

THE CLARION

March 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 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
10:15AM: Catholic Communion - Spiritual (MPR A) 2PM: Protestant Service Spiritual (AL 8TH FL)	Hearing Clinic (Appointment Only) 12:30PM: Computer CORE (PDR, CL) Purim Begins 11AM: Support Group with Louise (MPR C) 12:30PM: Computer CORE (PDR, CL) 3PM: Goodwin Living Exercise (MPR A)	8:30AM: Coffee Talk w/Mag (3rd FL) IL 10:30AM: Tech Help w/ John (CL) 1PM: Exercise Fun w/ Gail (MPR C) 2PM: Rosary (MPR A) 3PM: Medicine House Calls Informational Session MPR B)	9:30 Medicine at Home Visit (L) 11AM: PAL Pets (L) 1PM: Learning AI (PDR) 1PM Goodwin Exercise Class (MPR- A) 1:30PM Chronic Disease Self Management (MPR-B) 1:30PM Mobile Library Visit (Dining) 2:30PM: Balance and Posture (MPR C) 5PM: Rummikub (5TH FL)	9AM Coffee Talk w/Paul (Dining) 10:30AM: Tech Help w/ John (Computer Lab) 11AM PACE Info Seminar (L) 1:30PM Mindful Stretching W/Barbara (MPR-C) 2PM: Crafts with Tammy (MPR B)	11:30AM Partial AFAC Pick Up (MPR) 2PM Bingo w/Kellie &Chrissy (MPR-A) 3PM Exercise w/Maggie (MPR-B) 6PM: Evening Prayer, Hymns, and Communion (MPR C)	11AM: Video Exercise W/ Gail (MPR C) 1:30PM: Jazz Music W/ Ed (MPR)
10:15AM: Catholic Communion - Spiritual (MPR A) 2PM: Protestant Service Spiritual (AL 8TH FL) 3pm Music W/ Jason (L) Daylight Saving Time Begins	Podiatry Clinic (Appointment Only) 12:30PM: Computer CORE (PDR, CL) 1:30PM: Nutrition Presentation (Dining) 3PM: Goodwin Living Exercise (MPR A)	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 (MPR A) 2:30pm St. Patrick's Day Party (IL Dining) St. Patrick's Day	9:30 Medicine at Home Visit (L) 1PM: Learning AI (PDR) 1PM Dining Council Meeting (Dining) 1PM Goodwin Exercise (MPR-A) 1:30PM Chronic Disease Self Management (MPR-B) 2PM: Balance and Posture (MPR C) 5PM: Rummikub (5TH FL)	10:30AM: Tech Help w/ John (Computer Lab) 1:30PM Mindful Stretching W/Barbara (MPR-C) 2PM: Crafts with Tammy (MPR B)	11:30AM Partial AFAC Pick Up (MPR) 1PM Guitar Music w/Greg (L) 2PM Blood Pressure Clinic (Clinic Room) 6PM: Evening Prayer, Hymns, and Communion (MPR C) Spring Begins	11AM: Video Exercise W/ Gail (MPR C) 1:30PM: Jazz Music W/ Ed (MPR)
10:15AM: Catholic Communion - Spiritual (MPR A) 2PM: Protestant Service Spiritual (AL 8TH FL)	11AM: Medicare Financial Resource (MPR B) 12:30PM: Computer CORE (PDR, CL) 3PM: Goodwin Living Exercise (MPR A)	8:30AM: Coffee Talk w/ Mai (3rd FL) IL 10:30AM: Tech Help w/ John (CL) 11AM: Fresh Farms Distribution (MPR A) 1PM: Exercise Fun w/ Gail (MPR C) 2PM: Rosary (MPR A) 3pm Women's History Month Tea Time Presentation (Dining)	9:30 Medicine at Home Visit (L) 1PM: Learning AI (PDR) 1PM Goodwin Exercise (MPR-A) 1:30PM Chronic Disease Self Management (MPR-B) 2PM: Balance and Posture (MPR C) 5PM: Rummikub (5TH FL)	10:30AM: Tech Help w/ John (Computer Lab) 1:30PM Mindful Stretching W/Barbara (MPR-C) 2PM Catholic Mass (MPR- A) 2PM: Games with Tammy (MPR B) 3PM Music W/Val (L)	11:30AM Full AFAC Pick Up (MPR) 1PM: Music with Jim (L) 2PM: Tea Time w/Ruth (Dining) 6PM: Evening Prayer, Hymns, and Communion (MPR C)	11AM: Video Exercise W/ Gail (MPR C) 1:30PM: Jazz Music W/ Ed (MPR)
10:15AM: Catholic Communion - Spiritual (MPR A) 2PM: Protestant Service Spiritual (AL 8TH FL)	12:30PM: Computer CORE (PDR, CL) 3PM: Goodwin Living Exercise (MPR A)	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 (MPR A)	9:30 Medicine at Home Visit (L) 1PM: Learning AI (PDR) 1PM Dining Council Meeting (Dining) 1PM Goodwin Exercise (MPR-A) 1:30PM Chronic Disease Self Management (MPR-B) 2PM: Balance and Posture (MPR C) 5PM: Rummikub (5TH FL)	10:30AM: Tech Help w/ John (Computer Lab) 1:30PM Mindful Stretching W/Barbara (MPR-C) 2PM: Crafts with Tammy (MPR B)	11:30AM Full AFAC Pick Up (MPR) 1PM: Music with Jim (L) 2PM: Tea Time w/Ruth (Dining) 6PM: Evening Prayer, Hymns, and Communion (MPR C)	11AM: Video Exercise W/ Gail (MPR C) 1:30PM: Jazz Music W/ Ed (MPR)

