

# THE CLARION

## February 2026



4435 North Pershing Drive, Arlington, VA 22203

(703) 528-0162

VA Relay: 1-800-828-1120

### Table of Contents

- 2 Calendar
- 3 Birthdays!
- 4 Management Updates
- 5 Executive Director Game
- 6 Staff Updates
- 7 Culpepper Garden Reminders
- 8 Dining Services
- 9 Nutrition
- 10 Resident Services
- 12 Health and Wellness
- 13 Programs and Events
- 15 Holidays
- 17 Volunteer Programs
- 21 Assisted Living Programs
- 23 Games



**IF YOU WOULD LIKE TO RECEIVE THE CLARION ELECTRONICALLY  
PLEASE EMAIL [RESIDENTSERVICESCG@SENIORLIFESTYLE.COM](mailto:RESIDENTSERVICESCG@SENIORLIFESTYLE.COM)**

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

# February 2026

<p><b>10:15AM:</b>Catholic Communion - Spiritual (MPR A) <b>2PM:</b> Protestant Service Spiritual (AL 8TH FL)</p> <p>Tu B'Shevat Begins</p>	<p><b>Hearing Clinic (Appointment Only)</b> <b>3PM:</b> Goodwin Living Exercise (MPR A)</p> <p>Groundhog Day</p>	<p><b>8:30AM:</b> Coffee Talk w/ Mai (3rd FL) IL <b>10:30AM:</b> Tech Help w/ John (CL) <b>1PM:</b> In-home care: Nurse Next Door Presentation (MPR) <b>1PM:</b> Exercise Fun w/ Gail (MPR C) <b>2PM:</b> Rosary (MPR A)</p>	<p><b>9:30AM:</b> Medicine at Home Visit (L) <b>11AM:</b> PAL Pets (L) <b>1PM:</b> Learning AI (PDR) <b>1PM:</b> Goodwin Living Exercise (MPR A) <b>1:30PM:</b> Mobile Library Visit (Dining) <b>2PM:</b> Balance and Poster (MPR C) <b>5PM:</b> Rummikub (5TH FL)</p>	<p><b>9AM:</b> Coffee Talk w/ Paul (DR) <b>10:30AM:</b> Tech Help w/ John (Computer Lab) <b>1PM:</b> Crafts with Tammy (MPR B) <b>1:30PM:</b> Mindful Stretching with Barbara (MPR C) <b>3PM:</b> Goodwin Living Exercise (MPR A)</p>	<p><b>11:30AM:</b> Partial AFAC (MPR) <b>2PM</b> Bingo with Kellie and Chrissy (MPR-A) <b>6PM:</b> Evening Prayer, Hymns, and Communion (MPR C)</p>	<p><b>11AM:</b> Video Exercise w/ Gail (MPR C) <b>1:30PM:</b> Jazz Music w/ Ed (MPR)</p>
<p><b>10:15AM:</b>Catholic Communion - Spiritual (MPR A) <b>2PM:</b> Protestant Service Spiritual (AL 8TH FL)</p>	<p><b>3PM:</b> Goodwin Living Exercise (MPR A)</p>	<p><b>Vision Clinic (Appointment Only)</b> <b>8:30AM:</b> Coffee Talk w/ Mai (3rd FL) IL <b>10:30AM:</b> Tech Help w/ John (CL) <b>1PM:</b> Exercise Fun w/ Gail (MPR C) <b>2PM:</b> Rosary (MPR A) <b>3PM</b> Music w/David (L)</p>	<p><b>11AM:</b> Arlington Neighborhood Village (L) <b>1PM:</b> Learning AI (PDR) <b>1PM:</b> Goodwin Living Exercise (MPR A) <b>1PM:</b> Dining Services Council (Dining) <b>2PM:</b> Balance and Poster (MPR C) <b>2PM:</b> Catholic Mass (MPR C) <b>5PM:</b> Rummikub (5TH FL)</p>	<p><b>10AM</b> Board Games w/Navy (Dining) <b>10:30AM:</b> Tech Help w/ John (Computer Lab) <b>1:30PM:</b> Mindful Stretching with Barbara (MPR C) <b>2:30PM:</b> Puzzle Fun and Potluck (7th Fl) <b>3PM:</b> Goodwin Living Exercise (MPR A) <b>3PM:</b> Music with Val (L)</p>	<p><b>11:30AM:</b> Full AFAC (MPR) <b>1:30PM:</b> Current Events with Bart (MPR C) <b>2:30PM</b> Valentines Day Party (Dining) <b>6PM:</b> Evening Prayer, Hymns, and Communion (MPR C)</p>	<p><b>9:30AM:</b> Nail Painting (AL 8th FL) <b>11AM:</b> Video Exercise w/ Gail (MPR C) <b>1:30PM:</b> Jazz Music w/ Ed (MPR) <b>2:30PM</b> Valentines Day Bingo (MPR)</p> <p>Valentine's Day</p>
