

# THE CLARION

## July 2024



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.



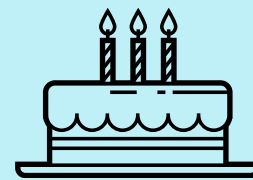
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10AM Revisar el boletín "Clarion" de julio en español 10:30AM Culepepper Ladies Club (MPR-C) <i>Canada Day</i>	8:30am Coffee with Mai (5FL) 1:00pm Bingo and Exercise (MPR B) 2:00pm Rosary (MPR A)	11:00am PAL Pets (AL 6FL) 1:30pm Mobile Library Visit (Dining) 5:00pm Rummikub (5FL)	10:00 Color and Chat (4FL) 1:30 Mindful Stretching with Barbara (MPR B) 2:00 Current Events with Bart (AL 8FL) <i>Independence Day (US)</i>	11:30AM - 1PM : 5 AFAC Grocery Pick Up	11AM Video Exercise (MPR B) 2PM Board Games (5FL)
10:15AM Catholic Mass (MPR-A) 2PM Protestant Service (AL 8FL)	Target Loop 6:30PM Board Games (5FL) <i>Hijri - Islamic New Year</i>	8:30am Coffee with Mai (5FL) 1:00pm Bingo and Exercise (MPR B) 2:00pm Rosary (MPR A) 3:30 VHC Stretch Clinic (MPR B)	5:00pm Rummikub (5FL)	9:00am Coffee Talk with Paul (Dining) 10:00 Color and Chat (4FL) 1:30 Mindful Stretching with Barbara (MPR B) 2:00 Current Events with Bart (AL 8FL)	11:30AM - 1PM 12 AFAC Grocery Pick Up 3PM: English Conversation (MPR-C)	11AM Video Exercise (MPR B) 2PM Board Games (5FL)
10:15AM Catholic Mass (MPR-A) 2PM Protestant Service (AL 8FL)	Podiatry Clinic (Appointment Only) 10:30AM Culepepper Ladies Club (MPR-C) 1PM: Educational Film and Discussion - Disability Pride (MPR)	8:30am Coffee with Mai (5FL) 1:00pm Bingo and Exercise (MPR B) 2:00pm Rosary (MPR A)	1PM: Resident Association Meeting (MPR) 3PM: Healthy Aging Support Group (AL - 8th) 5:00pm Rummikub (5FL)	10:00 Color and Chat (4FL) 1:30 Mindful Stretching with Barbara (MPR B) 2:00 Current Events with Bart (AL 8FL) 2PM Farmer's Market (Outdoors) - RSVP Required	11:30AM - 1PM 19 AFAC Grocery Pick Up 2PM: Music with Doug (Lobby)	11AM Video Exercise (MPR B)
10:15AM Catholic Mass (MPR-A) 2PM Protestant Service (AL 8FL)	1PM - 2PM: Navigating Medicare.Gov (Computer Lab) 6:30PM Board Games (5FL)	8:30am Coffee with Mai (5FL) 1:00pm Bingo and Exercise (MPR B) 2:00pm Rosary (MPR A)	5:00pm Rummikub (5FL)	10:00 Color and Chat (4FL) 1:30 Mindful Stretching with Barbara (MPR B) 2:00 Current Events with Bart (AL 8FL) 2PM Catholic Mass (MPR A) 3PM: Music with Val (Lobby)	11:30AM - 1PM 26 AFAC Grocery Pick Up 3PM English Conversation (MPR-C)	11AM Video Exercise (MPR B) 2PM Board Games (5FL)
10:15AM Catholic Mass (MPR-A) 2PM Protestant Service (AL 8FL)	Dermatology Clinic (Appointment Only)	Hearing Clinic (Appointment Only) 8:30am Coffee with Mai (5FL) 1:00pm Bingo and Exercise (MPR B) 2:00pm Rosary (MPR A)	1:30PM Birthday Ice Cream Social (Dining) 5:00pm Rummikub (5FL)	<i>ADA Anniversary</i>		



Type the name, address, and other information about your community/company here.



