

THE CLARION

January 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
- 14 Fenwick Foundation
- 15 ARHC
- 17 Holidays
- 19 Volunteer Programs
- 21 Assisted Living Programs
- 22 Resident Association



**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

January 2026

<p>10:15AM:Catholic Communion - Spiritual (MPR A) 2PM: Protestant Service Spiritual (AL 8TH FL)</p>	<p>3PM: Goodwin Living Exercise (MPR A) 6:30PM: OA Meeting (MPR C)</p>	<p>8:30AM: Coffee Talk w/ Mai (3rd FL) IL 10:30AM: Tech Help w/ John (CL) 1PM: Exercise Fun w/ Gail (MPR C) 2PM: Rosary (AL 8th Fl)</p>	<p>9:30AM: Medicine at Home Visit (L) 11AM: PAL Pets (L) 1:30PM: Mobile Library Visit (Dining) 1PM: Learning AI (PDR) 2PM: Balance and Poster (MPR C) 5PM: Rummikub (5TH FL)</p>	<p>10:30AM: Tech Help w/ John (L) 1:30PM: Mindful Stretching with Barbara (MPR C) 2PM: Games with Tammy (MPR B) 3PM: Music with Val (L) 3PM: Goodwin Living Exercise (MPR A)</p>	<p>11:30AM: Full AFAC (MPR) 6pm Evening Prayer and Praise (MPR C)</p>	<p>11AM: Video Exercise W/ Gail (MPR C) 1:30PM: Jazz Music W/ Ed (MPR)</p>
<p>10:15AM:Catholic Communion - Spiritual (MPR A) 2PM: Protestant Service Spiritual (AL 8TH FL)</p>	<p>1PM: Xfinity Informational Session (MPR B) 3PM: Goodwin Living Exercise (MPR A) 6:30PM: OA Meeting (MPR C)</p>	<p>8:30AM: Coffee Talk w/ Mai (3rd FL) IL 10:30AM: Tech Help w/ John (CL) 1PM: Exercise Fun w/ Gail (MPR C) 1:30PM: File of Life Workshop (MPR) 2PM: Rosary (AL 8th Fl)</p>	<p>9:30AM: Medicine at Home Visit (L) 1PM: Dining Services Council (Dining) 1PM: Learning AI (PDR) 2PM: Balance and Poster (MPR C) 2PM: Goodwin Living Rehab Seminar (MPR) 5PM: Rummikub (5TH FL)</p>	<p>10:30AM: Tech Help w/ John (Computer Lab) 1:30PM: Mindful Stretching with Barbara (MPR C) 2PM: Crafts with Tammy (MPR B) 3PM: Goodwin Living Exercise (MPR A)</p>	<p>11:30AM: Full AFAC (MPR) 1:30PM: Comfort Keepers (MPR) 6pm Evening Prayer and Praise (MPR C)</p>	<p>11AM: Video Exercise W/ Gail (MPR C) 1:30PM: Jazz Music W/ Ed (MPR) 3PM: Music with Malia (L) 6PM: Movie Night with Madison (MPR)M</p>
<p>10:15AM: Catholic Communion - Spiritual (MPR A) 2PM: Protestant Service Spiritual (AL 8TH FL)</p>	<p>1PM: Podiatry Clinic (Appointment Only) 1PM: MLK Documentary (MPR B) 3PM: Goodwin Living Exercise (MPR A) 6:30PM: OA Meeting (MPR C)</p>	<p>8:30AM: Coffee Talk w/ Mai (3rd FL) 10:30AM: Tech Help w/ John (CL) 1PM: Exercise Fun w/ Gail (MPR C) 2PM: Rosary (AL 8th Fl)</p>	<p>Dental Clinic (Appointment Only) 9:30AM: Medicine at Home Visit (L) 1PM: Learning AI (PDR) 2PM: Balance and Poster (MPR C) 5PM: Rummikub (5TH FL)</p>	<p>10:30AM: Tech Help w/ John (Computer Lab) 1:30PM: Mindful Stretching with Barbara (MPR C) 2PM: Games with Tammy (MPR B) 3PM: Music with Val (L) 3PM: Goodwin Living Exercise (MPR A)</p>	<p>11:30AM: Partial AFAC (MPR) 2PM: Portable Sanctuary (MPR A) 6pm Evening Prayer and Praise (MPR C)</p>	<p>11AM: Video Exercise W/ Gail (MPR C) 1:30PM: Jazz Music W/ Ed (MPR)</p>
<p>10:15AM: Catholic Communion - Spiritual (MPR A) 2PM: Protestant Service Spiritual (AL 8TH FL)</p>	<p>1PM: Board Games the Navy (L) 2:30PM: Dental Implant Seminar (MPR B) 3PM: Goodwin Living Exercise (MPR A) 6:30PM: OA Meeting (MPR C)</p>	<p>8:30AM: Coffee Talk w/ Mai (3rd FL) 10:30AM: Tech Help w/ John (CL) 11AM: Support Circle with Louise (MPR C) 1PM: In Home PCP Informational (MPR) 1PM: Exercise Fun w/ Gail (MPR C) 2PM: Rosary (AL 8th Fl)</p>	<p>Dermatology Clinic (Appointment Only) 9:30AM: Medicine at Home Visit (L) 1PM: Learning AI (PDR) 2PM: Balance and Poster (MPR C) 5PM: Rummikub (5TH FL)</p>	<p>10:30AM: Tech Help w/ John (Computer Lab) 1PM: Libby to Go Demo (MPR) 1:30PM: Mindful Stretching with Barbara (MPR C) 2PM: Catholic Mass (MPR) 3PM: Goodwin Living Exercise (MPR A)</p>	<p>11:30AM: Full AFAC (MPR) 2PM: Blood Pressure Clinic (Clinic RM) 6pm Evening Prayer and Praise (MPR C)</p>	<p>11AM: Video Exercise W/ Gail (MPR C) 1:30PM: Jazz Music W/ Ed (MPR)</p>