March 2026

Programs are subject to change.
 MPR = Multipurpose Room; PDR = Private Dining Room; AL = Assisted Living; IL = Independent Living; CL = Computer Lab; FL = Floor

Palm Sunday



HAPPY BIRTHDAY



Happy March Birthdays:

03.02 - Aicha K.

03.03 - Jesse H.

03.03 - Noe A.

03.05 - Adriana C.

03.05 - Naomi L.

03.05 - Jeff M.

03.09 - Alicia M.

03.09 - Bosenia T.

03.10 - Gentry B.

03.13 - Mildred K.

03.14 - Anne B.

03.16 - Raquel C.

03.18 - Pamela B.

03.18 - Cirilo H.

03.19 - Yang P.

03.21 - Araceli R.

03.22 - Tearl A.

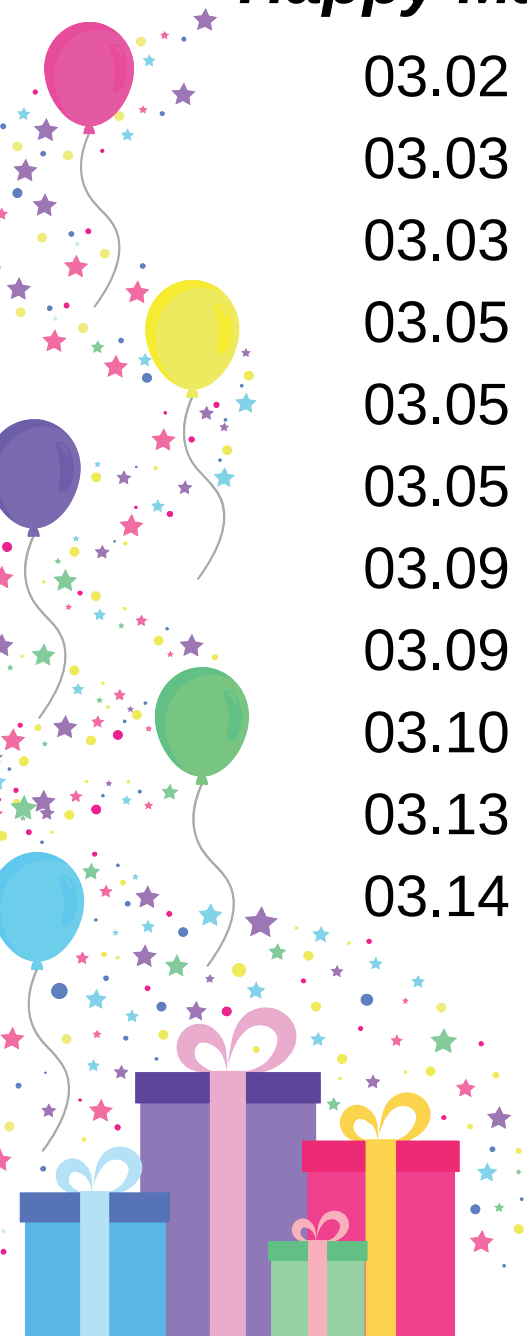
03.23 - Jose P.

