



THE CLARION

October 2026



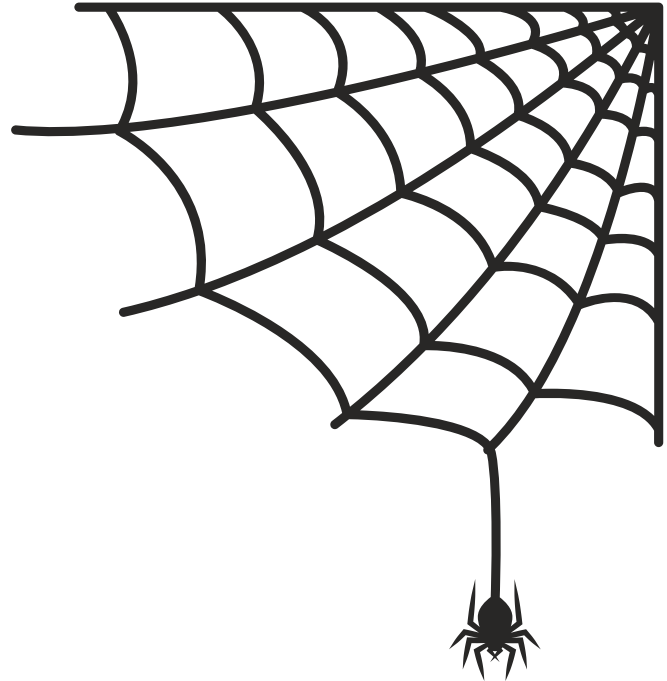
4435 North Pershing Drive, Arlington, VA 22203

(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**

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

October 2026

10:15AM: Catholic
Communion - Spiritual
(MPR A)
2PM: Protestant
Service Spiritual (CGIII
8TH FL)
4PM Rumikube (5FL)

Vaccine Sign-Ups
12PM Paragon
Possibilities (L)
2PM Bingo W/Jim
(GCIII)
3PM Goodwin Exercise
(MPR-B)
4PM Rumikube (5FL)

1PM Exercise Fun
W/Gail
(3FL CGIII)
2PM Rosary
(MPR-A)
4PM Rummikub
(5F)

Vaccine Sign-Ups
11AM PAL Pets (L)
11AM Medicine at Home Visit
(L)
1:30PM Mobile Library Visit
(Dining)
2PM Strength and Balance
Exercise (CGIII 3rd Fl)
3PM Scrabble w/Carolyn (CGIII
6FL) 4PM Rummikub (5F)

11AM Goodwin
Stronger Memory
and Exercise (MPR-
B)
3PM Music with Val
(L)
4PM Rummikub
(5F)

11:30AM Full AFAC Pick
Up (MPR)
1:30PM Current Events
with Bart (MPR-A)
2:30PM AI Safety
(Dining)
4PM Rumikube (5FL)
6PM Evening Prayer and
Communion (MPR A)

9:30AM Nail Painting
W/John (CGIII 8)
11AM: Video Exercise
W/ Gail (CGIII 3rd FL)
1:30PM: Jazz Music
W/ Ed (MPR)
4PM Rumikube (5FL)

Simchat Torah Begins

10:15AM: Catholic
Communion - Spiritual
(MPR A)
2PM: Protestant
Service Spiritual (CGIII
8TH FL)
4PM Rumikube (5FL)

Vaccine Sign-Ups
2PM Bingo W/Jim
(GCIII)
3PM Goodwin
Exercise (MPR-B)
4PM Rumikube
(5FL)

1PM Exercise Fun
W/Gail (3FL CGIII)
2PM Rosary
(MPR-A)
4PM Rummikub
(5F)

Vaccine Sign-Ups
11AM Medicine at Home Visit (L)
11AM Arlington Village (L)
1PM Culppepper Creates (PDR)
1PM Dining Services Council (Dining)
2PM Strength and Balance Exercise
(CGIII 3rd Fl)
3PM Scrabble w/Carolyn (CGIII 6FL)
4PM Rummikub (5F)

11AM Goodwin Stronger
Memory and Exercise
(MPR-B)
11AM Aging W/Mental
Health (L)
4PM Rummikub (5F)
5PM Technology/Mental
Health (L)

11:30AM Partial AFAC
Pick Up (MPR)
2PM Blood Pressure
(Clinic)
4PM Harvest Night
(Dining)
4PM Rumikube (5FL)
6PM Evening Prayer and
Communion (MPR A)