Australia Day (Observed)

Programs are subject to change.



HAPPY BIRTHDAY



Happy January Birthdays:

01.01 - Gloria B.

01.01 - Tsighe G.

01.01 - Faroza K.

01.04 - Sook P.

01.05 - Gerry G.

01.07 - Qui B.

01.07 - Jorge G.

01.08 - Om G.

01.08 - Chun P.

01.08 - Luisa R.

01.08 - Ernest W.

01.09 - Mac M.

01.09 - Gladys S.

01.10 - Debbie D.

01.12 - Chong C.

01.12 - Marie R.



01.13 - Letebrhan T.

01.14 - Shehla A.

01.17 - Abderrazak M.

01.18 - Chan W.

01.18 - Jean W.

01.19 - Violeta M.

01.19 - Jacqueline P.

01.20 - Mohammad P.

01.21 - Horacio R.

01.23. - Edgar H.

01.25 - Mengchun H.

01.25 - Hirut L.

01.25 - JoAnn P.

01.27 - Dee B.

01.29 - Laurel R.

01.30 - Joyce M.

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

Happy New Year to all our residents, family, staff, and friends! Hard to believe another year has gone by and we will now be writing 2026 on our letters and checks. Every turn of the calendar presents opportunity. While personally I do not believe in New Year resolutions due to a lifetime of failing... I do believe the start of a New year is a great time to take stock of how we can better ourselves to live our lives to the fullest. Focusing on self-improvement, and small joys can make happy memories being built for the year. Happy New Year to one and all!

Management Notes:

- Culpepper Garden starts the new year with a new management company. Senior Lifestyle Communities will be taking over the management of CG as of January 1, 2026. There will be a lot of change behind the curtain, so bear with your CG team as we learn and adjust to some new operating systems and accounting procedures in January. We are excited to learn and improve our services to our wonderful community. There will be no changes to the CG team working on site so you will be seeing the same dedicated staff working to keep CG clean and running for you.
- A big "Thank You", to the team at CSM who managed Culpepper Garden for many years. The entire staff thank them for their support over the years and wish the entire CSM team all the best.
- Over the holidays we notice some families parking in "RESIDENT" marked spaces using VERY old family parking passes. These passes are not valid. As a courtesy they were not towed; however, going forward, the policy is that ANY car parked in a "RESIDENT" marked parking space without a "RESIDENT" parking pass will be towed. Please warn your visiting families and guests that they are NEVER to park in a "RESIDENT" marked space for any reason or at any time.

Never forget that change is always coming. It can be annoying, disruptive, unwelcome, or chaotic. However, change is what makes us learning beings. Positive improvement through challenge and setting goals is difficult to attain, if not impossible, without change. As we all head into a new year with a new management company, new neighbors, and the phasing out of assisted living services, I raise a toast to change. "Here's to the possible, here's to the future, here's to all of us living our best lives together as a community."

- Paul Turpane
Director of Property Operations

Coffee Chat With Paul:

Thursday, January 8

9AM - 10AM

(Dining Room)



Paul's Prose

Sense the stillness,
Frigid and unbending.
Short days test patience.
Yet, the lights twinkle,
All the more beautiful for it.

