

# THE CLARION

## September 2026



4435 North Pershing Drive, Arlington, VA 22203

(703) 528-0162

VA Relay: 1-800-828-1120

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**IF YOU WOULD LIKE TO RECEIVE THE CLARION ELECTRONICALLY  
PLEASE EMAIL [RESIDENTSERVICES@CULPEPPERGARDEN.ORG](mailto: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

**MPR** = Multipurpose Room  
**PDR** = Private Dining Room  
**CGIII** = Culpepper Garden III  
**CL** = Computer Lab  
**FL**= Floor  
**L**= Lobby

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

**2PM** Bingo  
 W./Jim (6FL  
 CGIII)

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

**11AM** Goodwin  
 Living Arthritis  
 Presentation(Dining)  
**2PM** Bingo W./Jim  
 (6FL CGIII)  
**3PM** Goodwin Living  
 Exercise (MPR-B)

Labor Day

Grandparents Day

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

**Podiatry Clinic**  
 (Appt. Only)  
**2PM** Bingo W./Jim  
 (6FL CGIII)  
**3PM** Goodwin  
 Living Exercise  
 (MPR-B)

Yom Kippur Begins

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

**2PM** Bingo  
 W./Jim (6FL  
 CGIII)  
**3PM** Goodwin  
 Living Exercise  
 (MPR-B)

**1PM** Exercise 1  
 Fun W/Gail  
 (3FL CGIII)  
**2PM** Rosary  
 (MPR-A)

**11AM** PAL Pets (L)  
**11AM** Medicine at Home Visit  
 (L)  
**1PM** Bible Study with Andrew  
 (MPR-B)  
**1:30PM** Mobile Library Visit  
 (Dining)  
**2PM** Strength and Balance  
 Exercise (CGIII 3rd Fl)  
**3PM** Scrabble w/Carolyn (CGIII  
 6FL) **5PM** Rummikub (5F)

**10:30AM**  
 Medicare 101  
 (MPR A)  
**1PM** Exercise Fun  
 W/Gail (3FL CGIII)  
**2PM** Rosary  
 (MPR-A)

**1PM** Culpepper Creates  
 (PDR)  
**1PM** Dining Services  
 Council (Dining)  
**2PM** Strength and Balance  
 Exercise (CGIII 3rd Fl)  
**3PM** Scrabble w/Carolyn  
 (CGIII 6FL)  
**5PM** Rummikub (5F)

**1PM** Exercise Fun  
 W/Gail (3FL CGIII)  
**1:30PM** Levels of  
 Care Panel  
 (Dining)  
**2PM** Rosary  
 (MPR-A)

**2PM** Strength and  
 Balance Exercise  
 (CGIII 3rd Fl)  
**3PM** Scrabble  
 w/Carolyn (CGIII  
 6FL)  
**5PM** Rummikub  
 (5F)

**1PM** Exercise Fun  
 W/Gail (3FL CGIII)  
**2PM** Rosary (MPR-  
 A)  
**2:30PM** Healing  
 Foodfully (Dining)

**Dental Clinic (Appointment**  
**Only)**  
**Dermatology Clinic**  
 (Appointment Only)  
**1PM** Culpepper Creates  
**2PM** Strength and Balance  
 Exercise (CGIII 3rd Fl)  
**3PM** Scrabble w/Carolyn (CGIII  
 6FL)  
**5PM** Rummikub (5F)

Autumn Begins

**10AM:** Nutrition  
 Fair (L)  
**1PM** Exercise Fun  
 W/Gail (3FL CGIII)  
**2PM** Rosary  
 (MPR-A)

**2PM** Strength and 30  
 Balance Exercise  
 (CGIII 3rd Fl)  
**3PM** Scrabble  
 w/Carolyn (CGIII 6FL)  
**5PM** Rummikub (5F)

**9AM** Coffee Talk 3  
 W/Paul (Dining)  
**11AM** Goodwin  
 Stronger Memory  
 and Exercise  
 (MPR-B)

**11:30AM** Partial 4  
 AFAC Pick Up  
 (MPR)  
**2PM** Bingo  
 W/Kellie &Chrissy  
 (MPR-A)

**11AM:** Video 5  
 Exercise W/ Gail  
 (CGIII 3rd Fl)  
**1:30PM:** Jazz  
 Music W/ Ed  
 (MPR)

**11AM** Goodwin 10  
 Stronger Memory  
 and Exercise  
 (MPR-B)  
**3PM:** Music with  
 Val (L)

**11:30AM** Full AFAC Pick  
 Up (MPR)  
**1:30PM** Current Events with  
 Bart (MPR-A)  
**2:30PM** AI Safety and  
 Deepfakes Presentation  
 (Dining Room)  
**6PM** Evening Prayer and  
 Communion (MPR A)