11AM: Video
Exercise W/ Gail
(CGIII 3rd FL)
1:30PM: Jazz
Music W/ Ed (MPR)
4PM Rumikube
(5FL)

10:15AM: Catholic
Communion - Spiritual
(MPR A)
2PM: Protestant
Service Spiritual (CGIII
8TH FL)
4PM Rumikube (5FL)

Podiatry Clinic
(Appt. Only)
2PM Bingo W/Jim
(GCIII)
3PM Goodwin
Exercise (MPR-B)
4PM Rumikube (5FL)

1PM Exercise Fun
W/Gail (3FL CGIII)
2PM Rosary (MPR-
A)
2:30PM Healing
Foodfully (Dining)
4PM Rummikub
(5F)

11AM Farmers Market
(MPR)
11AM Medicine at Home
Visit (L)
2PM Strength and Balance
Exercise (CGIII 3rd Fl)
3PM Scrabble w/Carolyn
(CGIII 6FL)
4PM Rummikub (5F)

11AM Goodwin
Stronger Memory and
Exercise (MPR-B)
3PM Music with Val
(L)
4PM Rummikub (5F)
5PM Poetry
Discussion (MPR-B)

11:30AM Full AFAC
(MPR)
2PM Portable
Sanctuary MPR A)
4PM Rumikube (5FL)
6PM Evening Prayer
and Communion
(MPR A)

11AM: Video
Exercise W/ Gail
(CGIII 3rd FL)
1:30PM: Jazz
Music W/ Ed (MPR)
4PM Rumikube
(5FL)

10:15AM: Catholic
Communion - Spiritual
(MPR A)
2PM: Protestant
Service Spiritual (CGIII
8TH FL)
4PM Rumikube (5FL)

2PM Bingo
W/Jim (GCIII)
3PM Goodwin
Exercise (MPR-B)
4PM Rumikube
(5FL)

11AM Lunch & Learn
w/Ulimate Care LLC
(MPR-B)
1PM Exercise Fun
W/Gail (3FL CGIII)
2PM Rosary (MPR-A)
4PM Rummikub (5F)

Dermo-Clinic
Vaccine Clinic (MPR)
11AM Medicine at Home Visit
(L)
1PM Culppepper Creates (PDR)
2PM Strength and Balance
Exercise (CGIII 3rd Fl)
2PM Ice Cream Social (Dining)
3PM Scrabble w/Carolyn (CGIII
6FL)
4PM Rummikub (5F)

11AM Goodwin Stronger
Memory and Exercise
(MPR-B)
2PM Catholic Mass
(MPR)
4PM Rummikub (5F)
5PM Crafts- Creative
Expression (MPR-B)

11:30AM Partial AFAC
(MPR)
2PM Halloween Party!
(Dining)
4PM Rumikube (5FL)
6PM Evening Prayer and
Communion
(MPR A)
6PM Movie Night with
Madison (MPR-B)

11AM: Video
Exercise W/ Gail
(CGIII 3rd FL)
1:30PM: Jazz
Music W/ Ed (MPR)
4PM Rumikube
(5FL)

Halloween

All Programs Subject to change.



HAPPY BIRTHDAY



Happy October Birthdays:

10.01 - Wilhelmina A.

10.01 - Delefruz N.

10.02 - Indra G.

10.02 - Mehrnoosh B.

10.03 - Sarah W.

10.04 - Edie M.

10.05 - Tony Ho N.

10.05 - Catalina H.

10.06 - Diana P.

10.06 - Elhamy K.

10.07 - Rozo G.

10.10 - Tamara B.

10.11 - John L.

10.12 JoAnn B.

10.14 - Beatrix B.

10.14 - Robert M.

10.15 - Hao Thi T.

10.16 - Mohamed G.

10.19 - Gail V. B.

10.19 - Judy M.

10.19 - Petrona V.

10.19 - Ting Y.

10.22 - Valerie B.

10.24 - Cynthia S.

10.25 - Willie B.

10.26 - Jean C.

10.28 - Carmen E.

10.29 - David W.

10.30 - Karen P.

10.31 - Nancy A.

10.31 - Ursula R.



ICE CREAM SOCIAL

Ice Cream Social is on October
28th @ 2PM!