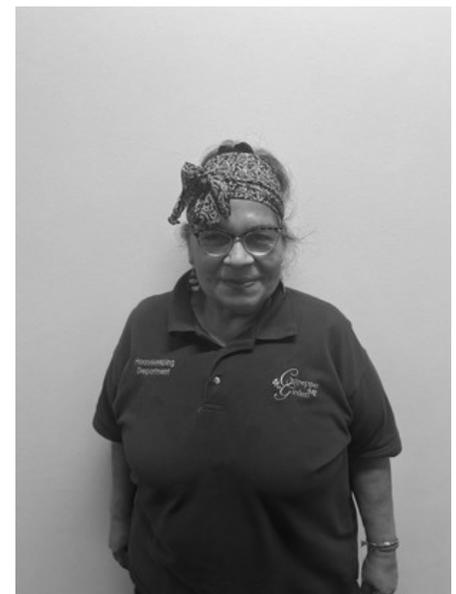
Administrative Team**Angela Burton:** Executive Director**Paul Timpane:** Director of Property Operations**Liberty Efford:** Business Office Manager**Ray Reyes:** Director of Plant Operations**Niveen Laa:** Director of Compliance**Charles Robinson:** Recertification Specialist**Judi Velasco:** Staff 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**

HALI OMAR- 01/01

JHEOMY AGUILAR RAMIREZ- 1/6

MARLYSE KAMGAING- 01/20

BOUBACAR, BARRY- 01/25

**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
MARTA ORELLANA****interview with Team Member: MARTA
ORELLANA****What do you like most about your job?****Everything about****Where are you from? **El Salvador******What's the best advice you've ever received?****Always Behave****What do you like to do most in your free time?****Cook for my family and clean my house****Tell us a fun fact about yourself? **I am always
with my children****

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



From Accounting-Rent Payments for January.

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 January need to be made by check or money order.
3. Checks and money orders submitted will be processed on January 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

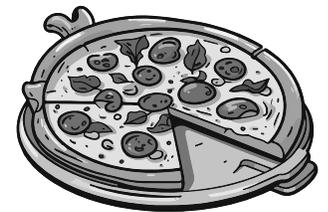
January 14

(Dining Room)

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

WEEKLY SPECIAL ITEMS

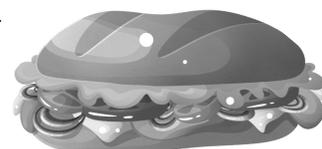
PIZZA - AVAILABLE ON TUESDAYS AND FRIDAYS (*MUST PAY AT FRONT DESK*)



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

residentservices@culpeppergarden.org



Renita Payne

Resident Services Coordinator

703-528-0162 Ext. 111

rpayne@culpeppergarden.org

Available on Tuesdays and Fridays!

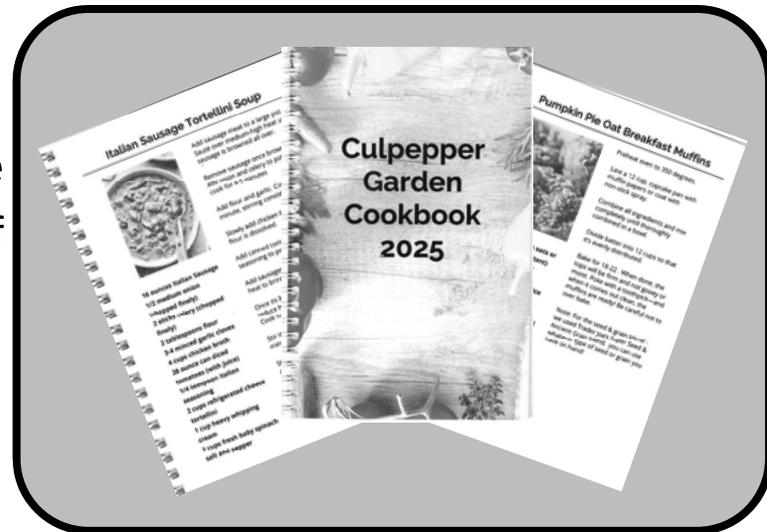
Stop by her office to say hi!

The Culpepper Garden Cookbook is available for purchase! The cookbook is filled with many delicacies that were submitted by the residents and staff of

Culpepper Garden. Come see

Resident Services to purchase one!

Selling at \$5 a book.



We also have tote bags available for purchase! Selling at \$1.

All proceeds are going to the independent living resident services fund raiser to give back to our residents in need!

RESIDENT SERVICES

Xfinity Informational Session

January 12 1PM in MPR

Learn the different service and plan options available in the area!



Dental Implant Seminar

January 26 2:30PM in
MPR

ImplantPro Dental will be sharing information about what services they offer to improve teeth health!

Support Circle

January 27 11AM in MPR C

We are starting a support group circle where we can uplift one another by listening and sharing with each other. Anyone is welcomed! Please sign up in the lobby!



In Home PCP

January 27 1PM in MPR

Nurse Next Door will hold an informational session about expanding their services to Culpepper Garden residents!

CLINIC SPACE

Goodwin Living Rehabilitation

Missed the last informational session? Goodwin is coming back again to talk about the start of a new rehabilitation program at Culpepper Garden!

January 14 at 2PM in MPR

Blood Pressure Checks with Marymount Students

January 30

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 clinic on hold due to lack of interest****



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!

ARLINGTON EMS: FILE OF LIFE WORKSHOP

**January 13 1:30PM in
MPR**

Arlington County EMS will host a presentation on the importance of having a file of life! You can also update or make a new one with an EMS staff after!