Rosh Hashanah Begins

**11AM** Goodwin Stronger  
 Memory and Exercise  
 (MPR-B)  
**1:00PM** Music W/Jim  
 (L)  
**2:30PM** Hispanic  
 Heritage month Social  
 (Dining)

**11:30AM** Partial AFAC Pick  
 Up (MPR)  
**1PM** Pupsa's and  
 Empanada's with UHC (MPR  
 A)  
**2PM** Blood Pressure  
 (Clinic)  
**6PM** Evening Prayer and  
 Communion  
 (MPR A)

Oktoberfest Begins

**11AM:** Video 19  
 Exercise W/ Gail  
 (CGIII 3rd Fl)  
**1:30PM:** Jazz  
 Music W/ Ed  
 (MPR)

**11:30AM** Full AFAC 25  
 (MPR)  
**2PM** Portable Sanctuary  
 (MPR A)  
**2:30PM** Tea Time with  
 Ruth (Dining)  
**6PM** Evening Prayer and  
 Communion (MPR A)

Sukkot Begins

**11AM** Goodwin 24  
 Stronger Memory  
 and Exercise (MPR-  
 B)  
**2PM** Catholic Mass  
 (MPR A)  
**3PM:** Music with Val  
 (L)

# September 2026

All Activities Subject to Change.



# HAPPY BIRTHDAY



## *Happy September Birthdays:*

09/02 - Thuan P.  
09/03 - Willie A.  
09/04 - Carlos C.  
00/04 - Gregory H.  
09/06 - Kyong K.  
09/11 - Girma M.  
09/11 - Barbara S.  
09/12 - Marta G.  
09/13 - Homa S.  
09/13 - Margaret P.  
09/13 - Chung D  
09/14 - John M.  
09/16 - Novy V.  
09/17 - Carmel V.

09/20 - Barbara M.  
09/21 - Mi Soon H.  
09/21 - Sintayehu H.  
09/22 - Zhao W.  
09/23 - Mu K.  
09/23 - Jo-Terise H.  
09/24 - James M.  
09/24 - Abdolreza D.  
09/27 - Cecelia P.  
09/27 - Randy R.  
09/29 - Miguel P.  
09/29 - Nataliaia G.  
09/29 - Mary J.



## ICE CREAM SOCIAL

The next Ice Cream Social is on  
October 28th!



**SPONSORED BY: PREVIOUS RESIDENT ASSOCIATION**

Another summer is almost in the books, hard to fathom that Fall and the holiday season is only two months away! Yikes. After the harsh ice storm, I promised not to complain about the heat this summer, and it has been enjoyable for the most part. That said, Fall is my favorite season, and I am happy to see the hot weather begin to recede. September has surprises though and the heat will linger as our world changes. The approach of the holidays, cooler air, the changing leaves. It brings to mind the treasuring of every moment before our leaves turn and the crisp beauty of winter arrives. Enjoy the change of season!

• **Management notes:**

- We have a new laundry card charging station at the front desk! The new machine will now accept credit or debit cards as well as cash. It is slightly different in how you charge your cards so please be patient and review the instructions.
- In addition: residents, guests and staff may now also pay for single meal tickets at the front desk by credit card. This service is only available Monday-Friday from 7:00 am to 3:00 pm. We may expand this in the future but want to test the process first.
- Maintenance is very busy keeping our community working. They are available to perform other tasks when time permits for residents. The updated list of services and pricing are available at the front desk. These prices are not negotiable. As a reminder the trash rooms and dumpsters are not for use disposing of small appliances or furniture of any type. Arlington County has electronic recycling events and furniture may be donated or disposed of with outside waste haulers. Thank you.
- There have been some changes to the CG III entry. The small side door is an exit only. There is no re-entry through that door. The sliding glass doors are locked at 9:00 pm and anyone entering the building, including residents, must enter through the main entrance. ALL VISITORS are required to sign in at the front desk and are not permitted to enter through any other door. Residents' security and safety is a major concern, and these changes make sure we know who is in the building at all times.
- We continue to observe that many residents are struggling with basic housekeeping chores. There is assistance available. Please see resident services. This is the #1 lease violation in the community.

wanted to take a moment to urge residents to be kind and patient with themselves, and each other. Aging is not for the timid but the struggles and frustrations of it don't have to lead to being short or angry with others, or yourself. Life is too short and precious to allow bitter feelings or disputes to invade your space. Cherish the positive. If you are unable to get along with a person, remember that you are in control of where you are.

Removing yourself from negativity is a choice you can make. There is so much goodness and light in the world, seek it out, revel in the warmth of being kind, and the beautiful feeling of fulfillment when you recognize it and practice it in life. I look forward to seeing you around the community!