SPONSORED BY: PREVIOUS RESIDENT ASSOCIATION

Management Report:

- The CG III elevator modernization project continues. Heavy equipment was lifted onto the roof by crane, and the renovation crew is steadily working on this major project. Still no estimated finish date, these types of projects take months to complete. Your patience is appreciated.
- As a reminder, please keep our common areas clean. We strongly encourage residents to gather in groups to socialize, play games, or even snack in designated areas. Just make certain to leave the area exactly as you found it. As the national park saying goes, "Take only pictures, leave only footprints." Thank you.
- Flyer boxes are being installed in the 3rd floor common area for CG III residents. Each apartment will have a flyer box, please check your box regularly for important information and notices.
- Speaking of CG III, we are working on adding features and work areas for all CG residents. - These will include dedicated resident driven exercise class area, art room, quiet reading library, game/puzzle room, penthouse parlor meeting room, Cable TV viewing, and more. Keep an eye on future announcements as we bring these common areas into community life.

I wanted to take a moment to share what was an awesome celebration for me recently. As we know September was National Hispanic Heritage Month. As usual, our excellent Life Enrichment Director, Colleen Boltri, gave us lots of opportunity to read up on the history of Hispanic cultural history and figures, and to most of all DANCE. Staff and residents gathered in the dining room to celebrate with singing, laughter, and lots of dancing to Latin beats and music. The room was filled with smiles and joy as everyone thrived in sharing the experience and memories of youthful dancing and partnership. Good to know we can all still dance together. Thank you to everyone who attended for making it a

special celebration. "¡Fue lo mayor!"

See you around the building!

- *Paul Timpane*
Director of Property
Operations

Coffee Chat With Paul:**Thursday, October 1****9AM - 10AM****(Dining Room)****Paul's Prose**

Just now, with the dancing.
Eyes closed, sensing rhythms
And moments, past, present, future.
Lyrical promises sway thought
Towards that bountiful harvest moon.
Love welcoming each movement
With joyous possibility and eternal hope.

Semi-Annual Inspections

CGI, CGII & CGIII

The Maintenance team will be scheduling inspection throughout the week of:

October 12th - November 13th 2026

Exact dates and times will be given to you closer to inspections

Inspections will Include:

- Automatic Cooktop Fire Suppression
- Appliances
- Window Blinds
- Electrical
- Plumbing
- PTAC Units
- Cleaning and Changing Filters
- Smoke Detectors
- Stoves



Director of Plant Operations

Ray Reyes

rreys@culpeppergarden.org EXT.122



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
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 Culpepper Garden
Jasmin Witcher: VP, Development

CONTACT US**703-528-0162**Staff Birthdays**10/13 REYNA ALMENDAREZ****10/18 JUANA GONZALEZ****10/22 JUDI VELASCO****10/31 ANGELA BURTON**

EMPLOYEE OF THE MONTH

JONATHAN BERNAL

Interview with Team Member:

How long have you worked at Culpeper Garden? **3 YEARS**

What do you like most about your job?

The new experiences I have gained over the years

Where are you from? **Florida**

What do you like to do most in your free time? **Listening to music**

If you could learn any new skill, what would it be? **Learn a new language**



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!*

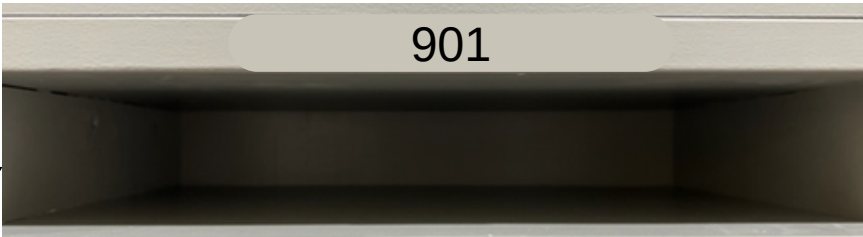
If you want to carry a drink around with you, please remember that all mugs and cups used outside your apartment **must** have a lid.



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.

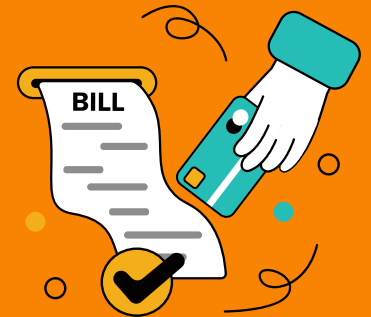
CHECK YOUR FLYER BOX FOR UPDATES AND NOTICES

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.





IMPORTANT ANNOUNCEMENT

Effective October 1st

We will no longer be serving breakfast in the Dining Room.