ARLINGTON COUNTY PUBLIC LIBRARY

MOBILE LIBRARY

Wednesday January 7 at
1:30PM - 2:30PM CGI Dining Room
Miércoles 7 de Enero
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

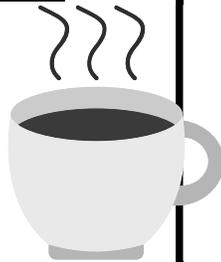
Coffee Talk

Every Tuesday at

8:30AM - 10AM

3rd Floor CGII Lobby

Sponsored by: Mai



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 and Praise

Every Friday at 6PM (MPR C)

Portable Sanctuary

Every fourth Friday at 2PM (MPR A)

HOLIDAYS

01/01 - NEW YEARS DAY

New Year's Eve

In the Gregorian Calendar, New Year's Eve refers to the evening or commonly the entire day of the last day of the year, December 31, also known as Old New Year's Day. In many countries, New Year's Eve is celebrated with dancing, eating, drinking and watching or lighting fireworks. Many Christians attend a watch night service to make the occasion. New Year's Eve celebrations generally continue into New Year's Day, January 1, past midnight. The local time zone determines the advent of the New Year; the first place to welcome the New Year are west of the International Date Line: the line islands Samoa and Tonga. In contrast, American Samoa, Baker Island and Howland Island (part of the United States Minor outlying islands) are among the last.

New Year's Day

In the Gregorian Calendar, New Year's Day is the first day of the calendar year, January 1. Most solar calendars, such as the Gregorian and Julian Calendars, begin the year regularly at or near the northern Winter Solstice. In contrast, cultures and religions that observe a lunisolar or lunar calendar, celebrate their lunar new year at varying points relative to the solar year.

In pre-Christian Rome, under the Julian Calendar, the day was dedicated to Janus, god of gateways and beginnings; for whom January is also named. From Roman times until the mid-18th century, the new year was celebrated at various stages and in various parts of Christian Europe on December 25, March 1 and March 25 and the on the movable feast of Easter.

In the present day, with most countries now using the Gregorian Calendar as the civil calendar, January 1 is among the most celebrated of public holidays in the world, often observed with fireworks at the stroke of midnight following New Year's Eve as the New Year starts in each time zone. Other global New Year's Day traditions include making New Year's resolution and calling one's family and friends.



***WHAT NEW YEAR'S RESOLUTION WILL YOU MAKE FOR 2026?
HAPPY NEW YEAR TO ALL!!! FROM, DIANA P.***

01/27 HOLOCAUST REMEMBRANCE DAY

Holocaust Remembrance Day in 2026 falls on Tuesday, January 27, marking the liberation of Auschwitz, with UN events focusing on "Holocaust Remembrance for Dignity and Human Rights," while the Jewish observance of Yom HaShoah occurs later, in April 2026, on the 13th. It's a day to remember the six million Jews and other victims of the Holocaust through ceremonies, testimonies, and education worldwide.

Never Shall I Forget by Elie Wiesel

Never shall I forget that night, the first night in camp, that turned my life into one long night seven times sealed.
 Never shall I forget that smoke.
 Never shall I forget the small faces of the children whose bodies I saw transformed into smoke under a silent sky.
 Never shall I forget those flames that consumed my faith for ever.
 Never shall I forget the nocturnal silence that deprived me for all eternity of the desire to live.
 Never shall I forget those moments that murdered my God and my soul and turned my dreams to ashes.
 Never shall I forget those things, even were I condemned to live as long as God Himself.
 Never

THIS POEM WAS WRITTEN BY HOLOCAUST SURVIVOR, ELIE WIESEL IN 1958



01/19 MARTIN LUTHER KING JR. DAY

"There's another reason why you should love your enemies, and that is because hate distorts the personality of the hater. We usually think of what hate does for the individual hated or the individuals hated or the groups hated. But it is even more tragic, it is even more ruinous and injurious to the individual who hates. You just begin hating somebody, and you will begin to do irrational things. You can't see straight when you hate. You can't walk straight when you hate. You can't stand upright. Your vision is distorted. There is nothing more tragic than to see an individual whose heart is filled with hate. He comes to the point that he becomes a pathological case. For the person who hates, you can stand up and see a person and that person can be beautiful, and you will call them ugly.



For the person who hates, the beautiful becomes ugly and the ugly becomes beautiful. For the person who hates, the good becomes bad and the bad becomes good. For the person who hates, the true becomes false and the false becomes true. That's what hate does. You can't see right. The symbol of objectivity is lost. Hate destroys the very structure of the personality of the hater." - Martin Luther King Jr.