<p><b>10:15AM:</b>Catholic Communion - Spiritual (MPR A) <b>2PM:</b> Protestant Service Spiritual (AL 8TH FL)</p>	<p><b>Podiatry Clinic (Appointment Only)</b> <b>2PM:</b> Bingo with Linda (MPR A)</p> <p>Presidents' Day (U.S.)</p>	<p><b>8:30AM:</b> Coffee Talk w/ Mai (3rd FL) IL <b>10:30AM:</b> Tech Help w/ John (CL) <b>1PM:</b> Exercise Fun w/ Gail (MPR C) <b>2PM:</b> Rosary (MPR A)</p> <p>Ramadan Begins Mardi Gras</p>	<p><b>9:30AM:</b> Medicine at Home Benefits Fair (Dining) <b>1PM:</b> Goodwin Living Exercise (MPR A) <b>1PM:</b> Learning AI Class (PDR) <b>1:30PM:</b> Chronic Disease Self Management (MPR C) <b>2PM:</b> Balance and Poster (MPR C) <b>5PM:</b> Rummikub (5TH FL)</p>	<p><b>10:30AM:</b> Tech Help w/ John (Computer Lab) <b>1:30PM:</b> Mindful Stretching with Barbara (MPR C) <b>1PM:</b> Crafts with Tammy (MPR B) <b>3PM:</b> Goodwin Living Exercise (MPR A)</p>	<p><b>11:30AM:</b> Partial AFAC (MPR) <b>2PM:</b> Blood Pressure Clinic <b>2PM:</b> Glam Girls (AL 6th Fl) <b>6PM:</b> Evening Prayer, Hymns, and Communion (MPR C)</p>	<p><b>11AM:</b> Video Exercise w/ Gail (MPR C) <b>1:30PM:</b> Jazz Music w/ Ed (MPR) <b>6PM:</b> Movie Night (MPR B)</p>
<p><b>10:15AM:</b>Catholic Communion - Spiritual (MPR A) <b>2PM:</b> Protestant Service Spiritual (AL 8TH FL)</p>	<p><b>1:30PM:</b> End of Life Care Panel (Dining) <b>3PM:</b> Goodwin Living Exercise (MPR A)</p>	<p><b>8:30AM:</b> Coffee Talk w/ Mai (3rd FL) IL <b>10:30AM:</b> Tech Help w/ John (CL) <b>1PM:</b> Exercise Fun w/ Gail (MPR C) <b>2PM:</b> Rosary (MPR A)</p>	<p><b>Dermatology Clinic (Appointment Only)</b> <b>9:30AM:</b> Medicine at Home (L) <b>1PM:</b> Goodwin Living Exercise (MPR A) <b>1PM:</b> Learning AI Class (PDR) <b>1:30PM:</b> Chronic Disease Self Management (MPR C) <b>2PM:</b> Balance and Poster (MPR C) <b>5PM:</b> Rummikub (5TH FL)</p>	<p><b>10:30AM:</b> Tech Help w/ John (Computer Lab) <b>1PM:</b> Games with Tammy (MPR B) <b>1:30PM:</b> Mindful Stretching with Barbara (MPR C) <b>2PM:</b> Catholic Mass (MPR) <b>3PM:</b> Music with Val (L) <b>3PM:</b> Goodwin Living Exercise (MPR A)</p>	<p><b>11:30AM:</b> Partial AFAC (MPR) <b>2PM:</b> Portable Sanctuary (MPR A) <b>6PM:</b> Evening Prayer, Hymns, and Communion (MPR C)</p>	<p><b>11AM:</b> Video Exercise w/ Gail (MPR C) <b>1:30PM:</b> Jazz Music w/ Ed (MPR)</p>

Programs are subject to change. Be sure to look at the CCTV and elevators for updates.



# HAPPY BIRTHDAY



## *Happy Belated January Birthdays:*

01.03 - Debra D.

## *Happy February Birthdays:*

02.01 - Hadisa S.