***Lunch and dinner service will continue as usual.
Thank you!***

***Join us for a dining event!
Live music and special
menu.***

***Please purchase a regular
meal ticket at the front desk
or use meal plan.***

***Please wear your best formal
dinner attire!***

**Harvest
*Night***



Dining Services Council Meeting

October 14th at 1PM

(Dining Room)

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



Director of Dining Services

Jonathan Bernal

jbernal@seniorlifestyle.com





MEAL PLANS

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****

Thanksgiving Luncheon: Saturday November 21

1st seating - 11:30AM | 2ND seating - 12:30AM

All guests must purchase a \$12 ticket - residents may use a meal ticket. If you are not on a meal plan you must purchase a \$12 ticket.

Join Dining Services in a traditional Thanksgiving meal! Enjoy a menu of Thanksgiving foods, and desserts.

RSVPs are required. The front desk will be accepting reservations from October 15 - November 15 (8am-5pm)



Family and friends are welcome to come! The more the merrier!

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.

Renita Payne

Resident Services Coordinator

703-528-0162 Ext. 143

rpayne@culpeppergarden.org

residentservices@culpeppergarden.org

contact me



FARMERS MARKET
Oct 21 @ 11am-12pm MPR
FREE DISTRIBUTION FOR RESIDENTS



Senior Disco Dance

BEST DRESSED & BEST DANCER CONTEST!

FOOD

PHOTO BOOTH

LIVE BAND

OCTOBER 3RD

2:30pm

Dining Room



CLINIC SPACE




Blood Pressure Checks

SPONSORED BY MARYMOUNT UNIVERSITY
STUDENTS

OCTOBER 16TH 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

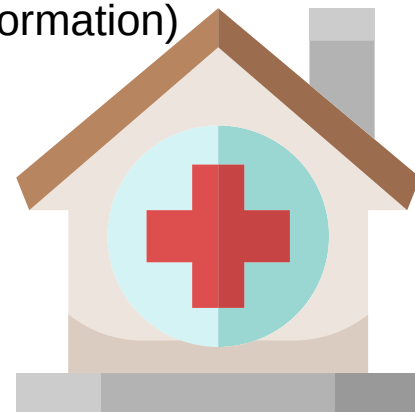
- Monthly: Fourth Monday (Insurance Required)
- Please schedule an appointment by calling: 877-345-5300

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



VACCINE PAGE

Vaccine Clinic

SPONSORED BY CVS PHARMACY

October 28th

REGISTRATION REQUIRED

You must see a member of the Resident Services team to register for a vaccine.

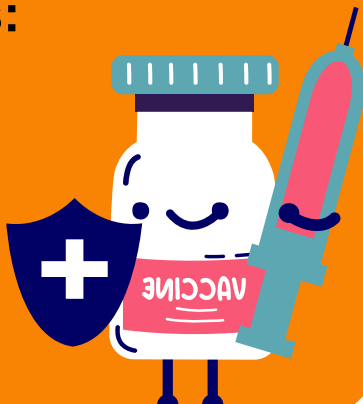
**REGISTRATION CLOSES:
THURSDAY OCTOBER 14**

Registration times will be:
**Mondays and Wednesdays
10:30AM - 11:30AM and
3PM - 4PM**

**Please bring your insurance, and
ID to register.**

Available Vaccines:

- Flu
- RSV
- Shingles
- Pneumonia
- COVID (Pfizer)



5 Reasons It Is Important for Adults to Get Vaccinated

(<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>)

1. Vaccines have saved lives for over 100 years - but serious diseases are still a threat.
2. Vaccines are the best way to protect yourself and your loved ones from preventable diseases.
3. Vaccines can prevent serious illness. Some vaccine-preventable diseases can have serious complications or even lead to later illnesses. For them, vaccination provides protection not only against the disease itself but also against the dangerous complications or consequences that it can bring.
4. The vaccines you receive are safe. CDC and other experts carefully review safety data before recommending any vaccine, then continually monitor vaccine safety after approval.
5. Vaccines may be required. Certain vaccines are required for school, work, travel, and more.

CLINIC SPACE



Goodwin
Living

Rehabilitation

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 or call 703-472-8647.

Better Communication Through Translation Technology

PA Goodwin Rehabilitation, we are committed to making sure every resident feels heard, understood, and supported throughout their therapy journey. We are excited to share that we now have access to Pocketalk, a translation device that can help facilitate communication in many different languages. Pocketalk is the first HIPPA compliant handheld translation device. The use of this device comes with no cost to residents.