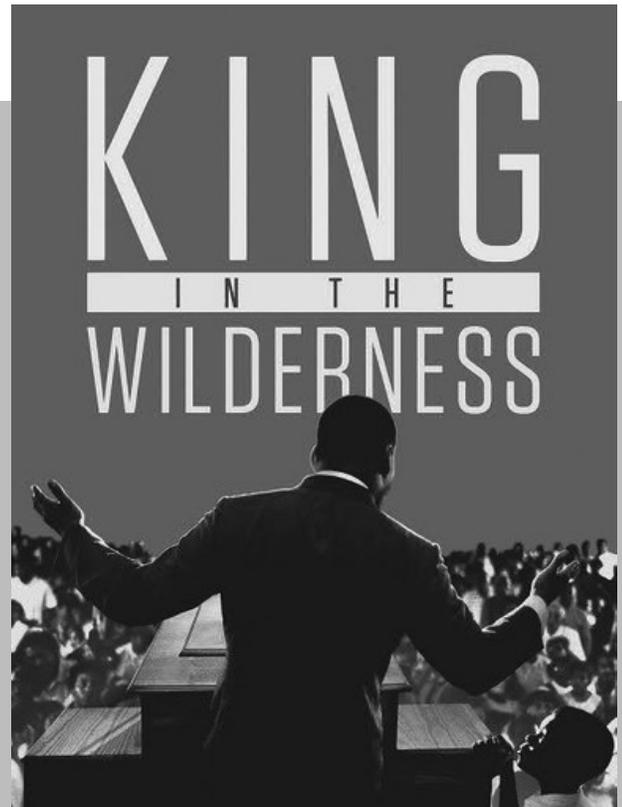
THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY STAFF: JOEL H.

MLK DAY FILM AND DISCUSSION

“KING IN THE WILDERNESS” (1999)

**Monday, January 19th at 1PM
(Multipurpose Room)**

Movie Plot: King in the Wilderness chronicles the final chapters of Dr. Martin Luther King Jr.'s life, revealing a conflicted leader who faced an onslaught of criticism from both sides of the political spectrum. While the Black Power movement saw his nonviolence as weakness, and President Lyndon B. Johnson saw his anti-Vietnam War speeches as irresponsible, Dr. King's unyielding belief in peaceful protest became a testing point for a nation on the brink of chaos.



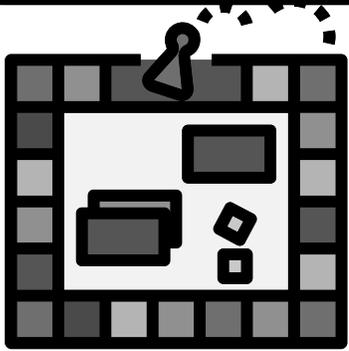
VOLUNTEER LED PROGRAMMING



Crafts with Tammy.

January 15th and 29th

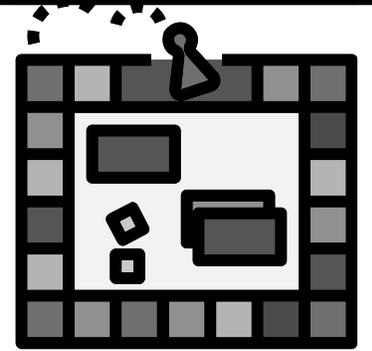
2PM (MPR B)



Games with Tammy.

January 8th and 22nd

2PM (MPR B)