# HAPPY BIRTHDAY



## *Happy July Birthdays:*

07/01- Deanna B.	07/11- Liz M.
07/01- Loan D.	07/12- Carolyn J.
07/01- Wendy D.	07/14- Margarita C.
07/01- Mohamed M.	07/15- Peggy G.
07/02- Yohannes K.	07/15- Bo R.
07/05- Glenn M.	07/17- Tae P.
07/06- Muriel B.	07/17- Sherwood W.
07/06- Gerie N.	07/18- Martina K.
07/06- Julia K.	07/24- Charlie D.
07/08- Mai N.	07/24- Julie P.
07/11- Bria B.	07/31- Kathy W.

## **BIRTHDAY PARTY ICE CREAM SOCIAL**

**Wednesday, July 31st**

**1:30PM - 2:30PM**

**Dining Room**

**Come join us for Ice Cream and Cake!**

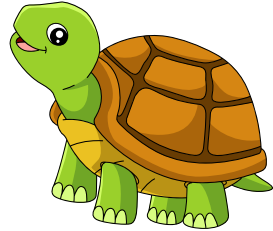
**MONTHLY BIRTHDAY PARTIES SPONSORED BY:  
THE RESIDENTS' ASSOCIATION**



Dear Residents, Families & Friends of Culpepper Garden,

We hope this newsletter finds you well and enjoying the warmth and beauty of July here at Culpepper Garden. We have some exciting updates to share with you this month that we're sure will bring a smile to your face!

**Welcome Our Newest Resident:** Miss Elizabeth the Turtle! First and foremost, we are thrilled to introduce the newest addition to our community, Elizabeth! Elizabeth is quickly becoming a beloved member of our family here. Starting next week, you may spot her in her cozy habitat on the 6th floor of Assisted Living. Please do not touch or feed Elizabeth however, feel free to stop by to visit with her.



**Celebrating Independence Day:** On July 3rd, the kitchen will be offering a special holiday themed menu to include hotdogs, hamburgers, coleslaw and other goodies. On July 4th we will be offering free popsicles with a mini-American flag. IL Residents can pick up their popsicles on July 4th at 2pm in the main dining room. AL residents can pick up their popsicle and flag at 2p in the 6th floor Assisted Living Dining Room.

**Welcoming New Staff:** Asiatu Jalloh has joined us as the Director of Nursing for Assisted Living. Asiatu is an RN/BSN and brings a wealth of nursing experience, including 10 years at Coordinated Services Management and 4 years at Sunrise. Asiatu can be reached via email at [ajalloh@culpeppergarden.org](mailto:ajalloh@culpeppergarden.org). Frances Baysah, joined us as the Assistant Director of Nursing for Assisted Living. Frances comes to us with 18 years of nursing experience from Watermark Retirement Community and Unity Health Center. Frances can be reached at [fbaysah@culpeppergarden.org](mailto:fbaysah@culpeppergarden.org).

Thank you for being a part of our wonderful community here at Culpepper Garden. We look forward to sharing more moments of joy, companionship, and new experiences with you in the coming months.

*Warm regards, Stacey Hayward*

## FROM THE DESK OF PROPERTY OPERATIONS

1. As a reminder resident aides doing laundry are to use the Garden Level laundry room only. The unit level laundry rooms are to be used by residents bringing their own laundry to the machines.
2. Thank you residents for all the cooperation and patience with the numerous official inspections in Independent Living. These were mandated inspections by the organization and state. In general the inspections went very well and everyone patience is greatly appreciated!
3. During inspections we noted many residents struggling with housekeeping. The lease requires residents to keep their units in clean and orderly condition at all times. Over the coming months we will be working with residents to improve housekeeping.
4. New patio furniture is being installed at the main entrance. Enjoy!

### Paul's Prose

Seek it. Always strive, and reach. Effort and strain for it,  
Elusive reward out of reach. Got it! Joy in the achievement.