02.01 - Doug D.

2.02 - Ruth T.

02.02 - Virginia G.

02.02 - Janice K.

02.03 - Nancy D.

02.04 - Mohamed K.

02.04 - Anna N.

02.04 - Carol R.

02.05 - Elizabeth T.

02.05 - Iyob B.

02.07 - Alice W.

02.07 - Mamdouh M.

02.10 - Jeff R.

02.11 - Fay D.

02.12 - Leo D.

02.14 - Edward W.

02.16 - Lula H.

02.18 - Tsegaye D.

02.19 - Thomas H.

02.20 - Joyce S.

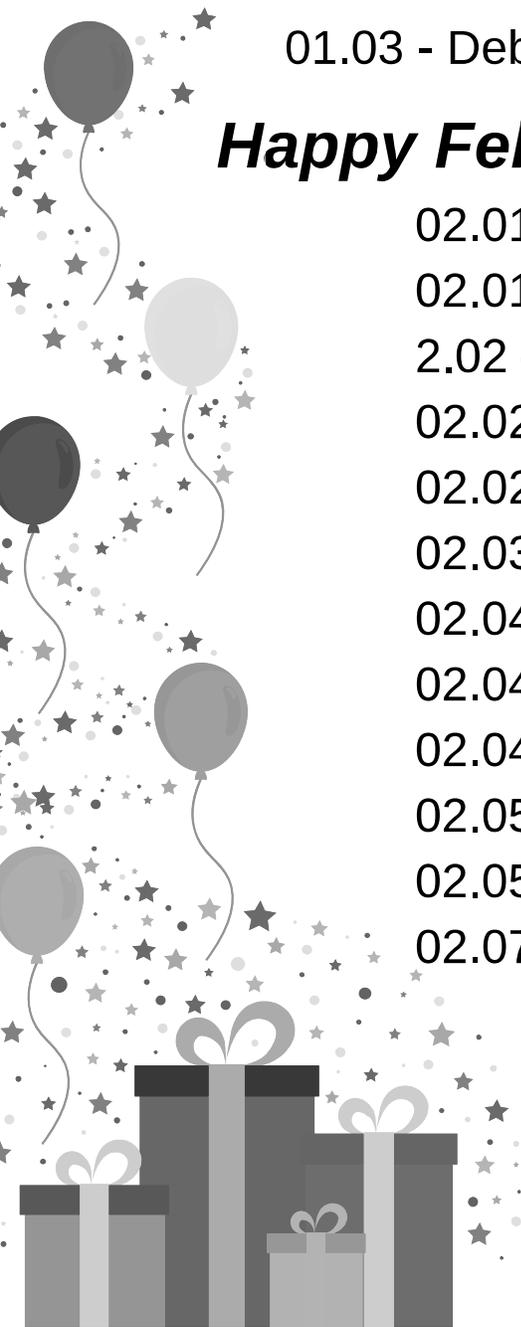
02.20 - Daniel B.

02.23 - Ramon G.

02.23 - Denise J.

02.25 - Nuris C.

02.26 - Mamsoureh K.



## **BIRTHDAY ICE CREAM SOCIAL**

Ice Cream Social will commence quarterly! Next one is on April 29th!



**SPONSORED BY: PREVIOUS RESIDENT ASSOCIATION**

## Dear Culpepper Garden Residents,

January is ending with a weather event that has not been seen in many years! Since February is typically a stormy month, we should all be prepared for more snow and ice. This means staying updated on upcoming weather and planning accordingly. That means having food and prescriptions to potentially stay on campus for up to a week. The end of January storm and subsequent cold weather is showing us this is possible. We have seen many residents needless attempting to go on routine errands and making dangerous decisions in the snow and ice. Please be careful if you do choose to go out, both walking and especially driving. Both are hazardous in below freezing conditions.