If English is not your preferred language, Pocketalk can assist during conversations with our rehabilitation team by providing real-time translation. There is access to 92 languages through Pocketalk. This allows us to better discuss your physical therapy goals, answer questions, explain exercises, and ensure you feel comfortable and confident in your care.

Clear communication is an important part of successful rehabilitation, and we are pleased to offer this tool to help bridge language barriers and improve the therapy experience for our diverse resident community.

If you are interested in learning more about physical therapy services or would like to use Pocketalk during an appointment, please let a member of the Goodwin Rehabilitation team know. We are here to help you stay active, independent, and engaged in your health and wellness.

We look forward to supporting you—no matter what language you speak!

Stronger Memory Exercise

Goodwin Rehabilitation is excited to host our **Stronger Memory + Exercise Class** every Thursday at 11:00 AM in MPR B.

This one-hour class **combines brain health programming with physical exercises** designed to support overall wellness, cognitive function, and healthy aging.

We encourage everyone to join! If you miss the class and want to pick up materials, they will be available outside of Resident Services!

We look forward to seeing you there!



**Every Thursday
11AM in MPR B**

NATIONAL PHYSICAL THERAPY MONTH

Each October, we celebrate National Physical Therapy Month, a time to recognize the important role physical therapy plays in helping older adults maintain mobility, independence, and quality of life.

As we age, changes in strength, balance, flexibility, and endurance can make everyday activities more challenging. Physical therapists are movement experts who help individuals remain active, recover from injuries, manage chronic conditions, and reduce the risk of falls. Whether you are experiencing pain, recovering from surgery, noticing changes in your balance, or simply looking to maintain your independence, physical therapy can help you continue doing the activities you enjoy.

Physical therapy is not just for injury recovery. Many residents benefit from proactive therapy services that focus on:

- Improving balance and reducing fall risk
- Increasing strength and mobility
- Managing arthritis and chronic pain
- Enhancing walking ability and endurance
- Supporting recovery after illness, injury, or hospitalization
- Promoting confidence and independence with daily activities

Movement is medicine, and it's never too late to take steps toward a healthier, stronger future. Happy National Physical Therapy Month!

Feel free to reach out to goodwinrehab@goodwinliving.org or stop by the clinic in the building to get more information.



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!

LUNCH & LEARN W/ ULTIMATE CARE LLC



GET YOUR DUCKS IN A ROW

LUNCH & LEARN W/ ULTIMATE CARE LLC



JOIN ULTIMATE CARE LLC AS THEY GO OVER THE IMPORTANCE OF HAVING A HOME HEALTH AIDE COMPANY IN PLACE & HOW TO PAY FOR IT WITH MINIMAL TO NO COST COMING OUT OF POCKET!

LETS START GETTING YOUR DUCKS IN A ROW



TUESDAY OCTOBER 27TH @11AM - 1PM MPR B

ARLINGTON COUNTY PUBLIC LIBRARY

MOBILE LIBRARY

Wednesday October 7 at
1:30PM - 2:30PM CGI Dining Room

Miércoles 7 de octubre

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



Culpepper Garden October 2026

Transportation & Activities Calendar

Out and About Together! ♡

SHOP
EXPLORE
STAY ACTIVE
ENJOY
CONNECT

Monday, October 5



Regular Target Run

12:00 PM – 2:30 PM

Regular Target Location

Wednesday, October 7



Resident Workout Session

10:30 AM – 11:30 AM

OneLife Fitness

1000 E. Broad St.
Falls Church, VA 22042



Museum of Contemporary Art Arlington

12:00 PM – 2:30 PM

3550 Wilson Blvd.
Arlington, VA 22201

Monday, October 12



Regular Walmart Shopping Trip

10:00 AM – 1:00 PM

Regular Walmart Location

Wednesday, October 14



Resident Workout Session

10:30 AM – 11:30 AM

OneLife Fitness

1000 E. Broad St.
Falls Church, VA 22042



DePaul's Urban Farm

1:00 PM – 3:00 PM

2599 Chain Bridge Rd.
Vienna, VA 22181

Monday, October 19



Regular Target & Eden Center Trip

12:00 PM – 2:30 PM

Falls Church Area

Wednesday, October 21



Silver Diner Lunch Outing

12:15 PM – 2:45 PM

4400 Wilson Blvd.
Arlington, VA 22203

Monday, October 26



Walmart Supercenter – Vienna/Tysons

10:00 AM – 1:30 PM

1500 B Cornerside Blvd.
Vienna, VA 22182

Wednesday, October 28



Halloween/Fall Scenic Ride + Lunch

12:15 PM – 2:45 PM

Arlington / Northern Virginia



Please sign up in advance.
Space may be limited.



