different European ethnic groups and American Indians merged, an American version of Halloween began to appear. The first celebrations included "play parties," which were public events held to celebrate the harvest. Neighbors would share stories of the dead, tell each other's fortunes, dance and sing. Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today's "trick-or-treat" tradition. In the late 1800s, there was a move in America to mold Halloween into a holiday more about community and neighborly get-togethers than about ghosts, pranks and witchcraft. At the turn of the century, Halloween parties for both children and adults became the most common way to celebrate the day. Parents were encouraged to take anything "frightening" out of Halloween celebrations. Because of these efforts, Halloween lost most of its superstitious and religious overtones by the beginning of the 20th century.



Between 1920 and 1950, the centuries-old practice of trick-or-treating was revived. Trick-or-treating was a relatively inexpensive way for an entire community to share the Halloween celebration. In theory, families could also prevent tricks being played on them by providing the neighborhood children with small treats. Thus, a new American tradition was born, and it has continued to grow. Today, Americans spend more than \$11 billion annually on Halloween, making it the country's second largest commercial holiday after Christmas.

THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY: GERIE NASCHE

HALLOWEEN PARTY

Please join us for a *spooooooktaular* Halloween Party! There will be Food, Costume Contest, and Halloween Parade!



**October 31st at 2pm
IL Dining Room**



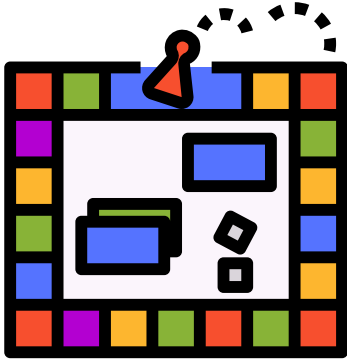
VOLUNTEER LED PROGRAMMING



Crafts with Tammy.

October 2nd & 16th

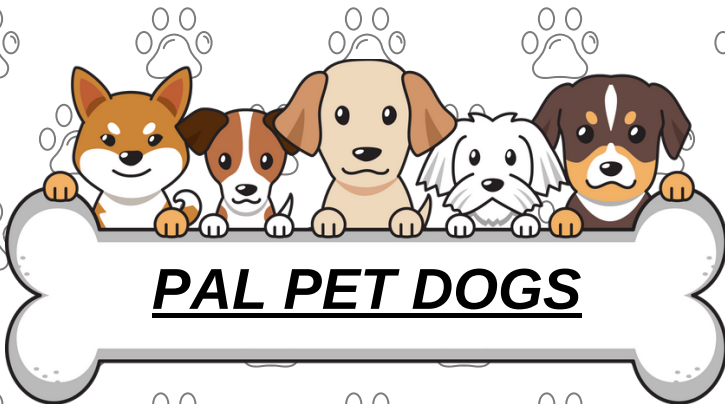
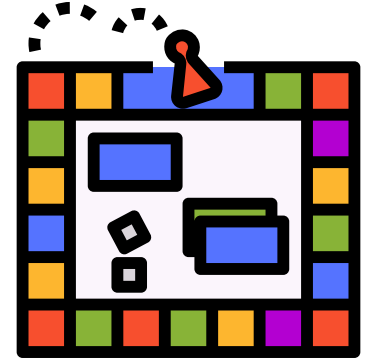
2PM (MPR B)



Games with Tammy.

October 9th & 23rd

2PM (MPR B)



PAL PET DOGS

October 1st
11AM - 12PM
Lobby.

MUSIC

Music with Cinda

October 6th

2PM in the Lobby

Jazz Piano with Ed

Every Saturday

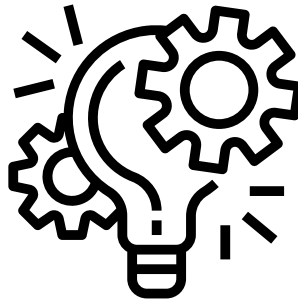
1:30PM in the MPR B

VOLUNTEER LED PROGRAMMING

Technology Help

Help with AI

10:30AM in the Lobby
Every Thursday



Helpful Tips

Do not answer calls that
you do not recognize

NASA

Virtual Program
Thursday October 18
7PM MPR



Bingocize with VHC is back!

We are combining bingo and exercise to make
it fun and healthy!



Every Tuesday at 2PM MPR B



With Kellie and Chrissy

Thursday, October 9th 2PM in MPR A

ASSISTED LIVING PROGRAMS



Oktoberfest Social!

Beer. Food. Music

October 9th

2:30pm on 6th Floor in AL



Historical overview

Oktoberfest is the world's largest festival, a combination beer festival and funfair held annually in Munich, Germany, on the Theresienwiese from mid-September to the first Sunday in October. It originated in 1810 to celebrate the marriage of Crown Prince Ludwig of Bavaria and features Bavarian culture, traditional food and beer, live music, and amusement rides.



REQUEST A COPY OF THE ASSISTED LIVING NEWSLETTER!

Colleen Boltri, Life Enrichment Director

colleen.boltri@culpeppergarden.org (703-528-0162 ext. 135)

Assisted Living

Housing Fair

Seek out information
about various care
facilities!

Wednesday November 1st

10AM Dining

Glam Girls

Calling all ladies! Come
express yourself with
Renita as we talk about
women's health!

Friday October 17th

AL 6th Floor

Assisted Living Resident Services

Renita Payne

rpayne@culpeppergarden.org (703-528-0162 Ext. 111)

RESIDENT ASSOCIATION

ATTENTION ALL RESIDENTS

You are a member of the Resident Association!

Join us for a meeting

**Wednesday, October 15th
1 pm, MPR**

We will have a discussion on how we should disperse the \$3,100 in our treasury.

Your opinion matters, please join us for this important meeting!

Tendremos una discusión sobre cómo deberíamos distribuir los \$ 3,100 en nuestra tesorería.

Su opinión importa, júnase a nosotros para esta importante reunión!

우리는 재무부에 있는 3,100달러를 어떻게 분산해야 하는지에 대해 논의할 것입니다.

귀하의 의견이 중요하므로 이 중요한 회의에 참여해 주세요!

Chúng tôi sẽ có một cuộc thảo luận về cách chúng tôi nên phân tán 3.100 đô la trong kho bạc của chúng tôi.

Ý kiến của bạn rất quan trọng, hãy tham gia cùng chúng tôi trong cuộc họp quan trọng này!

我們將討論如何分配我們國庫中的 3,100 美元。

您的意見很重要，請加入我們這個重要的會議！

Мы обсудим, как мы должны распределить 3100 долларов в нашей казне.

Ваше мнение имеет значение, присоединяйтесь к нам на этой важной встрече!

Vit fara at hava eitt orðaskifti um, hvussu vit skulu spjaða teir 3.100 dollararnar í okkara skattakassa.

Tín meining er týðningarmikil, vinarliga kom/komið við okkum á henda týðningarmikla fund!

سنجري مناقشة حول كيفية توزيع 3100 دولار في خزانةنا.
رأيك مهم ، يرجى الانضمام إلينا في هذا الاجتماع المهم!

Θα έχουμε μια συζήτηση για το πώς πρέπει να διασκορπίσουμε τα 3,100 \$ στο ταμείο μας.

Η γνώμη σας μετράει, ελάτε μαζί μας σε αυτή τη σημαντική συνάντηση!

In Memoriam

Leslie Dildy

05.07.1951 - 09.02.2025

Culpepper Garden resident since 08.2013

Ann Hitt

11.03.1933 - 09.22.2025

Culpepper Garden resident since 06.2021

**“A life well lived is a series of moments,
strung together with love and laughter”**