**Coffee Chat With Paul**  
**Thursday, July 11th**  
**9AM - 10AM**  
**Dining Room**

**Administrative Team****Stacey Hayward:** Executive Director**Paul Timpane:** Director of Property Operations**Ray Reyes:** Director of Plant Operations**Olga Peay:** Business Office Manager

Director of Plant Operations

**Niveen Laa:** Director of Compliance**Angela Scott:** Staff Accountant**Sharon Davis :** Director of Admissions**Samantha Herbel:** Leasing Coordinator**Ron Reid :** Director of Dining Services**Marta Hill Gray:** President of Culpepper Garden**Jasmin Witcher:** VP, Development**Laura Orihuela:** Community and External Relations**Independent Living****Rebekah Pearson:** Director of Resident Services**Kiarra Clark:** Service Coordinator**Assisted Living****Asiatu Jalloh :** Director of Nursing**Frances Baysah:** Assistant Director of Nursing**Gloria Debose:** Unit Coordinator**Renita Payne:** Service Coordinator**Colleen Boltri:** Life Enrichment Director**CONTACT US****703-528-0162****EMPLOYEE OF THE MONTH:****Hoa Sandara**

Hoa received four nominations, from both Independent and Assisted Living residents. She has been chosen for her positive attitude and her care towards the residents of Culpepper Garden. Hoa is friendly, helpful, and kind (and she makes a great caramel bread pudding!). She shows her interest in the residents and in helping make sure everyone has a wonderful dining experience while at Culpepper Garden.

**Interview with Staff:****How long have you been at Culpepper Garden?**

I have been here for 14 years!

**What do you like about your job?**

I really enjoy that I can fulfill the resident's and staff's happiness.

**Where are you from?** I was born in Laos. My father married 2 Vietnamese wives and then married my mother. I am the 11th child of the third wife and I have 21 brothers and sisters.

**If you could do anything on your bucket list what would it be?**

I would like to travel around the world.

**If you could have dinner with anyone, who would it be?** I would rather have dinner with a lot of people like my family and close friends.

**Tell us a fun fact about yourself!** I really enjoy making people laugh and keep them happy.

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

Be the best person you can be and open your heart to doors and people.

**What is your favorite thing to do in your free time?** I enjoy my long car rides with my husband.

We often go to the mountains of Shenandoah.

**Suggestion boxes are a way to  
ADVOCATE!**

Please make use of all suggestion boxes located on the property:

- Dining Services: in the dining room
- Resident Association: Beside the Front Desk
- Resident Services: Garden Level, between the Resident Services Offices



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

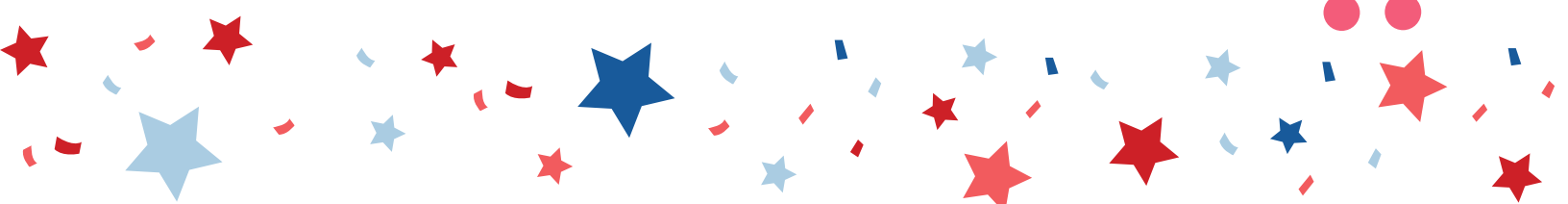
**CHECK YOUR FLYER BOX  
FOR UPDATES AND NOTICES**  
YOUR FLYER BOX IS BELOW  
YOUR APARTMENT NUMBER



Flyer boxes will be emptied and contents recycled on the last day of every month.