Residents should bring
spending money for shopping,
meals, and personal purchases.



Activities, dates, and times
are subject to change.

ARHC UPDATES

Attention Residents!

This year, Culpepper Garden is proud to be one of the ten beneficiary organizations of the Arlington Turkey Trot.

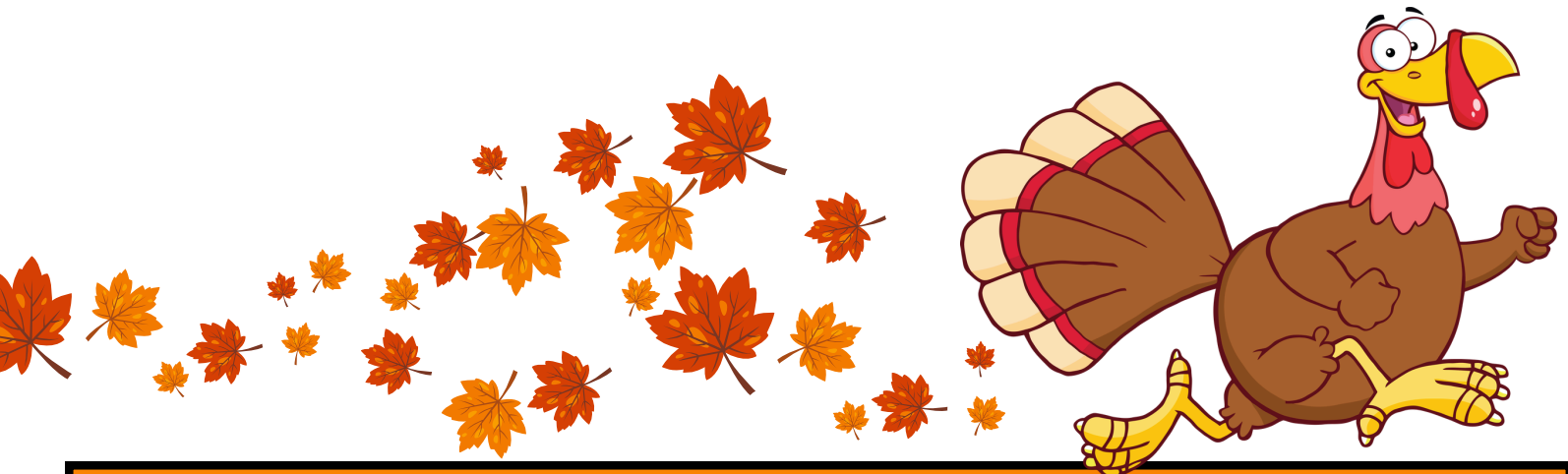
On Thanksgiving morning, thousands of people will come together for this incredible Arlington tradition. But before the runners cross the starting line, hundreds of volunteers help make it all possible.

If you are interested and able, we'd love to have you join us as a volunteer!

Whether you're checking in runners, handing out water, cheering participants on, or helping behind the scenes, every volunteer plays an important role in making race day a success.

And its not just on Thanksgiving day. Volunteer opportunities are available before race day, so any time you have to give will be appreciated.

Every hour you give helps support ten local nonprofits, including Culpepper Garden, and the neighbors we serve throughout the year.



Learn more and sign up to volunteer:

**<https://arlingtonvaturkeytrot.org/support/volunteer/>
or contact Jasmin Witcher at 703-528-0162, x104.**

Thank you for your support!

Jasmin

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



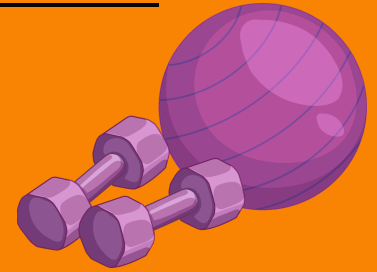
Fun Exercise with Gail

Every Tuesday
1PM - 2PM
CGIII 3RD FI



Strength and Balance with Gail

Wednesday
2PM - 3 PM
CGIII 3RD FI



Video Exercise with Gail

Saturdays
11AM - 12PM
CGIII 3RD 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 & Communion

Every Friday at 6PM (MPR A)

Portable Sanctuary

Every fourth Friday at 2PM (MPR A)