*- Paul Timpane*  
Director of Property  
Operations

**Coffee Chat With Paul:**  
**Thursday, September 3rd**  
**9AM - 10AM**  
**(Dining Room)**



**Paul's Prose**

Infinitely bound by its march,  
All things bow to the inevitability.  
Slow to pass, quickly lost.  
Gravity wrestles and warps  
With fleeting understanding.  
The inexorable movement of time  
Dwarfs concept and memory.

Administrative Team

**Paul Timpane:** Executive Director  
**Angela Burton:** Associate Executive Director  
**Liberty Efford:** Business Office Manager  
**Ray Reyes:** Director of Plant Operations  
**Jonathan Bernal:** Director of Dining Services  
**Kiarra Clark:** Director of Resident Services  
**Renita Payne:** Resident Service Coordinator  
**Niveen Laa:** Director of Compliance  
**Charles Robinson:** Recertification Specialist  
**Judi Velasco:** Accountant Manager  
**Samantha Herbel:** Leasing Manager  
**Colleen Boltri:** Life Enrichment Director  
**Marta Hill Gray:** President of Culpeper Garden  
**Jasmin Witcher:** VP, Development

**CONTACT US****703-528-0162**Staff Birthdays

09/03- SAMUEL BRACKETT

09/06- JASMIN WITCHER

09/15- YEBSIRA GEBISA



## EMPLOYEE OF THE MONTH

# JUDI VELASCO

Interview with Team Member:

How long have you worked at Culpeper Garden? **It will be almost a year in October**

What do you like most about your job? **Being able to help our residents while having fun with my coworkers as well**

Where are you from? **MARYLAND**

What do you like to do most in your free time? **Arts and craft**

If you could learn any new skill, what would it be? **Learn to speak Spanish**


**Congratulations!**

*Employee of the Month recommendation forms are located at the front desk.*

*Please submit your recommendations to Liberty in the Business Office. Thank you!*

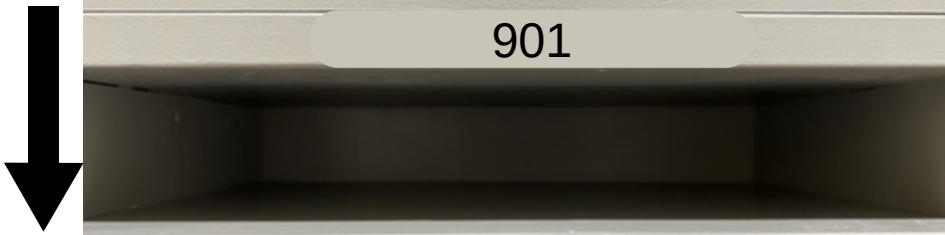
If you want to carry a drink around with you, please remember that all mugs and cups used outside your apartment **must** have a lid.



### **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



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

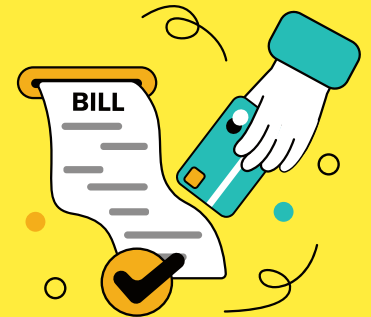
### **CHECK YOUR FLYER BOX FOR UPDATES AND NOTICES**

YOUR FLYER BOX IS **BELOW** YOUR APARTMENT NUMBER

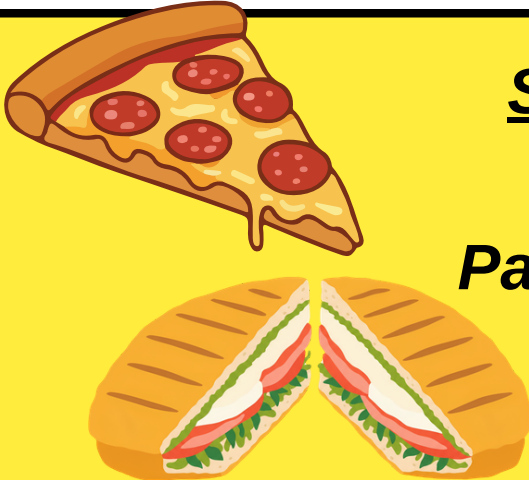
### **From Accounting-Rent Payments**

**Please be advised of the following:**

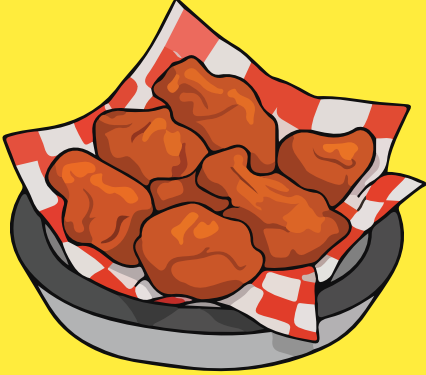
1. Do not use LOFT online electronic payments.
2. Any electronic or online payments are not set up yet. All payments need to be made by check or money order.
3. It is important to monitor your bank account carefully to avoid overspending and to ensure that your check will not bounce.
4. All residents 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.