Exercise with

Goodwin Living

ONLY FOR JANUARY

Monday's and

Thursday's at 3PM

MUSIC

Jazz Piano with Ed

Every Saturday

1:30PM in the MPR B

Music with Val

January 8th & 22nd

3pm in Lobby



PAL PET DOGS

January 7th

11AM - 12PM

Lobby

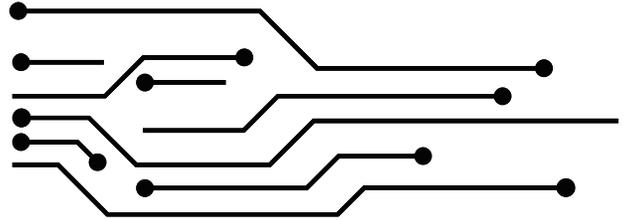
VOLUNTEER LED PROGRAMMING

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

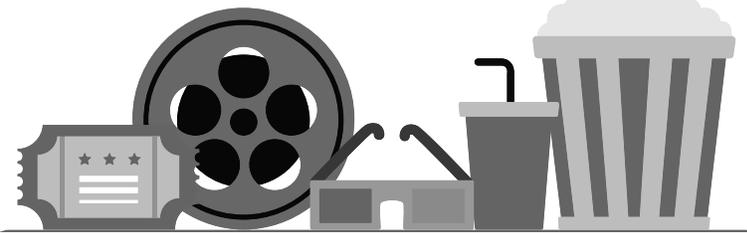


January 9
1:30PM MPR C

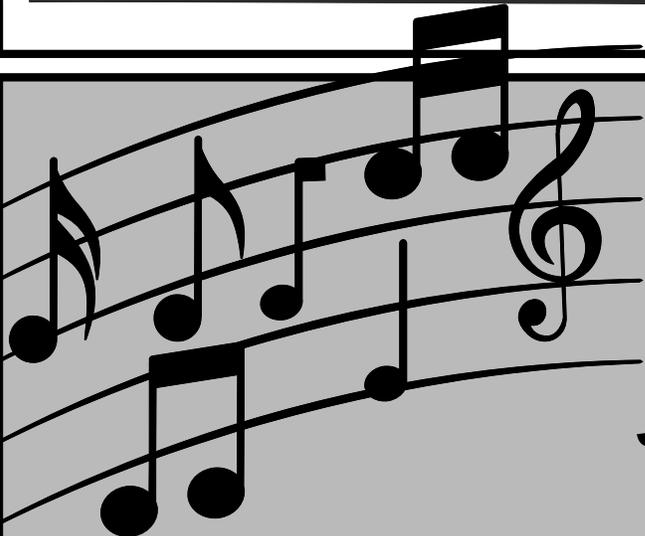


January 17

6PM MPR B



Music with Malia



Saturday,
January 17th 3PM in Lobby

ASSISTED LIVING RESIDENT SERVICES



Assisted Living **CLINICS & EVENTS**

Jan 2nd 1:30pm - Assisted
Living Podiatry Clinic

Jan 16th @1:30pm - Comfort
Keepers Home Aide Fair

Jan 20th 9am-12pm - Mental
Awareness w/ Dr Sayles

Jan 26th 9am -12pm- Assisted
Living Dermatology Clinic

Jan 1st, 16th and 30th @ 11am-
Group Talk Therapy with Dr
Browne

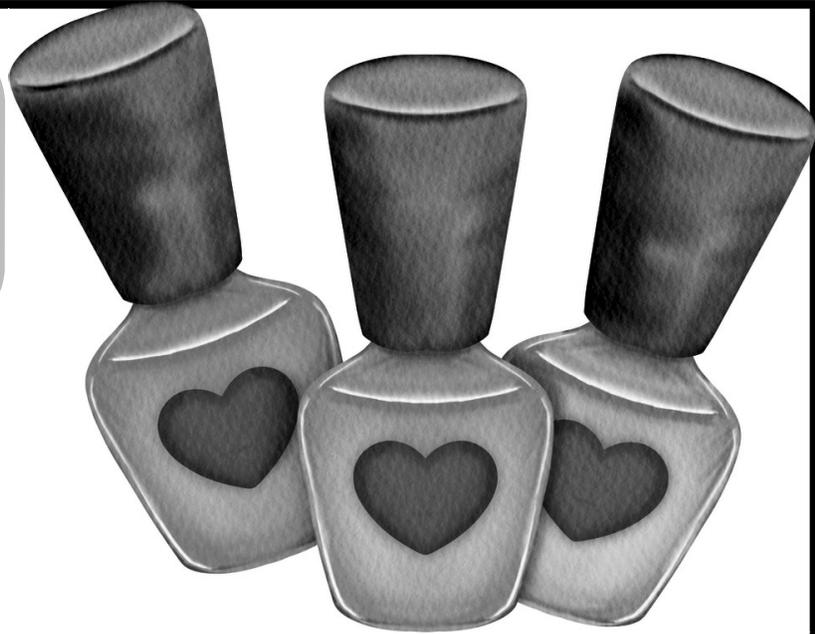
** ALL CLINICS SIGNUPS CLOSE 2
WEEKS BEFORE CLINIC DATE, IF YOU
SIGN UP AFTER DEADLINE YOU WILL
BE ADDED TO THE NEXT SCHEDULED
CLINIC**

Renita Payne, Assisted Living Resident Services
rpayne@culpeppergarden.org (703-528-0162 Ext. 111)

ASSISTED LIVING PROGRAMS

Nail Painting w/John

January 10th at
9:30
8th Floor AL



Lunar New Year Social!

Wednesday, January 29th
2:30pm
AL 6TH Floor

Year of the Horse!