VOLUNTEER LED PROGRAMMING

BINGO with Jim

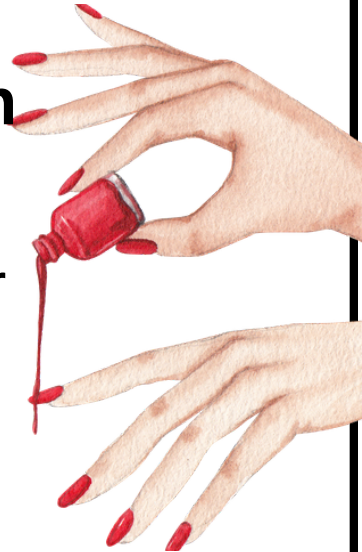


**Every Monday
at 2PM
6th Floor CGIII**



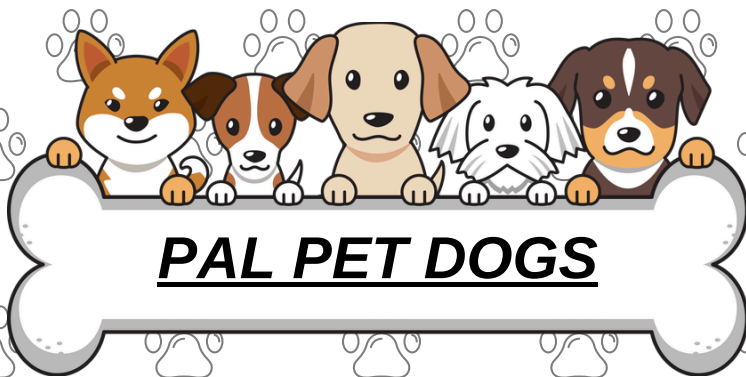
Nail Painting with John and Friends

**October 10th
at 9:30am
ON 8TH Floor
CGIII**



PAL PET DOGS

**October 7th
11AM in
Lobby**



MUSIC

Jazz Piano with Ed

Every Saturday

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

Piano Music with

Val

**October 8th & 22nd
3pm in Lobby**

VOLUNTEER LED PROGRAMMING

Culpepper Creates

Express yourself with AI!

1PM in Private Dining

October 14th & 28th



Current Events with Bart



October 9th at

1:30PM

MPR-A



October 30th

6 PM in MPR-B

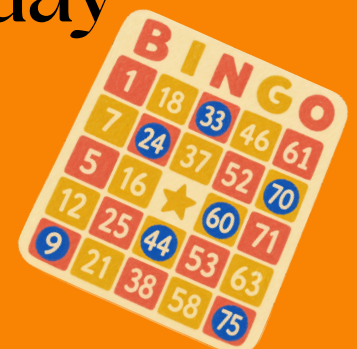


With
Kellie & Chrissy Friday

October 2nd

2PM - 3PM

MPRA



SPECIAL PROGRAMS

Senior Disco Dance

PHOTO BOOTH

BEST DRESSED
&
BEST DANCER
CONTEST!



LIVE BAND

FOOD

OCTOBER 3RD
2:30pm
Dining Room

HALLOWEEN

Party

WITH LIVE
PERFORMANCE
OF MAGICIAN
ILLUSIONS BY
VICK
STARTING AT
2:30PM

COSTUME
CONTEST

FREE FOOD

FACE PAINTING

STARTS AT 2PM
DINING ROOM



MENTAL HEALTH MONTH

Mental Health America founded Mental health Awareness Month in 1949 and has led the effort every May to promote mental wellness nationwide. It focuses broadly on mental health, education, reducing stigma and promoting wellness.

Mental Health Awareness Month is officially observed in May, though October also features major mental health events.

In October there are several mental health observances including World Mental Health Day on October 10th and Mental Illness Awareness Week during the first full week of October and is often referred to locally or organizationally as National Depression and Mental Health Screening Month.

Mental Health Awareness Month helps people recognize the ways mental illness impacts their lives, educates people about available services and highlights ways to advocate, even if they don't have a mental illness. Recognition and education are important ways to remove the stigma associated with mental illness. This month creates a time and space to start conversation. Talking openly about mental health can reduce misconceptions and stigma and can encourage those who are suffering to seek help and find a support network. This month also provides an opportunity for fundraising, outreach, and awareness events. This, in turn, can help support research, fund treatment options and connect advocates to create a brighter, more promising future of mental care.