RESIDENTS ENROLLED IN THE MEAL PLAN MAY PICK UP  
THEIR MEAL CARDS & MONTHLY STATEMENTS AT THE FRONT  
DESK MONDAY THRU FRIDAY FROM 8AM TO 3PM



Saturday Special  
Menu Options!  
**Panini, Pizza, Wings**  
**\$10**

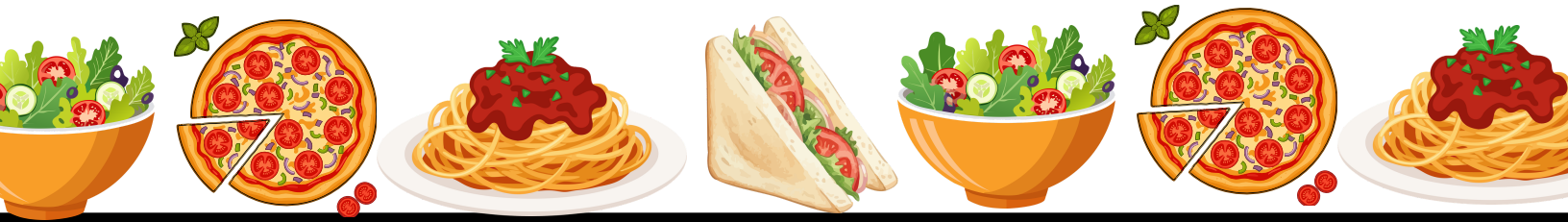


Individual Meal Prices

- Breakfast \$5
- Lunch \$8
- Dinner \$10



Individual meal tickets can be purchased at the front desk  
Monday - Friday from 8AM - 3PM  
*(Half Price Mondays are discontinued)*



Dining Services Council Meeting  
September 9th at 1PM  
(Dining Room)

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



## MEAL PLANS

10 meals (Breakfast Only) - \$50

10 meals (Lunch/Dinner) - \$75

30 meals (Lunch/Dinner) - \$205

60 meals (Lunch/Dinner)- \$365

**\*\*AUTO MEAL PLAN CANCELATIONS MUST BE DONE 15 DAYS BEFORE THE END OF THE MONTH AND WILL TAKE EFFECT THE FOLLOWING MONTH\*\***

## **SIGN UP W/ RESIDENT SERVICES**

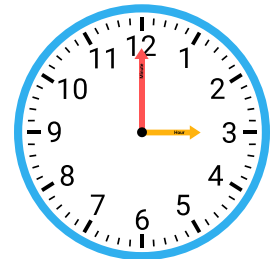
### Meal Time Hours



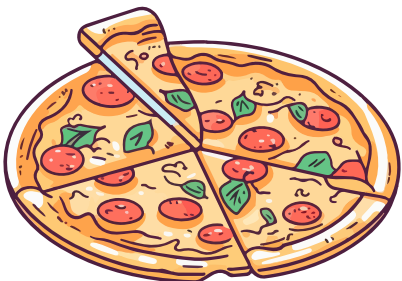
**8AM - 9AM**

**11:30AM - 1PM**

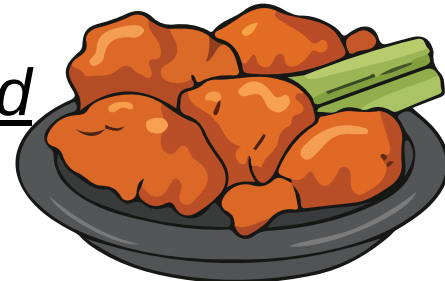
**4PM - 5:30PM**



**\*MONDAY - FRIDAY. CLOSED SUNDAYS. THE DINING ROOM CLOSSES 30 MINUTES AFTER THE POSTED MEAL TIMES\***



*Look out for the wings and  
pizza specials on the  
menu!*



# NUTRITION



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
- For Residents only.
- Please only take up to **3 items** only.
- 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 during business hours. Outside business hours, leave donations at front desk for Resident Services.

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

*Thank you for your kindness and generosity!*



## **CULPEPPER GARDEN AFAC DISTRIBUTION**

**EVERY FRIDAY 11:30AM - 1PM**

**MULTIPURPOSE ROOM**



**Residents are permitted to line up at 11AM on Fridays.** There is no saving spots in line. The doors do not open until 11:30AM and we close at 1PM. **There will be enough food for everyone who attends.**

**DON'T FORGET YOUR BAG!**

P  
A  
N  
T  
R  
Y

OPEN

# **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)

**CONTACT  
US**

**Renita Payne**

Resident Services Coordinator

703-528-0162 Ext. 143

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

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

**Levels of Care Panel  
Tuesday September 15th  
1:30PM Dining Room**



Join us as at our resource panel as we discuss different levels of care including Assisted Living, Skilled Nursing, Medicaid Waiver, PACE, and Homecare.