**Shopping Cart Policy**

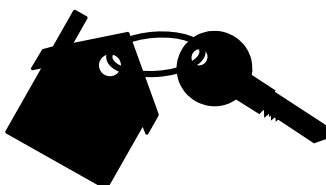
- All carts must be signed in and out from the front desk
- Please do not enter the admin area behind the desk
- Shopping carts are limited to 15 minute check out times



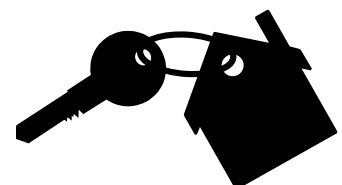
**RECERTIFICATION / COMPLIANCE**

**Have you received a recertification packet, or a letter regarding your subsidy that you don't understand?**

Please complete a Compliance Appointment Request Form at the front desk, and we would be happy to meet with you to discuss your current needs, and questions.



Director of Compliance  
Niveen Laa  
703-528-0162 Ext. 133  
nlaa@culpeppergarden.org



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.

# Revisar el Boletín “Clarion” de Julio en Español July 1 : 10AM MPR C

## TRADUCCIÓN AL ESPAÑOL CON DÚGLAS

¿Necesita a alguien ayudar en comunicar mejor con los miembros del personal de Culpepper Garden?

Doug Schroeder se unirá a Culpepper Garden para ayudar con los servicios de traducción en español.

Para hacer una cita llama a Dúglas por  
tel: 703-615-7062

- Información de recertificación
- Problemas de mantenimiento
- Necesidades de servicio al cliente
- Referencias de Servicios para Residentes
- Transporte
- Reuniones de gestión

### Celebrate Language Diversity!

If your phone has access to the internet, you have access to a mobile translator. Check out the Google Translate app as a tool of communication!

언어 다양성을 축하하세요!

휴대전화가 인터넷에 연결되어 있으면 모바일 번역기에 액세스할 수 있습니다.  
의사소통의 도구인 Google 번역 앱을 확인해 보세요!

¡Celebre la diversidad lingüística!

Si su teléfono tiene acceso a Internet, tiene acceso a un traductor móvil.  
¡Mira la aplicación Google Translate como herramienta de comunicación!



**INDIVIDUAL MEAL TICKETS \$12**

See a member of Resident Services to discuss joining on a meal plan!

**DINING ROOM REMINDER**

Please be patient and kind while in the dining room. This is an inclusive space for all Culpepper Garden Residents.

The suggestion box is available for use. If you have any questions or concerns, please let us know.

Thank you!

**Director of Dining Services: Ron Reid**

703-528-0162 Ext. 136 or rreid@culpeppergarden.org

**MEAL PLANS**

15 meals - \$140

30 meals - \$270

60 meals - \$485

90 meals - \$585



**Independence Day Cook-Out**

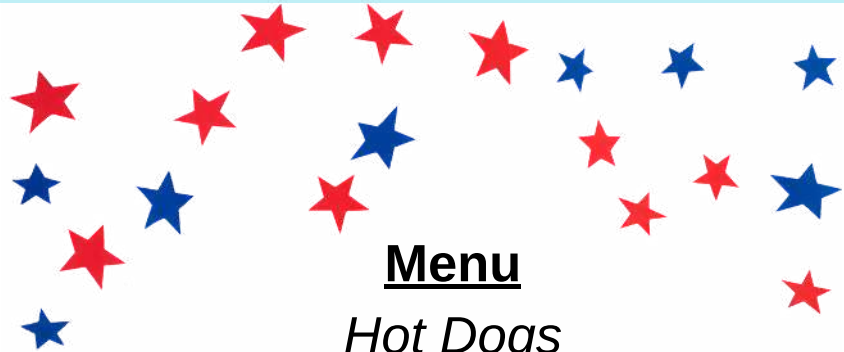


**July 3rd**

**Dining Room**

**11:30AM - 1PM**

Use your meal plan, or purchase a \$12 meal ticket with the front desk, to participate in the Independence Day fun!