03.24 - Yantao X.

03.26 - James H.

03.29 - Patty C.

03.30 - Bob W.



BIRTHDAY ICE CREAM SOCIAL

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



SPONSORED BY: PREVIOUS RESIDENT ASSOCIATION

Happy March, goodbye February! A brutal January weather pattern was followed up by a much worse February. Good riddance!! Thank you for your patience this month while we struggled with clearing the parking lot, sidewalks, and otherwise dealing with weather related challenges. I have lived in Arlington foremost of my life and this was a difficult winter, up there with the worst. That said, this only makes the change of seasons all the more exciting and welcome. March is the month where our beloved Culpepper Garden daffodils spring forth, shaking off the last of winters trials. Enjoy!

Property Management Update:

- The integration with the new management company Senior Lifestyle Communities is well underway. We continue to work closely with our new partners on making accounting, rent payment, maintenance, and other operations tasks more efficient. Most changes have occurred in the background, and the community is humming along with its usual bustling activity.
- Goodwin Therapy has had a wonderful first month setting up assessments and physical and occupational therapy treatments for residents. All on site! They are also offering exercise classes and are a great resource for residents. Please consider using them for your PT and OT treatments.
- The window project is completed. All apartments and most common areas have windows that are easier to use and much more energy efficient. Thank you for working with the window company and being patient through this renovation. The windows are a huge upgrade and will both reduce utility costs and provide more comfort in apartments for residents.
- There has been a change in leadership in Dining Services. Jimmy Yowell has been replaced by Jonathan Bernal as Director of Dining Services. We wish Jimmy all the best in the future. Congratulations to Jonathan.

Please continue to remind your guests, aides, or any other visitors that they must not park in any "RESIDENT" parking space. Unfortunately, many have been towed for violations of the parking lot policy. Resident spaces are for resident parking only. Visitor spaces are only for two hours. Thank you for the assistance. Residents report that the parking situation has greatly improved during the day. There are still some challenges at night when everyone is home for the evening. We have more residents driving than we have resident parking passes available. I personally park on the street every day and walk into the community. Happy arrival of early spring and welcome to the coming warmer days. Thank you!

- Paul Timpane

Director of Property Operations

Coffee Chat With Paul:

Thursday, March 5

9AM - 10AM

(Dining Room)



Paul's Prose

We note the petals flaws,
Misshapen and faded,
Beauty beyond recall.
Remembrance abounds
As they fall,
loved fully.

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

Jonathan Bernel: Director of Dining Services

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

3/4- Etagen Damte

3/4- Shanaz Moffazal

3/6- Meaza Abebe

3/8- Seniorita Ngosong

3/8- Maryam El Hajji

3/13- Paul Timpane

3/14- Anorath Phimmasone

3/15- Ray Reyes

3/27- Tigist Ayele

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**Etagen Damte**Interview with Team Member:

What do you like most about your job? **I like to take care of elderly people**

Where are you from? **Ethopia**

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

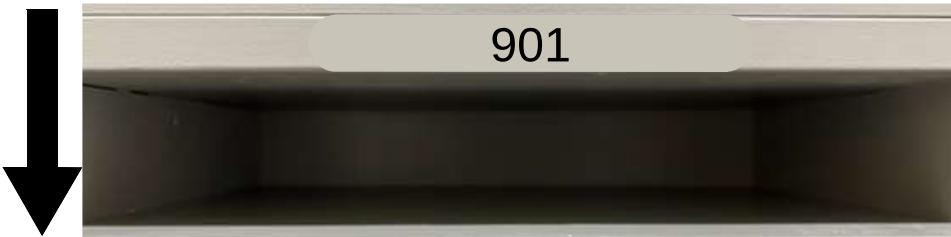
Treat others how you want to be treated

What do you like to do most in your free time? **Take care of my family**

Tell us a fun fact about yourself? **I love to sew**



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

From Accounting-Rent Payments

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. 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.
5. Submit your checks or money orders to the Front Desk, Accounting, or Culpepper Garden AL mailbox. **DO NOT** submit your check to anyone else.

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 Services

Jonathan Bernal

jbernal@seniorlifestyle.com



Dining Services Council Meeting

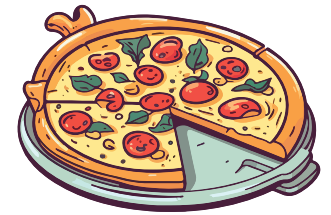
March 11

(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!

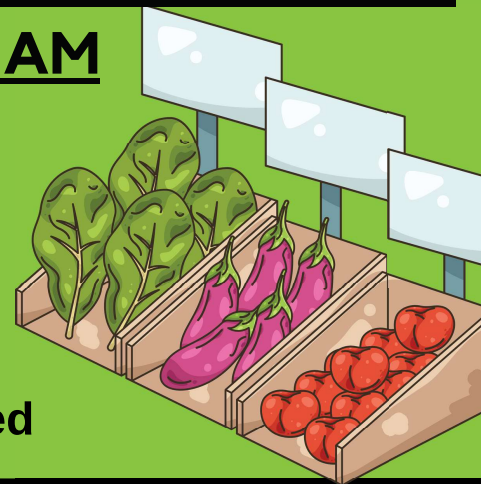
FRESH FARMS PRODUCE DISTRIBUTION

TUESDAY MARCH 24TH AT 11AM

MPR A

Fresh Farms is sponsoring a FREE produce distribution! Come with your bags and pick out nutritious fruits and vegetables!

This is first come first serve - no registration needed



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



Renita Payne

Resident Services Coordinator

703-528-0162 Ext. 111

rpayne@culpeppergarden.org

Stop by her office to say hi!

residentservices@culpeppergarden.org

AARP TAXES

FREE IN-PERSON TAX AIDE WITH AARP TAX FOUNDATION

March 4th and March 18th

You must make an appointment with Resident Services and complete your tax preparation packet by the time you come to your appointment. AARP Tax volunteers are also available at the Arlington Central Library from February 3rd - April 14th on Tuesdays and Thursdays. Appointments are encouraged. Reach them at 703-829-6192.

For detailed questions about if you need to file, please call AARP Tax Foundation at: (888) 227-7669.

COMING SOON: SPRING CLEANING WEEK!

April 13th - April 17th

- Free Furniture Disposal and Trash Removal
- On-Site Goodwill Collections
- Electronics Recycling
- Shred Boxes
- Informational Panels / Programs

RESIDENT SERVICES

MEDICINE HOUSE CALLS INFORMATIONAL SESSION

MARCH 3 AT 3PM IN MPR B

Need an in-house primary care physician? Medicine at Home will have an informational session on eligibility and what services they provide for you to have care right in your home!



CONTACT DR. CHRISTINE AT 443-858-9401 - SHE IS AVAILABLE ONSITE ON WEDNESDAYS FROM 9AM - 12PM IN THE LOBBY!

PLANTING POTS WITH UHC MARCH 9TH AT 1:30PM IN MPR B



United Health Care representatives will be onsite to talk about enrollment and benefits while potting plants with you all!

NUTRITION PRESENTATION MARCH 16 AT 1:30PM DINING

Geriatric dietitian Alison Neov will discuss health benefits of having a well rounded diet and list helpful nutrition tips!