### Management Update:

- **IMPORTANT POLICY CHANGE:** In order to create a healthier and cleaner environment in our community, Culpepper Garden will be a SMOKE FREE community starting March 1, 2026. No smoking of any kind will be permitted in the building or anywhere on the grounds including cars. The ash cans will be removed from the two currently approved smoking areas on February 28th. Smoking observed anywhere on campus will result in a “three strikes you’re out” lease violation warnings. Any resident documented as smoking in their apartments will immediately receive a final warning notice. Any resident interested in stopping smoking please see Resident Services in the Garden Level or your medical professional for information. This action is taken to improve the health and safety of residents who are severely impacted by secondhand smoke. It is also to keep our campus clean of cigarette butts and ashes. **NO SMOKING** includes any ignited object including cigarettes, cigars, pipes, marijuana, vaping, or any other noxious odor creating substance or device.
- Please remind your families that **old “Sponsor- Family” parking passes are no longer valid.** All guests must use the VISITOR spaces only and no pass is required. Parking passes are not available for guests or family members.
- **Change to parking program.** We have more residents driving than parking spaces available. This makes parking at night when we are home much more difficult. Residents with a valid parking pass who can’t find a RESIDENT space open are now permitted to use the VISITOR or STAFF spaces overnight. Please report this to the front desk when entering the building. However, you must move your car in the morning before 8:00 am to an open
- **CG is partnering with Goodwin Health** as the new physical therapy/occupational therapy provider. They are located on the Garden Level. They will also be providing exercise classes and health education for residents. We hope to expand this partnership into a comprehensive wellness program available on site. **Welcome Goodwin Health!!!**

Marta informed the staff at a meeting today that she saw the first Daffodils starting to peek out from the soil before being buried under ice and snow. Our March glorious explosion of yellow is just around the corner! We have already earned the coming Spring!!



- *Paul Tinpane*

Director of Property Operations

## Coffee Chat With Paul:

Thursday, February 5

9AM - 10AM

(Dining Room)



### Paul's Prose

Underrated is the quiet,  
Sense the focus as it peaks.  
Patience in it brings  
Keen understanding and note.  
Revel in that comfortable space,  
Understanding the bounty silence rewards.

**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**Judi Velasco:** 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****Staff Birthdays**

Roberto Aguilar- 2/8

Niveen Laa- 2/9

Trhas Assefa- 2/18

Mulumebet Assefa- 2/23

Nilufar Ali- 2/25



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****Sam Brackett****Interview with Team Member:**

What do you like most about your job? **The residents**

Where are you from? **Washington DC**

What's the best advice you've ever received?

**Treat people the way you wanted to be treated**

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

**Relax, meditate, and watch movies**

Tell us a fun fact about yourself? **I listen to a lot of gospel music**



**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 Services: Garden Level, between the Resident Services Offices



### **IMPORTANT MESSAGE**

### **From Accounting-Rent Payments for February.**

**As we are currently transitioning to a different management company, please be advised of the following:**

1. Do not use LOFT online electronic payments.
2. Any electronic or online payments are not setup yet. All payments for February need to be made by check or money order.
3. Checks and money orders submitted will be processed on February 5th, it is important to monitor your bank account carefully to avoid overspending and to ensure that your check will not bounce.
4. All residents will be informed and provided instructions once online payments are available to be used as payment option.

### **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](mailto: jyowell@culpeppergarden.org)



### Assistant Director of Dining

**Jonathan Bernal**

[dbernal@culpeppergarden.org](mailto: dbernal@culpeppergarden.org)

## Dining Services Council Meeting

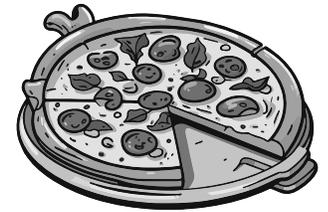
February 11

(Dining Room)

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

## WEEKLY SPECIAL ITEMS

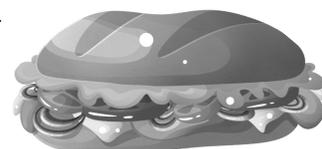
**PIZZA** - AVAILABLE ON TUESDAYS AND FRIDAYS (*MUST PAY AT FRONT DESK*)



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



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



# NUTRITION

## HELPING HANDS PANTRY

Thank you for participating in the Helping Hands Pantry at Culpepper Garden.

**Take what you need, give what you can.**



### Helping Hands Pantry Reminders

- Pantry open on Monday's and Wednesday's
- Please only take what you need.
- Donations of non-refrigerated, non-expired foods are accepted. Please do **not** put clothing or other items on the pantry without prior approval from Resident Services.
- Food donations should be brought down to the Garden Level, and not be left on floors.