**Menu**

*Hot Dogs*

*Burgers*

*Italian Sausage*

*Drinks*

*Ice Cream Novelties*

**Summer Nutrition Tip: Stay Hydrated!**

Stay healthy in the heat! Drink lots of water, and eat hydrating foods such as: fruits, vegetables, jello, pudding, broths, and yogurts!



# NUTRITION UPDATES



## **CULPEPPER GARDEN AFAC DISTRIBUTION**

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

**MULTIPURPOSE ROOM**

\*\*If you are unable to pick up your food, please coordinate with a neighbor or friend to pick up for you - no delivery will be accommodated (if you are sick, please call Resident Services)\*\*

## **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

- 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.



## **FARMER'S MARKETS 2024**

Join us at our first market of the season to shop for fresh, locally grown, fruits and vegetables. Sponsored by: Fresh Farms

*Accepted forms of payment: Coupon, Cash, Credit/Debit Card, and EBT*

**Coming Soon! Coupon Applications!**

*(Applications will be distributed into flyer boxes, once available)*

**FRESH FARMER'S MARKET**  
**JULY 18TH (2PM - 3:30PM)**

**Location - Gibboney Walk (Outdoors)**

*Don't forget to pre-register in the yellow lobby binder! Pre-registration helps us accurately order enough food for the market.*



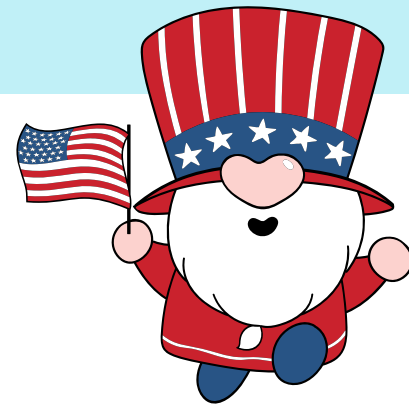
**July Resource Highlight:**

**AFAC (Arlington Food Assistance Center)**

# 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 and 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.*

## Rebekah Pearson

Director of Resident Services  
703-528-0162 Ext. 141  
rpearson@culpeppergarden.org



## Kiarra Clark

Resident Services Coordinator  
703-528-0162 Ext. 142  
kclark@culpeppergarden.org

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

## Resident Services Annual Survey.

July 1st - July 14th

Be on the lookout for our surveys!  
Surveys will be available in flyer boxes on July 1st and will be due to Resident Services on July 14th.



Completing surveys provides reliable data that can be utilized by our teams to improve systems, operations, and programs!

**Please return the completed survey in the secured lock box outside of Resident Services, or slide it under our doors!**

# EDUCATIONAL EVENTS

## DISABILITY PRIDE EDUCATIONAL FILM

### “INCLUDING SAMUEL” (2007)

**MONDAY, JULY 15TH : 1PM - 3:30PM**

## Multipurpose Room

**Join us for an Educational Film and Disability Inclusion Discussion with Resident Services!**

### Movie Plot:

Before his son Samuel was diagnosed with cerebral palsy, photojournalist Dan Habib rarely thought about the inclusion of people with disabilities. Now he thinks about inclusion every day. Shot and produced over four years, Habib's award-winning documentary film, Including Samuel, chronicles the Habib family's efforts to include Samuel in every facet of their lives. The film honestly portrays his family's hopes and struggles as well as the experiences of four other individuals with disabilities and their families.



## INCLUDING SAMUEL

AS SEEN ON PUBLIC TELEVISION



A DOCUMENTARY BY DAN HABIB  
www.includingsamuel.com



**Closed Captions will be available. Bring your own movie snack!**

## HOW TO NAVIGATE MEDICARE.GOV

**MONDAY, JULY 22 : 1PM - 2PM**

### Computer Lab (Garden Level)

**Join the Resident Services Team in the computer lab for an interactive workshop of Medicare.Gov**

*You can bring your own laptop, or use one of the computers in the lab to participate.*

**We will be learning how to review provider ratings, and find providers and services near us!**



# CLINIC SPACE

## VISION CLINIC TBD

Please put your name in the Yellow Clinic Binder if you are interested in being added to future appointments, as available.

