

SENIOR LIVING



Sherian Lang, Culpepper Garden resident.



Peggy Goldstein, Culpepper Garden resident.



Jeane Enten, Culpepper Garden resident.



Enter the Valentine's Day brunch at Culpepper Garden Saturday noon.



This table of Culpepper Garden residents enjoyed their Valentine brunch on Valentine's Day.

Culpepper Garden Residents Share Memories of Valentine's Day

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Red shimmering streamers fill the doorway to the dining room at Culpepper Garden on Valentine's Day. A table of residents enjoying their lamb chops and mashed potatoes agreed to share their favorite Valentine memories.

Sherian Lang says she was working for a company that prohibited dating your coworker so her boyfriend sent her two dozen red roses with a card from Tra. "His name was Art." She says, "That got things going. We used to stop the elevator and sneak a smooch." Unfortunately she says she lost her job "but god was he worth it."

Peggy Goldstein remembers they

were moving from Southern California and at lunchtime her husband presented her with two dozen red roses. "I was so surprised. I thought 'What are you doing?' It was so sweet, so lovely. Over the years he bought me jewelry and other things but this never happened again."

Jeane Enten says her favorite memory is that her daughter was

nearly born on Valentine's Day. "She was born on Feb. 17. She is a lovely person and takes care of everything for me. Every Valentine's Day she gives me a box of chocolates."

Across the room Derrick Smalls, his first day at work, and Jamal Samuel are serving the buffet featuring lamb chops (the favorite), scallops, mixed vegetables,

mashed potatoes and a choice of salad, with red velvet cake for dessert. The table has a large heart-shaped box of chocolates. On the wall by the doorway is a kissing booth waiting for customers.

Culpepper Garden is an award winning non-profit senior living residence in Arlington for low and moderate income residents.

Flourishing after 55

Office of 55+ Programs
Department of Parks and Recreation
300 N. Park Dr., Arlington, VA 22203
703-228-4721

55+ Programs are in person at 55+ Centers unless otherwise noted. A 55+ Pass is required to participate (starting at a \$30 annual fee). To join or register, go to registration.arlingtonva.us or call 703-228-4747.

Northern Virginia Senior Olympics (NVSO) looking for volunteers to assist event directors at a variety of events, Sept. 19 - Oct. 10 plus person to write press releases and contact potential Patrons. Experienced volunteer Webmaster also needed. Email Judy Massabny for further details at jmassa@arlingtonva.us.

55+ Ice Skating, Mondays at the MedStar Capitals Iceplex in Ballston Quarter, parking (\$1) on roof level 8, Fee (\$1) includes skate rental, 8:40-9:50 a.m. Pre-registration required at <https://www.medstarcapitaliceplex.com>, register for Senior Public Skate.

Arlington's Halls Hill, hear the history of this historically Black neighborhood from lifelong resident Sandra Green, Thursday, Feb. 19, 2 p.m., Langston-Brown 55+ Center. Registration # 912400-14.

Paint and Sip along with Community Arts Programmers Jennifer Droblyen and Jim Halloran and recreate artworks on display in area museums, Thursday, Feb. 19, 10 a.m., virtual. Registration # 912303-08.

Healing Steps: Grief Walking Group, find community and connection with others who are grieving a loss, Thursday, Feb. 19, 10 a.m., leave from Long Branch Nature Center, walk two miles at a relaxed pace. Registration # 912106-29.

Old-Time and String Band Jam, bring your banjo, guitar, fiddle, mandolin and dulcimer for an open jam of Appalachian (pre-bluegrass) and string band music, Thursday, Feb. 19, 5 p.m., Lubber Run 55+ Center. All skill levels welcome. Registration # 912304-17.

Movie matinee, "The Roses" (2025) (R), Friday, Feb. 20, 12:30 p.m., Aurora Hills 55+ Center.

Registration # 912804-03.

Scale down, a weight loss support group, private weigh-ins, interesting programs, Monday, Feb. 23, 1:30 p.m., Langston-Brown 55+ Center. Drop-in.

Cooking demonstration to celebrate Black History Month, Monday, Feb. 23, 11 a.m., Langston-Brown 55+ Center. Registration # 912501-05.

Aurora Hills 55+ Center book club to discuss "The Good Earth" by Pearl S. Buck, Monday, Feb. 23, 11:30 a.m. Drop-in.

Secrets revealed, an exploration of famous artists and their distinctive techniques, Monday, Feb. 23, 10:30 a.m., virtual. Presented by Jennifer Droblyen, Community Arts Programmer. Registration # 912302-07.

Sorting fact from fiction, learn valuable tools and resources to help you stay safe online, Tuesday, Feb. 24, 1 p.m., Arlington Mill 55+ Center. Presented by AARP volunteer Larry Lipman. Registration # 912400-08.

Introduction to genealogy and family history, two part series, Tuesday, Feb. 24 and Thursday, Feb. 26, both 10 a.m. to 12 p.m., Langston-Brown 55+ Center. Led by genealogist Susan Court. Registration # 912400-20.

Bunco & Bites, roll the dice and enjoy a slice of pizza, Tuesday, Feb. 24, 5:30 p.m., Walter Reed 55+ Center. No prior experience necessary. Bring your own non-alcoholic beverage. Registration # 912600-09.

Protecting our watershed, join Arlington Parks Naturalist Itzamar Duran Cruz to learn about local conservation efforts, how Arlington is protecting natural resources and how to get involved, Tuesday, Feb. 24, 11 a.m., Arlington Mill 55+ Center. Registration # 912400-36.

The Amazing Walk with teens (11-17) and seniors (55+), Wednesday, Feb. 25, 5 p.m., Arlington Mill 55+ Center. Walk laps around the gym and stop at stations to do stretching exercises, solve a puzzle and more. No 55+ Pass required. Registration # 912106-19.