*Food donations can be put directly on the pantry or brought to Resident Services.*

*Thank you for your kindness and generosity!*



## 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.*

### Kiarra Clark

Director of Resident Services

703-528-0162 Ext. 142

[kclark@culpeppergarden.org](mailto:kclark@culpeppergarden.org)

[Residentservicescgseniorlifestyle.com](mailto:Residentservicescgseniorlifestyle.com)



### Renita Payne

Resident Services Coordinator

703-528-0162 Ext. 111

[rpayne@culpeppergarden.org](mailto:rpayne@culpeppergarden.org)

**Available on Tuesdays and Fridays!**

**Stop by her office to say hi!**

## End of Life Panel

### Monday, February 23th

### 1:30PM

### Multipurpose Room

#### Panel Speakers:

- Ben Apt (Legal Services of Northern Virginia)
- Aaron Zajdel (Goodwin Hospice)
- Amie Capilongo (Carewell Cremations)
- Daun Frankland and Katherine Capilongo (Columbia Gardens Cemetery)

#### **Join us in our fourth annual End of Life Panel!**

This event has become a wonderful space to learn about local resources, and start the difficult conversations around end of life planning.

We look forward to seeing you there!



Goodwin Living

Carewell



# RESIDENT SERVICES



Meet VHC LIFELINE MEDICAL ALERT  
PENDENT representative Blanca Cali to inquire  
about obtaining a LIFELINE pendent for you or  
your loved one

**February 26th @10am on  
3rd floor in Assisted Living**



**Arlington County  
Benefits Fair**

**Monday, February 18th  
10AM  
MAIN DINING ROOM**

**Come meet with representatives from Arlington County in  
the following departments:**



- Housing Grant**
- Housing Choice Voucher programs**
- Arlington Public Assistance Bureau**
- Northern Virginia Long-Term Care Ombudsman Program**
- Nursing Case Management**
- Aging & Disability Resource Center**

# CLINIC SPACE

## Goodwin Living Rehabilitation

Starting February 1, physical therapy services to residents! Stop by the physical therapy office in the Garden Level for more information!

***Please bring your ID and health insurance cards!***

### Blood Pressure Checks with Marymount Students

February 20

*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 (Call Resident Services for more Information)

### **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

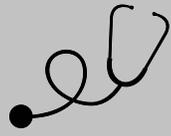
### **Dental (Teeth) Sponsored by: Fenwick Foundation**

- Quarterly: Dates TBD (Call Resident Services for more Information)
- Participants must meet eligibility criteria

### **Vision (Eye) Sponsored by: Dr. Peyam Mohallal O.D & Associates**

- Monthly: Dates TBD (Call Resident Services for more Information)
- Insurance required
- Paperwork available with Resident Services





# CLINIC SPACE



## Medicine at Home — Care That Comes to You

### **Christine Gardella, PA-C**

Medicine at Home provides medical care in your home for older adults in the Culpepper community. I, Christine, help manage ongoing health problems, review and order medications, and work with your other doctors to keep you well and out of the hospital.

I will be in the Culpepper lobby every **Wednesday from 9:30–12:30** to meet residents, answer questions, and explain how home visits work.

**We accept Medicare Part B and Dual Eligible (Medicare + Medicaid) insurance plans.**

***Medicare Advantage plans are not accepted.***

***En Espanol -***

Medicine at Home ofrece atención médica en su hogar para adultos mayores. La Sra. Gardella estará en el lobby todos los miércoles de 9:30 a 12:30 para responder preguntas.

**Aceptamos Medicare Parte B y planes Dual Elegibles.**

***No aceptamos planes Medicare Advantage***

## **Health Tip: Protect Yourself From the Flu**

Flu season can be serious for older adults. You can lower your risk by:

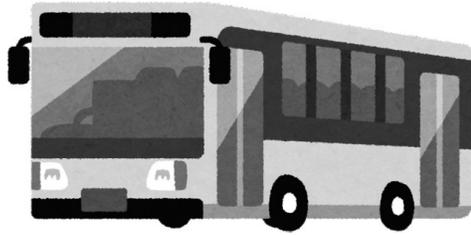
- Getting your flu shot every year
- Washing your hands often with soap and water
- Avoiding close contact with people who are sick
- Drinking plenty of fluids and getting good rest
- Calling your medical provider early if you have fever, cough, or shortness of breath

Early care can help prevent serious illness.

**To learn more or schedule a visit:**

***Office: 240-481-0871 or Christine directly: 443-858-9401***

# ARLINGTON COUNTY PROGRAMS



## 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

## Transportation: Arlington Shoppers Loop

Call for a Reservation: [703-202-0030](tel:703-202-0030)

The loop will pick up from Culpepper Garden on Tuesdays at 10:40AM or 11:50AM.