One-on-one in-depth nutrition counseling available!

CLINIC SPACE

PHYSICAL THERAPY

Goodwin Rehabilitation continues to welcome new patients for physical therapy! Bring your ID and insurance cards to the rehab gym on the Garden Level for more information. We're also offering Goodwin sponsored exercise classes - look for it in the calendar and come join us!

CONTACT US AT 703-472-8647



Goodwin
Living

Blood Pressure Checks with Marymount Students

March 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



ARLINGTON COUNTY PROGRAMS



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!

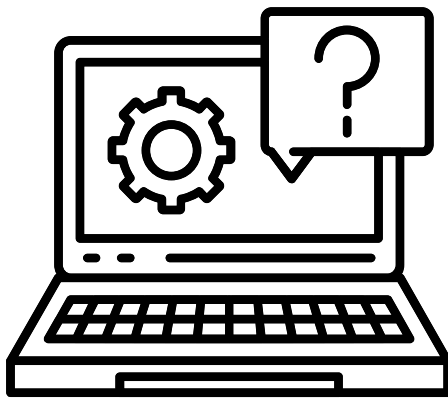
ARLINGTON COUNTY AGING AND DISABILITY

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

COMPUTER CORE

DIGITAL NAVIGATORS WILL BE ONSITE TO ASSIST WITH ANY TECHNOLOGY INQUIRIES!



BRING TECHNOLOGY EQUIPMENT AND QUESTIONS TO THE COMPUTER LAB!

EVERY MONDAY AT 12:30PM

ARLINGTON COUNTY PUBLIC LIBRARY

MOBILE LIBRARY

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

Miércoles 4 de Marzo

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, Hymns, & Communion

Every Friday at 6PM (MPR C)

Portable Sanctuary

Every fourth Friday at 2PM (MPR A)

WOMEN'S HISTORY MONTH

Women's History Month started during the 1970s by a task force (present day Women's History Alliance) in California to start a celebration week, which coincided with International Women's Day. This movement gained momentum in the 1980s which led to Jimmy Carter issuing a proclamation for Women's History Week. Soon after Congress officially passed a resolution for Women's History Week, which grew into an expansion for Women's History Month. It is a month dedicated to celebrating and appreciating women who have made great contributions to our world that have most likely not received the recognition that they deserve.

Purple is the color chosen to celebrate Women's History Month in order to symbolize gender equality and serve as a reminder for women throughout history who has persevered through societal hardships.

We are celebrating Women's History by having a presentation on March 24th at 2PM in Dining! Come join tea time!

THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY FORMER INTERN: MADISON



MARCH 17 - ST PATRICK'S DAY

St. Patrick's Day, or the Feast of St. Patrick, is a religious and cultural holiday held on March 17th, the traditional death of St. Patrick the foremost patron of Ireland. The Catholic church started the holiday in 1631 as a feast day honoring St. Patrick. It is celebrated by wearing green and shamrocks, having parades, playing bagpipes, drinking Irish beer or whiskey and eating Corned Beef Cabbage. It started as a religious holiday but has evolved into a celebration of Irish culture.

St. Patrick was a Christian missionary who brought Christianity to Ireland in the 5th century. He was born in Roman, Britain, and was kidnapped and enslaved in Ireland at the age of 16 and later escaped.

Irish soldiers in the British army brought the holiday to America including the first St. Patrick's Day parade in the New York in 1762. The holiday evolved into a celebration of Irish pride as Irish immigration to America increased. Irish Americans hosted parades to showcase their contribution to American society.



ST. PATRICK'S DAY PARTY!

MARCH 17 AT 2:30PM (DINING ROOM)



THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY DIANA P.