*Ice cream served to those who attend!*

**JOIN US  
FOR PARAGON  
POSSIBILITIES**



**EVERY MONDAY & FRIDAY IN SEPTEMBER  
12PM TO 1PM IN THE MAIN LOBBY**





# CLINIC SPACE




## Blood Pressure Checks

SPONSORED BY MARYMOUNT UNIVERSITY  
STUDENTS

**SEPTEMBER 18<sup>TH</sup> 2PM**

**CLINIC ROOM**



## Mental Health Counseling: Sponsored by GW Mental Health Clinician Students

All on-site counseling spots have been filled. Please contact Resident Services to be put on the waitlist an/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

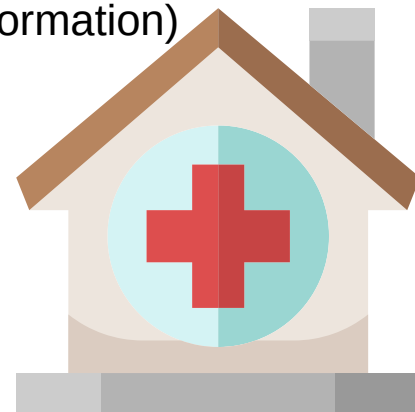
- Monthly: Fourth Monday (Insurance Required)
- Please schedule an appointment by calling: 877-345-5300

### 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



Goodwin  
Living

## Goodwin Rehabilitation



Goodwin  
Living

Goodwin Rehabilitation Now In-Network with UHC Dual Advantage!

We are pleased to let you all know that Goodwin Rehabilitation is now in-network with UHC Dual Advantage. If you have UHC Dual and are interested in rehabilitation services (physical therapy, occupational therapy and speech therapy) please contact the Goodwin Rehabilitation clinic at **[Goodwinrehab@goodwinliving.org](mailto:Goodwinrehab@goodwinliving.org)** or call **703-472-8647**.

## Managing Pain and Staying Active: A Physical Therapy Perspective

Pain is often thought of as a normal part of aging, but persistent pain is not something you simply have to live with. Whether pain comes from arthritis, an old injury, surgery, or everyday wear and tear, physical therapy can help reduce discomfort and improve your ability to do the activities you enjoy.

Physical therapists focus on identifying the cause of pain and developing safe, personalized strategies to manage it. Rather than relying solely on medication, physical therapy uses movement, exercise, stretching, and education to help the body function more efficiently. Regular activity can improve flexibility, strengthen muscles, support joints, and reduce stiffness that often contributes to pain.

For older adults, staying active is one of the most effective ways to manage chronic pain. Even gentle activities such as walking, chair exercises, balance training, or water-based exercise can help decrease discomfort and improve overall health. A physical therapist can recommend exercises that are appropriate for your abilities and health conditions.

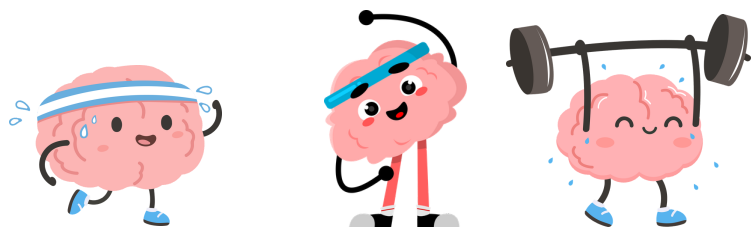
Pain can sometimes lead people to avoid movement, which may result in weakness, reduced mobility, and even greater pain over time. By working with a physical therapist, individuals can learn safe ways to stay active, build confidence, and maintain independence.

Remember, pain management is not just about reducing pain—it's about improving quality of life. If pain is limiting your daily activities, talk with your healthcare provider or physical therapist about strategies that can help you move better, feel stronger, and continue doing the things that matter most.

Wellness Tip: Aim to move a little every day. Even a short walk or a few gentle stretches can help keep your joints flexible and your muscles strong.

## Stronger Memory Exercise

**Thursday September 10th  
11AM in MPR B**



Improve your recall, cognition, and focus! It is important to maintain and extend a healthy brain as you age!

# ARLINGTON COUNTY PROGRAMS

## Transportation: Arlington Shoppers Loop

Call for a Reservation:  
703-202-0030

## 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

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!*

# NUTRITION FAIR

Arlington County coming to Culpepper Garden to host a **Food and Nutrition Resource Fair** to help residents learn about available community resources!