You must call to make a reservation.

The Loop will go to: Target, Harris Teeter, Giant, and Trader Joes!

*If you have not registered for this new loop - please see Resident Services ASAP!*

## CHRONIC DISEASE SELF MANAGEMENT PROGRAM

Free six week program that offers group interactive workshops for individuals and caregivers. Learn and share positive strategies to better manage overall health and improve the skills needed to take control of your health! Starts Feb. 18! Sign up in the lobby to secure your spot!

Sponsored by: Arlington County Agency and Aging/ Aging and Disability Services. Call Gelareh at 703-228-1741



Live Well, Virginia!

## ARLINGTON COUNTY PUBLIC LIBRARY

### MOBILE LIBRARY

Wednesday February 4 at  
1:30PM - 2:30PM CGI Dining Room

Miércoles 4 de Febrero

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!



**Arlington  
Public  
Library**



# 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



### Video Exercise with Gail

Saturdays

11AM - 12PM

Multipurpose Room C

### Balance and Posture with Gail

Wednesday

2PM - 3 PM

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



## 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

### **Evening Prayer, Hymns, & Communion**

Every Friday at 6PM (MPR C)

### **Portable Sanctuary**

Every fourth Friday at 2PM (MPR A)

# HOLIDAYS

## 02/14 VALENTINES DAY

Valentine's Day, celebrated annually on February 14th, is a western Christian feast day honoring saints named Valentinus, which evolved into a global celebration of romance, love and friendship, through exchanging cards, flowers (especially roses), chocolates and gifts. With traditions rooted in ancient roman festivals like Lupercalia (a fertility celebration) and medieval poetry connecting it to mating birds. It's a day for couples, but also for expressing affection to friends and family, with events like mass weddings and proposals often occurring. School children exchange valentines with classmates, often homemade. Valentine's Day is not a public holiday. It is celebrated in the US, UK, Canada, Australia, Mexico and beyond. We all need a little love in our lives, spread some love and friendship on this Valentine's Day to your neighbors and give lots of kisses (chocolate ones). Happy Valentine's Day!!

THIS HOLIDAY HIGHLIGHT WAS WRITTEN BY DIANA P.

## 02/16 PRESIDENTS DAY

President's Day, officially Washington's birthday at the federal government level, is a holiday in the United States celebrated on the third Monday of February. This year it is February 16, 2026. The significance of President's Day is to honor George Washington, America's first president and founding father, and, by extension, all US presidents, recognizing their leadership in shaping the nation, especially Washington's role in the Revolutionary War and establishing the presidency.

President's Day was not enacted until almost one hundred years after George Washington's death. Washington's birthday became a federal holiday in 1885. Beyond sales and days off, it is intended as a time for civic education and reflection on the president's responsibilities. The 1971 Act moved the date to the third Monday in February for long weekends.

THIS HOLIDAY HIGHLIGHT WAS WRITTEN BY DIANA P.



**02/17 LUNAR NEW YEAR****THIS HOLIDAY HIGHLIGHT WAS WRITTEN BY RESIDENT SERVICES**

A quarter of the world's 8.2 billion people will celebrate Lunar New Year on Feb. 17, 2026, also called Chinese New Year and Spring Festival. It's a time when many parts of Asia take a break from work to travel, creating one of the world's largest migrations. This year will see the beginning of the Year of the Fire Horse. At the beginning of 2026, it is still the Year of the Snake. The Year of the Fire Horse begins on Feb. 17, 2026, and ends on Feb. 5, 2027. The moon determines the dates of the Chinese New Year. A lunar festival, it begins with the New Moon on Feb. 17, 2026. The festival itself is 16 days long, ending with the Lantern Festival on the date of the next full moon – the Worm Moon on Mar. 3, 2026. It will also be a “blood moon” total lunar eclipse.

2026 is the Year of the Fire Horse, beginning February 17, 2026, and ending February 5, 2027. It signifies a period of high energy, rapid action, freedom, and passion. As a Fire-element year, it encourages bold moves, adventure, and major, often impulsive, transformations, demanding both intense focus and adaptability. People believe that what you do at the beginning of a new year will affect your luck in the coming year. Staying up on Chinese New Year's Eve (February 16th, 2026) and saying good words to your family/friends like Happy New Year after the clock strikes 12 will certainly bring good luck. Giving out red packets to kids and elders will help cast away the bad luck (demon Nian) and bring good luck in.