RELIGIOUS HOLIDAYS



PURIM (JEWISH) : MARCH 2 - 3

The jolly Jewish holiday of Purim is celebrated every year on the 14th of the Hebrew month of Adar (late winter/early spring). It commemorates the (Divinely orchestrated) salvation of the Jewish people in the ancient Persian empire from Haman's plot "to destroy, kill and annihilate all the Jews, young and old, infants and women, in a single day." Literally "lots" in ancient Persian, Purim was thus named since Haman had thrown lots to determine when he would carry out his diabolical scheme, as recorded in the Megillah (book of Esther).

Celebrating Purim this year?

Inquire with Resident Services about the Goodie Bags donated by Agudas Achim Preschool and Sisterhood.



HOLI (HINDU): MARCH 3

Holi, the vibrant Hindu "Festival of Colors" and "Festival of Love," celebrates the arrival of spring, the end of winter, and the triumph of good over evil, based on the legend of Prahlad and Holika, while also celebrating the love of Radha and Krishna.. It involves throwing colorful powders (gulal), water fights, bonfires, and strengthening relationships, symbolizing unity and fresh beginnings.

EID AL-FITR (ISLAMIC): MARCH 19 - 20

Eid al-Fitr is the first of the two main festivals in Islam, the other being Eid al-Adha. It falls on the first day of Shawwal, the tenth month of the Islamic calendar. Eid al-Fitr is celebrated by Muslims worldwide as it marks the end of the month-long, dawn-to-dusk fasting during Ramadan.

Eid Mubarak

PALM SUNDAY (CHRISTIANITY): MARCH 29

Palm Sunday on March 29, 2026, marks the start of Holy Week, celebrating Jesus' triumphant entry into Jerusalem before his Passion. It signifies the beginning of the final week of Lent, bridging the joy of his arrival with the solemnity of his impending sacrifice, as believers honor him as a peaceful king.



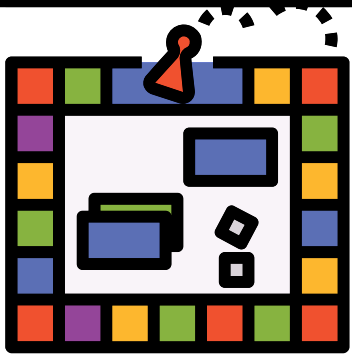
VOLUNTEER LED PROGRAMMING



Crafts with Tammy.

March 5th and 19th

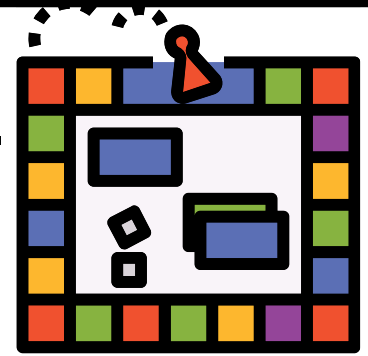
2PM (MPR B)



Games with Tammy.

March 12th and 26th

2PM (MPR B)



Bible Study with Andrew



March 25th at 9am

MPR-B

MUSIC

Jazz Piano with Ed.

Every Saturday

1:30PM in the MPR B

Cello Music with Jason

March 8th

3pm Lobby

Piano Music with Val

March 12th and 26th

3pm In Lobby

Guitar Music with Greg.