**TUESDAY  
SEPTEMBER 29TH  
10AM -11:30AM  
LOBBY**



# ARLINGTON COUNTY PUBLIC LIBRARY

## MOBILE LIBRARY

Wednesday September 2nd at  
1:30PM - 2:30PM CGI Dining Room

Miércoles 2 de septiembre  
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!**



# TRANSPORTATION UPDATES

## SEPTEMBER 2026

### *Events & Transportation Schedule*

♥ FUN OUTINGS. GREAT COMPANY. WONDERFUL MEMORIES! ♥

WEDNESDAY

SEPTEMBER

2



### ROSE GARDEN & FREE ICE CREAM!

1:00 PM – 2:30 PM

Enjoy the beautiful rose garden  
and a sweet treat!



MONDAY

SEPTEMBER

14



### WALMART TRIP

Let's go shopping!  
Pick up what you need.

WEDNESDAY

SEPTEMBER

16



### FAIRFAX MUSEUM

12:00 PM – 1:30 PM

Explore history, art and culture  
right here in Fairfax!

MONDAY

SEPTEMBER

28



### WALMART TRIP

More shopping,  
more good finds!

WEDNESDAY

SEPTEMBER

30



### ARLINGTON LIBRARY

11:00 AM – 1:00 PM

Books, magazines and more!  
A great place to learn and connect.



All trips are local and on our community bus.  
Seating is limited – please sign up early! ♥

QUESTIONS?  
SEE THE  
FRONT DESK.

*Let's make September a month to remember! ♥*

# NEW LAUNDRY CARD MACHINE

## INSTRUCTIONS



### TO ADD MONEY TO AN EXISTING LAUNDRY CARD

1. Press "1" on the number pad. Wait a few seconds, then insert your laundry card.
2. Choose your payment method:
  - Press "2" to pay with cash.
  - Press "1" to pay with a debit/credit card.
3. If paying with cash:  
Insert the bill where the light is flashing.
4. If paying with a debit/credit card:  
Follow the instructions displayed on the screen.
5. When finished, remove your laundry card.

### TO BUY A NEW LAUNDRY CARD

1. Press "2" on the number pad. Wait a few seconds, then press "1" to confirm.
2. Choose your payment method:
  - Press "2" to pay with cash.
  - Press "1" to pay with a debit/credit card.
3. Follow the instructions displayed on the screen.
4. When finished, remove your new laundry card.

**Thank you for your cooperation!**



# 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



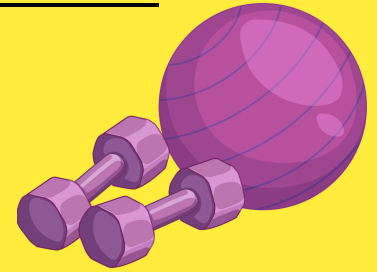
### Fun Exercise with Gail

Every Tuesday  
1PM - 2PM  
CGIII 3<sup>RD</sup> FI



### Strength and Balance with Gail

Wednesday  
2PM - 3 PM  
CGIII 3<sup>RD</sup> FI



### Video Exercise with Gail

Saturdays  
11AM - 12PM  
CGIII 3<sup>RD</sup> FI

## 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 A)

### **Portable Sanctuary**

Every fourth Friday at 2PM (MPR A)

# VOLUNTEER LED PROGRAMMING

## **BINGO** with Jim



**Every Monday  
at 2PM  
6<sup>th</sup> Floor CGIII**



## Nail Painting with John and Friends

**Septmeber  
12<sup>th</sup>**

**at 9:30am  
ON 8<sup>TH</sup> Floor  
CGIII**



## MUSIC

### Jazz Piano with Ed

***Every Saturday***

**1:30PM in the  
MPR B**

### Piano Music with Val

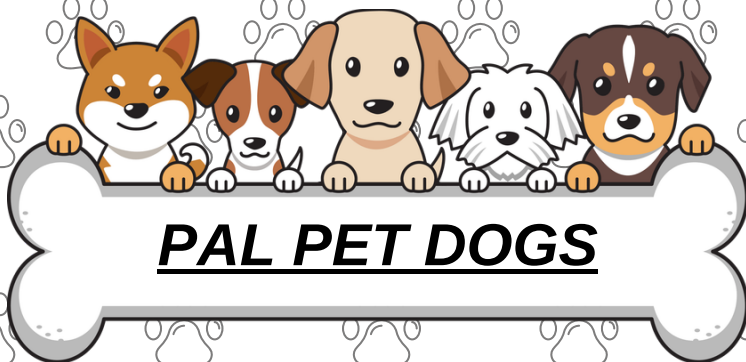
**September 10<sup>th</sup> & 24<sup>th</sup>**

***3pm in Lobby***

### Guitar Music with Jim

**September 17th**

***1pm in Lobby***



**PAL PET DOGS**

**September 2<sup>nd</sup>**

**11AM in  
Lobby**

# VOLUNTEER LED PROGRAMMING

## Culpepper Creates



Express yourself with AI!