Besides, decorating your house with kumquat trees (symbolizing wealth & good luck), wearing your lucky color (yellow, red), and eating lucky food like rice dumplings (family togetherness), fried flour-coated peanuts (vitality), walnut cookies (happiness), etc. are popular ways to get lucky.

**BLACK HISTORY MONTH**

**Black History Month** is an annually observed month-long celebration of African American life, history, and culture. Founded by Dr. Carter G. Woodson in February 1926, what was formerly known as Negro History Week became a month-long celebration as a way to promote, research, preserve, interpret, and disseminate information about Black life, history, and culture to the global community.

***Why February?***

Each year the question is asked: **Why does Black History Month occur in February?** The relevance of February goes back to 1926, when Association Study African Life History (ASALH's) founder Dr. Carter G. Woodson first established “Negro History Week” during the second week of February. Why? That week encompasses the birthdays of **Abraham Lincoln and Frederick Douglass**- both men being great American symbols of freedom, whose birthdays are the 12th and the 14th, respectively.

More importantly, he chose them for reasons of tradition. Since Lincoln's assassination in 1865, the black community, along with other Republicans, had been celebrating the fallen President's birthday. Since the late 1890s, black communities across the country had been celebrating Douglass. Well aware of the pre-existing celebrations, Woodson built Negro History Week around traditional days of commemorating the black past. He was asking the public to extend their study of black history, not to create a new tradition. In doing so, he increased his chances for success.

However, Woodson never confined Negro History to a week. His life's work and the mission of Association Study African Life History (ASALH) since its founding in 1915 represents a living testimony to the year round and year after year study of African American history.

**THIS HOLIDAY HIGHLIGHT WAS WRITTEN BY GENTRY B**

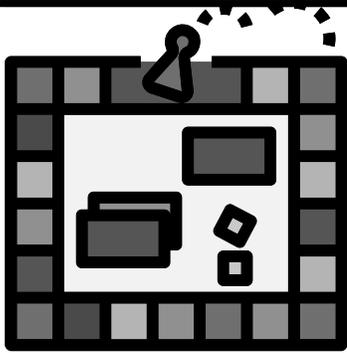
# VOLUNTEER LED PROGRAMMING



## Crafts with Tammy.

February 5<sup>th</sup> and 19th

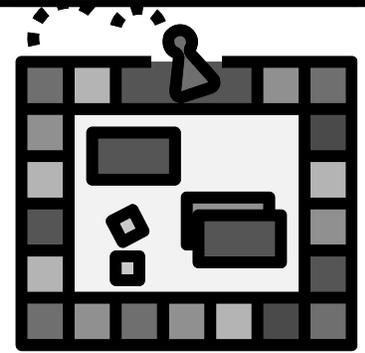
1PM (MPR B)



## Games with Tammy.

February 26<sup>th</sup>

1PM (MPR B)



## Valentines Day Bingo



February 14th

2:30PM  
in MPR

## MUSIC

Jazz Piano with Ed

*Every Saturday*

1:30PM in the MPR B

Music with Val

February 12<sup>th</sup> and 26<sup>th</sup>

*3pm in Lobby*

Music with David

February 10<sup>th</sup>

*3pm in Lobby*



PAL PET DOGS

February 4th

11AM - 12PM

Lobby

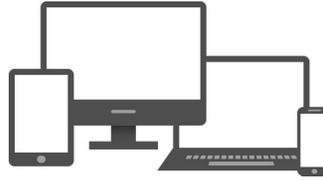
# VOLUNTEER LED PROGRAMMING

## Technology Assistance

### Tech Help with John

10:30AM in the Lobby

Tuesdays and Thursdays



### Learning A.I.

1PM in Private Dining

Every Wednesday

## Current Events with Bart



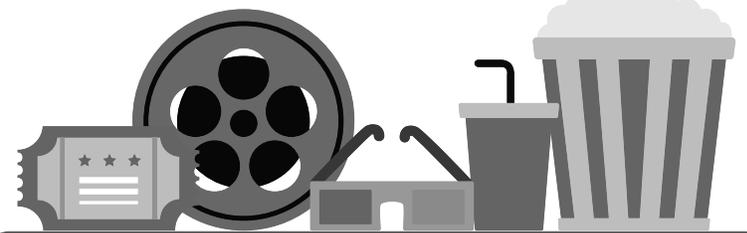
February 13th

1:30PM MPR C



February 21<sup>st</sup>

6PM MPR B



## Resident Lead Movie Nights

For any residents interested in hosting a movie night in the Multi-Purpose Room you must first fill out a Movie Night Application Form which are located at the front desk. All movies must be approved by the Director of Operations and **any single resident is limited to two movies per month.**

Please return applications to front desk, Thank You!