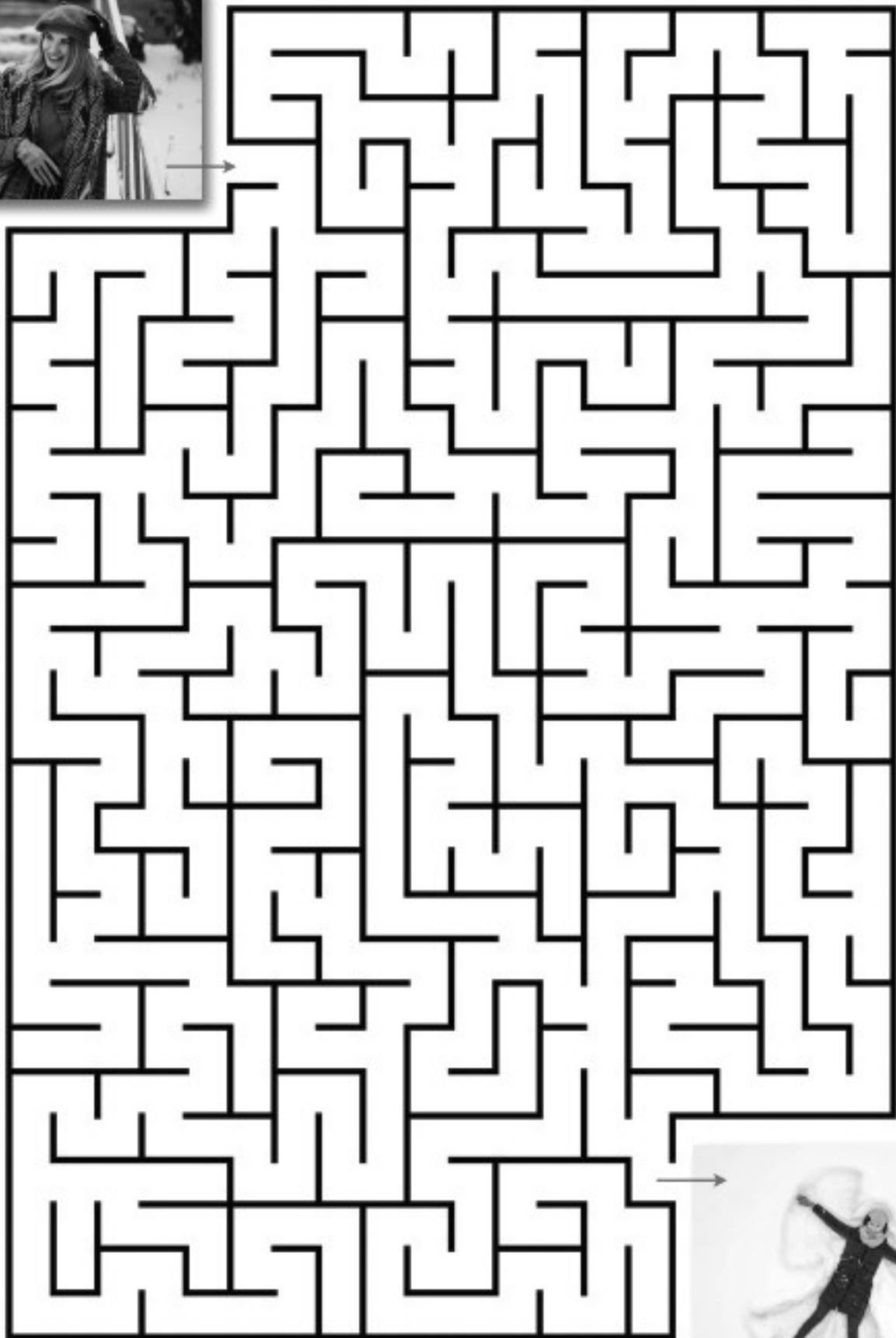


REQUEST A COPY OF THE ASSISTED LIVING NEWSLETTER!

Colleen Boltri, Life Enrichment Director

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

A-Mazing Fall Into Winter





Easy

2		4		6				7
9	1	3	2			5	6	
		7				3	4	
8					6	4		
	2	6	4		9		5	1
	4			8	1	9	2	6
						6		5
		2					3	4
	3	8			4	2		9

Medium

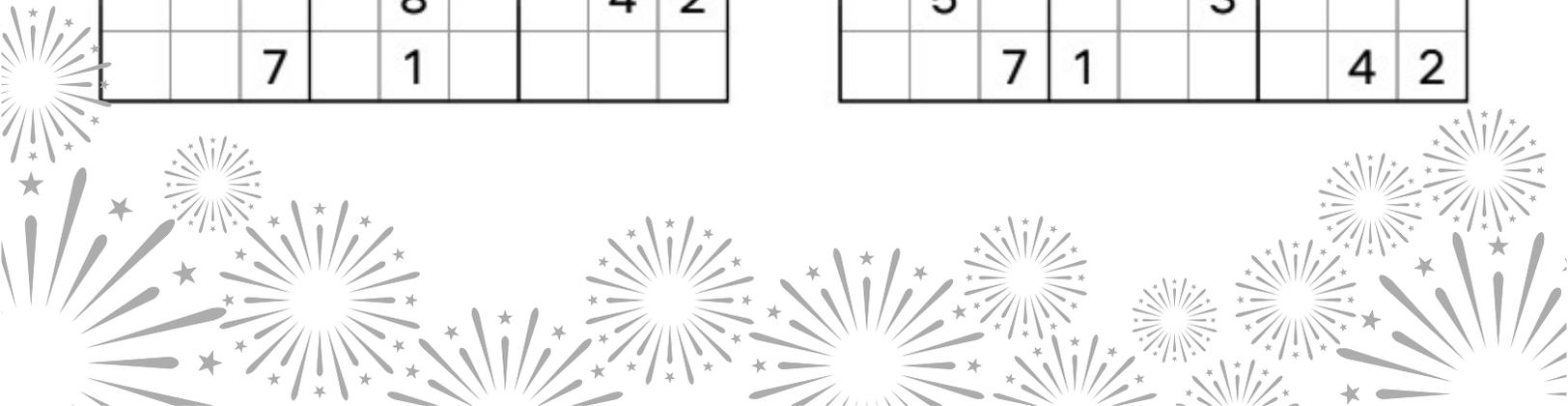
3		8							
4	2					8		5	
5	6	1			9		3		
		4	7		6			1	
						4	6		
					9	5		7	
							1	2	8
8			5						
1		6	8					7	3