The year's theme, More Good Days Together, encourages us all to reflect on what a "good day" looks like, both for ourselves and our community. Together, we can use that insight to connect people to the right support, at the time and shape advocacy, education, and community engagement to make more good days possible.

THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY RESIDENT DIANA P.



10.12 - COLUMBUS/INDIGENOUS PEOPLE DAY

Columbus Day is a national holiday in many countries of the Americas and elsewhere, and a federal holiday in the United States, which officially celebrates the anniversary of Christopher Columbus's arrival in the Americas. He went ashore at Guanahani, an island in the Bahamas, on October 12, 1492. On his return in 1493, he moved his coastal base of operations to the island of Hispanola, in what is now the Dominican Republic and established the settlement of La Isbella, the first permanent Spanish settlement in the Americas.



Christopher Columbus was an Italian explorer from Genoa, who led a Spanish maritime expedition to cross the Atlantic Ocean in search of an alternative route to the far east. Columbus believed he sailed his crew to the East Indies, but Europeans realized years later that his voyage landed them in the New World. His first voyage to the New World was made on the Spanish ships Nina, Pinta and Santa Maria and took about three months.

The crew's arrival in the New World initiated the colonization of the Americas by Spain, followed in the ensuing centuries by other European powers, as well as the transfer of plants, animals, culture, human populations and technology between the new and old worlds, an event referred to by some late 20th century historians as the Columbian exchange. The landing is celebrated as Columbus Day in the United States, but the name varies internationally. The first Columbus Day celebration took place on October 12, 1792, when the Columbian Order of New York held an event to commemorate the 300th anniversary of the historic landing.



Indigenous Peoples' Day is Monday, October 14. Indigenous Peoples Day has been recognized for decades, under different names, to celebrate Native Americans' history and culture and to recognize the challenges they continue to face. In 2021, President Biden issued a presidential proclamation of Indigenous Peoples Day. He said the day is meant to "honor America's first inhabitants and the Tribal Nations that continue to thrive today."

THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY RESIDENT DIANA P.

11.8 - DIWALI

NOVEMBER 8TH - DIWALI शुभ दिवाली

Diwali is the five-day Festival of Lights. Originating in India, is a key Hindu festival celebrated by Indians religious beliefs. The festival falls between mid-October and mid-November but the exact dates change each year and are determined by the position of the moon. The name is derived from the Sanskrit(Ancient language of India)term “Deepavali”, meaning “row of lights.” One of the main stories in Hindu mythology, Diwali is the day when an evil king Ravana, in Lanka (which some people associate with Sri Lanka) captures Rama’s(one of the incarnations of the god Vishnu, the Prince of “Ayodhya”) wife Sita Devi. He “builds up an army of monkeys” to rescue her. The monkeys “build a bridge over from India to Sri Lanka, and they invade Sri Lanka, free Sita after 14 years in exile (vanvas)and kill that evil king Ravana. The villagers lighting the streets and every home of the city with rows of lamps(diyas) to welcome return to their homeland . Lighting lamps in the evening,



draw rangoli(beautiful patterns made using colorful powders and flowers)on the floor by the entrance of their homes, watch fireworks, devotional prayers has to long been one of the ways that Hindus celebrate Diwali. Diwali is a time for family, friends & relatives get together, wear traditional clothing, exchange sweets and gifts and charity to the needy people. Festivals give positive energy, break the monotony of daily life and most of all bring community together.

***THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT:
SHELLY Q.***

10.31 - HALLOWEEN

Halloween is yearly celebration observed on October 31 featuring traditions like trick or treating, costume wearing, and carving jack-o-lanterns. The holiday began from the ancient Celtic Festival of Samhain, where people lit bonfires and wore costumes to ward off ghosts.



The name comes from All Hallows Day and All Saints Day. Overtime it transformed into a secular community celebration focused on parties, candy, and spooky fun. Some popular traditions include children and adults dressing up as monsters, heroes, or pop culture icons, kids visiting neighborhood homes to collect candy and treats and homes displaying fake spiderwebs, skeletons lights and carved pumpkins. Horror classics like the Halloween Franchise and Halloween (1978) remain seasonal staples.

THIS HOLIDAY HIGHLIGHT WAS SPONSORED BY DIANA P.

AUTUMN WORDSEARCH

See if you can find all the words in this puzzle



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

AUTUMN

COZY

FALL

OCTOBER

BREEZY

CRISP

HARVEST

ORANGE

CHILLY

EARTHY

LEAVES

RUSTLING