1PM in Private Dining

September 9<sup>th</sup> & 23<sup>rd</sup>



**UPDATE**

## Current Events with Bart

September 11<sup>th</sup> at

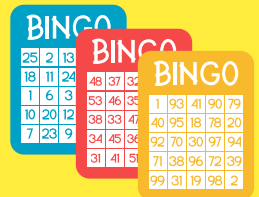
1:30PM

MPR-A



September 12

6 PM in MPR-B



With  
Kellie & Chrissy Friday Sept. 4th  
2PM - 3PM  
MPR A

## SPECIAL PROGRAMS

# Senior Disco Dance

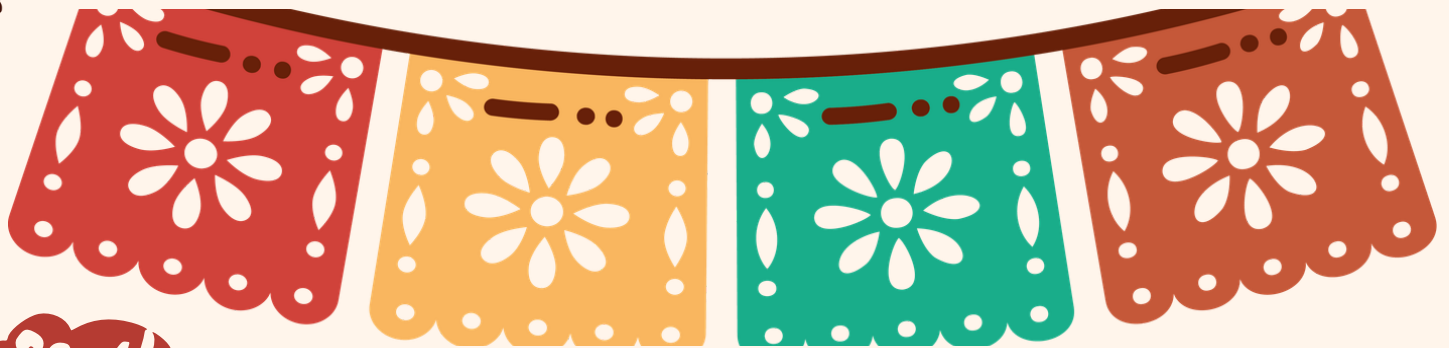
PHOTO BOOTH

**BEST DRESSED  
&  
BEST DANCER  
CONTEST!**

LIVE BAND

**FOOD**

**OCTOBER 3RD  
2:30pm  
Dining Room**



*Hispanic Heritage month Social*  
*September 17<sup>th</sup> at 2:30pm*  
*Dining Room*



# 09/07LABOR DAY



Labor Day is a federal holiday in the United States, celebrated on the first Monday of September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements in the United States. It began in the late 19th century to thank workers for building the country and to support fair treatment, safe jobs, and better pay.



It started during the industrial revolution, people worked long hours in hard jobs. Labor unions fought for better rules. It was made a U.S. federal law in 1894 and signed by President Grover Cleveland on June 28, 1894.

In the Summer of 1894, a violent conflict broke out in Illinois, resulting in the deaths of multiple workers after President Cleveland sent in federal troops. Seeking to repair strained relations with the American labor movement after the strikes, Congress swiftly passed legislation and Cleveland signed the bill designating the first Monday in September as the official holiday.



**THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY RESIDENT DIANA P.**

## 09/11 - NATIONAL DAY OF SERVICE AND REMEMBRANCE

On September 11, 2001, terrorists linked to the Islamic extremist group al Qaeda—founded by Osama bin Laden—hijacked four commercial passenger airplanes and carried out suicide attacks against targets in the United States. Two of the planes were flown into the World Trade Center in New York City. Within a few hours, both of the twin towers collapsed into rubble, demolishing a large section of lower Manhattan. A third plane hit the Pentagon in Arlington, Virginia, just outside Washington, D.C. The passengers and crew of the fourth plane fought back, and the plane was downed in a field near Shanksville, Pennsylvania.



Almost 3,000 people were killed in the 9/11 terrorist attacks, including the 19 al Qaeda terrorists. The shocking events of September 11 were televised globally and left much of the world reeling in horror. The administration of President George W. Bush responded by declaring a “war on terrorism,” including the creation of the Department of Homeland Security and the invasion of Afghanistan.

On December 18, 2001, Congress approved naming September 11 “Patriot Day” to commemorate the anniversary of the 9/11 attacks. In 2009, Congress named September 11 a National Day of Service and Remembrance. Most of us remember where we were and how life changed that day. As an agency with facilities in Washington, DC, New York, Massachusetts, Pennsylvania, and California, the immediacy of the events felt that much closer to our homes and workplaces.



**THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY RESIDENT DIANA P.**

# 09/22 - 09/22 ROSH HASHANA

Rosh Hashanah , the Jewish new year, is a fall holiday, taking place at the beginning of the month of Tishrei , which is actually the seventh month of the Jewish year (counting from Nisan in the spring). It is both a time of rejoicing and of serious introspection, a time to celebrate the completion of another year while also taking stock of one's life.



Rosh Hashanah is celebrated with a variety of customs and traditions, including special synagogue services, festive meals, and symbolic foods. A key observance is the sounding of the shofar, a ram's horn, to awaken spiritual consciousness. Many also participate in the Tashlich ceremony, where prayers are recited near a body of water, and bread crumbs are tossed in to symbolize casting off sins.

***THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY RESIDENT SERVICES***

## HISPANIC HERITAGE MONTH

Hispanic Heritage Month is a month-long celebration of Hispanic and Latino history and culture. While we celebrate Hispanic and Latino communities beyond this month, from September 15 to October 15 we give extra recognition to the many contributions made to the history and culture of the United States, including important advocacy work, vibrant art, popular and traditional foods, and much more. Hispanic Heritage Month provides an additional opportunity to explore the incredible impact Latinas and Latinos have had on the United States for generations. The Latino presence in America spans centuries, predating Spain's colonization of what is now part of the United States, and they have been an integral part of shaping our nation since the Revolutionary War. Through the Treaty of Guadalupe Hidalgo and the Treaty of Paris that followed the Mexican-American and Spanish-American wars, the United States gained territories in the Southwest and Puerto Rico. This incorporated the people of this area into the United States and further expanded the presence of Hispanic Americans.

Today, the Latino population in the United States today is over 60 million, according to the U.S. Census Bureau. This makes up 18.9% of the total population and is the largest racial or ethnic group. Latinos continue to help fuel our economy and enrich our nation as entrepreneurs, athletes, artists, entertainers, scientists, public servants, and much more.

***JOIN UNITED HEALTH CARE FOR PUPUSA'S AND EMPANADA'S  
ON FRIDAY SEPT. 18<sup>TH</sup> AT 1PM! MEDICARE UPDATES AVAILABLE!***

***THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY RESIDENT SERVICES***





# SUMMER WORD SEARCH

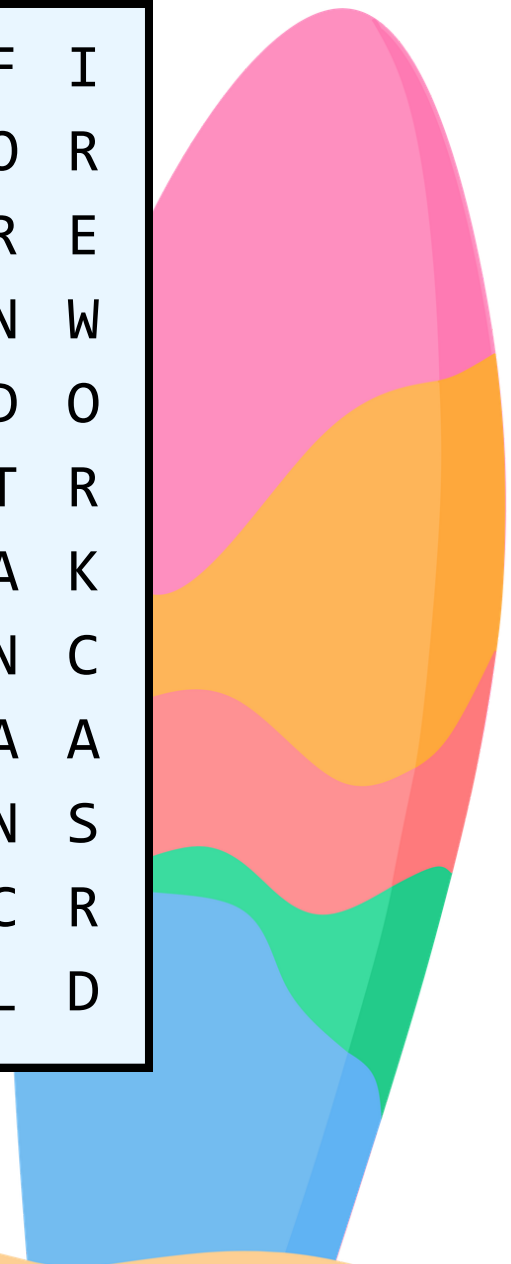
- SUNSHINE
- BEACH
- VACATION
- SWIMSUIT

- ICECREAM
- POOL
- SANDCASTLE
- SUNGLASSES

- FLIPFLOPS
- OCEAN
- PICNIC
- LEMONADE

- SURF
- SUNSCREEN
- FIREWORKS
- BARBECUE

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## A-Mazing Buddy Holly