# ASSISTED LIVING RESIDENT SERVICES

## VALENTINE'S GRINCH CANDYGRAM

THIS VALENTINE'S SEND A GRINCH  
CANDYGRAM TO A FRIEND OR STAFF  
MEMBER DELIVERY ON FEBRUARY 13TH  
ALL ARE ENCOURAGED TO PARTICIPATE

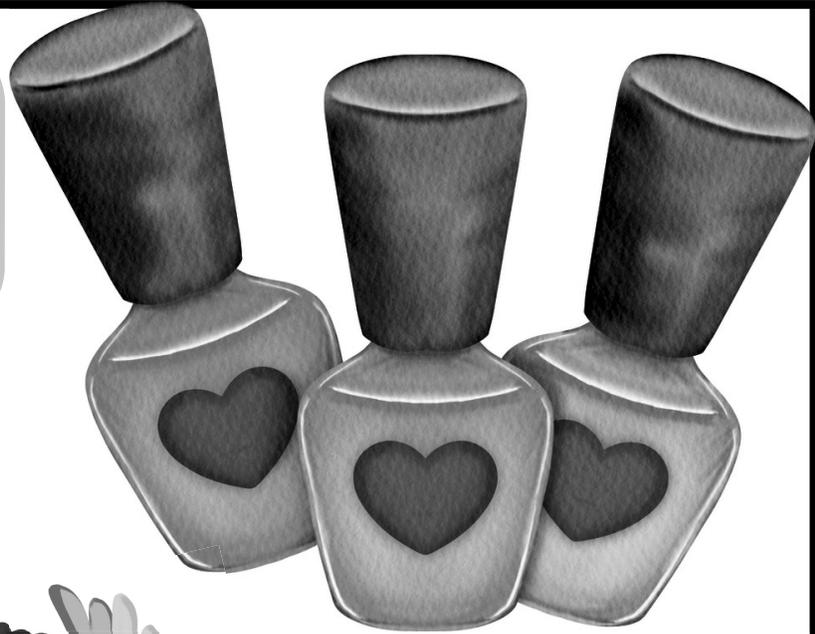


GRINCH CANDYGRAM FORMS CAN BE FOUND ON  
LOBBY TABLE NEXT TO ELEVATORS AND  
DROPPED OFF IN RED MAILBOX IN ASSISTED  
LIVING MAIL AREA

# ASSISTED LIVING PROGRAMS

## Nail Painting w/John

February 14<sup>th</sup> at  
9:30  
8<sup>th</sup> Floor AL



## *Valentine's Day Party!*



*Love is in the air for  
Valentine's day!*

*Join us for our  
valentines event  
with music by  
Hector the Harpist,  
sweet treats, and  
Drinks!*



♥  
*Friday, February 13<sup>th</sup>  
2:30pm  
Dining Room*

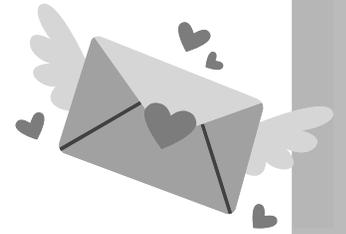
**REQUEST A COPY OF THE ASSISTED LIVING NEWSLETTER!**

**Colleen Boltri, Life Enrichment Director**

[colleen.boltri@culpeppergarden.org](mailto:colleen.boltri@culpeppergarden.org) (703-528-0162 ext. 135)

# Valentine's Day

## Word Search



Find the words below in the word search.

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

HUG  
CARD  
PRESENT  
FEBRUARY

LOVE  
LETTER  
CHOCOLATE  
HAPPINESS

KISS  
COOKIE  
KINDNESS  
TEDDY BEAR



# Searching for February

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

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



AMETHYST

FISH (Pisces)

SHADOW

AQUARIUS

GROUNDHOG (Day)

SNOW MOON

BLACK HISTORY

MARDI GRAS

SUPER BOWL

CANDY

PISCES

VALENTINE'S (Day)

CHINESE (New Year)

PRESIDENTS' (Day)

VIOLET

CUPID

PRIMROSE

WATER BEARER  
(Aquarius)