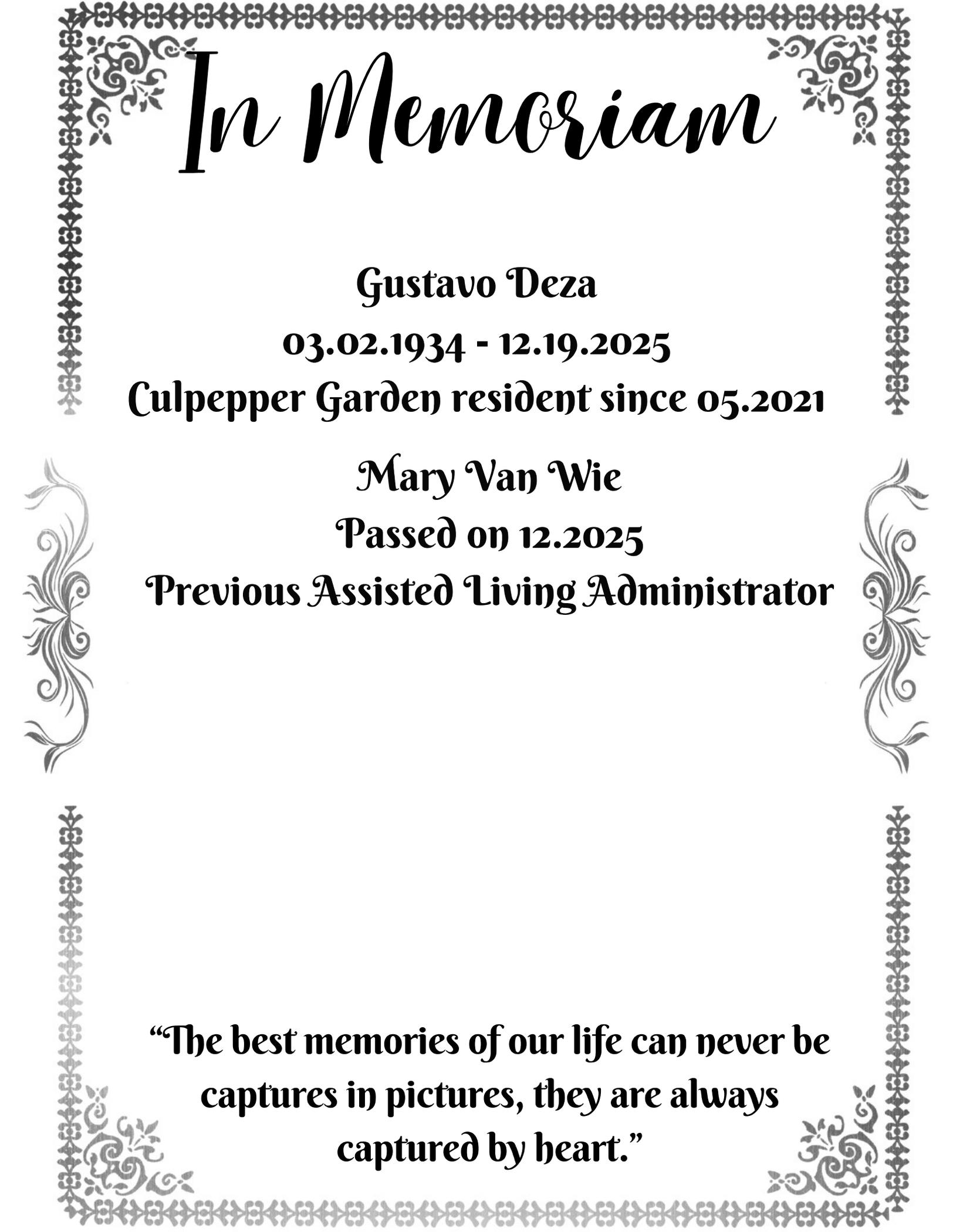
Hard

	1			7			8	
		8		6				4
	7							9
			3		5			
	3		7			8		
5					1	4		
8	6	3				1		
				8			4	2
		7		1				

Expert

				5	2			
				4				1
					8		9	
	6							4
	7		3		2		8	5
	3	8		7				
9								
	5				3			
		7	1				4	2





In Memoriam

Gustavo Deza

03.02.1934 - 12.19.2025

Culpepper Garden resident since 05.2021

Mary Van Wie

Passed on 12.2025

Previous Assisted Living Administrator

**“The best memories of our life can never be
captures in pictures, they are always
captured by heart.”**