March 20th

1pm in Lobby

Guitar Music with Jim

March 27th

1pm Lobby



PAL PET DOGS

March 4th

11AM - 12PM

Lobby

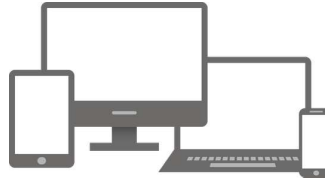
VOLUNTEER LED PROGRAMMING

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



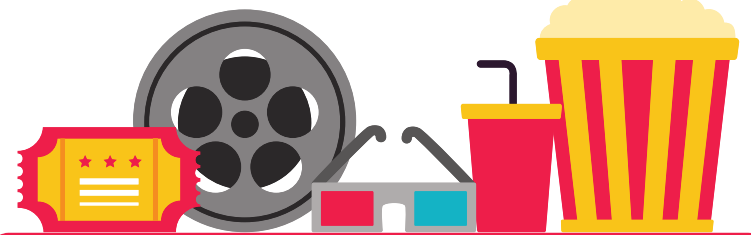
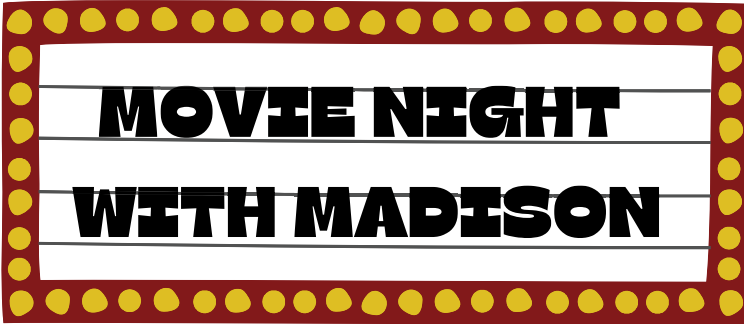
(Cancelled for March)

Next Session will
continue in April



March 21st

6PM MPR B



Women's History Month



*Join us for Tea Time with The Arlington
Historical Society. Learn about about how
women gained the right to vote!*



March 24th at 3pm
in Dining Room

ASSISTED LIVING RESIDENT SERVICES



MARCH HOME HEALTH AIDE

SEMINARS

MARCH 5- CHERRYBLOSSOM PACE
(11AM LOBBY)

MARCH 9- HALLMARK HOME CARE
(10AM LOBBY)

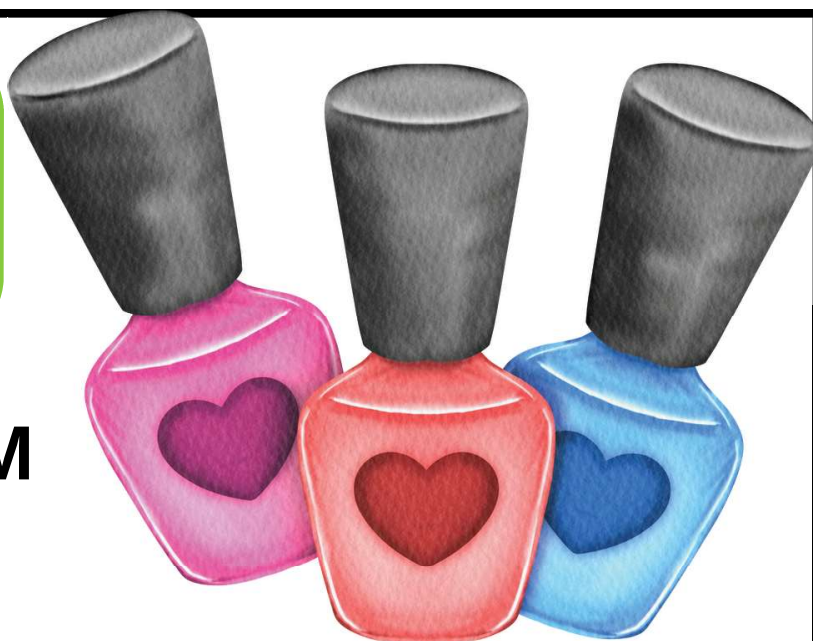
MARCH 12- GOODWIN LIVING
(10AM ASSISTED LIVING 3RD FLOOR)

MARCH 30-SAFENEX
(11AM LOBBY)

ASSISTED LIVING PROGRAMS

Nail Painting w/John

March 14th at 9:30AM
8th Floor AL



**ST. PATRICKS
DAY PARTY!**

**Live Performance by
"The Sunshine Gang"**
Food-Drinks

March 17th at 2:30
in Dining Room



REQUEST A COPY OF THE ASSISTED LIVING NEWSLETTER!

Colleen Boltri, Life Enrichment Director

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



ST. PATRICK'S DAY WORD SEARCH



Find the hidden St.Patrick's Day words

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

LUCK

COIN

GOLD

IRISH

MAGIC

MARCH

CHARM

GREEN

LEPRECHAUN

SHAMROCK

PARADE

HORSESHOE