## PODIATRY (FEET) JULY 15

**Sponsored by: Dr. Breiner and Associates**  
Please schedule your appointment by adding your name to the sign up binder.

## DERMATOLOGY (SKIN) JULY 22

**Sponsored by: Onsite Derm**  
Please schedule an appointment by calling:  
877-345-5300

## HEARING LIFE (EARS) JULY 30

**Sponsored by: Hearing Life**  
Please schedule your appointment by adding your name to the sign up binder. Join us for our Independent Living Pilot Clinic with Hearing Life!  
Free Ear Exams (Video Otoscope)  
Free Hearing Aid Cleaning  
Optional Hearing Aid Purchases

## BLOOD PRESSURE CHECKS

*Marymount students are on summer break - they will return in the fall for future blood pressure screenings.*

## Physical Therapy Screenings

To schedule an appointment with Powerback Rehabilitation call:  
**571-800-8693**

## GW MENTAL HEALTH

All spots are currently full: Sign up for the waitlist with Resident Services!



*Please remember what you've signed up for, show up on time, and be polite!*

# HOLIDAYS

## DISABILITY PRIDE MONTH

The American Disabilities Act (ADA) was signed into law by George W. Bush on July 26, 1990. It protects applicants and employees with disabilities, including veterans, from employment discrimination. However, it does so much more through the types of disabilities it covers. For instance, in the 1950s, when I was in grade school there was virtually no help for students with physical, learning, and emotional disabilities. These students were often labeled “crippled” or “retarded”!

In today's world, there has been much progress achieved. Assistance is offered to individuals covered by the ADA, including students that have autism and others that have anxiety, depression, PTSD. Personally and professionally, I am extremely grateful for the ADA.



*THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT: MARYBETH J.*

## INDEPENDENCE DAY - JULY 4TH

Fourth of July celebrates the Freedom and Independence of America. This was the day that the Declaration of Independence was signed, in 1776.



*Happy  
4th  
of July*

**This is my story, about what America means to me.**

I have been in America for 42 years. The American people welcomed me and my family into the golden door, the land for all people and refugees. I have been in this country since 1982 with four children. We came to America after the government in my country fell. I lost my husband, and my eldest son. The first time living in a new land is not easy. It was hard to find a job. I took any job I could to take care of my children.

However, I had great luck, and I met many people who helped me. They had good hearts, generosity, kindness, and compassion. I will never forget them. I will appreciate them with all of my heart.

America is the great Freedom county. There are many benefits and opportunities for all the people who live here. After 42 years, I thank God. All of my children have grown up. They have good jobs, family, and children of their own. I am grateful to live here at Culpepper Garden.

With all of my heart I appreciate the Dream Country.

God Bless America.

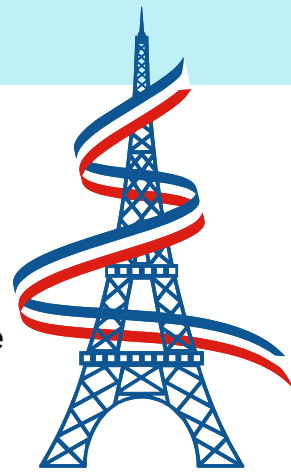
Love, Mai

*THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT: MAI N.*



**BASTILLE DAY: JULY 14TH, 1798**

**French Revolution: National Holiday**



"La Bastille" was built between 1370 and 1383 during the reign of Charles V to protect Paris from the English invasion. This war is remembered as the "Hundred Years War." The Bastille was converted into a state prison in the 1700's under Cardinal Richelieu, Louis XIII's Chief Minister and clergyman. The King could send anyone to jail without trial, release date and no appeal. At the time of the assault, only 7 prisoners were incarcerated.

The Bastille was a powerful symbol of oppression in the eyes of the "commoners". The King and Queen lived lavishly even when France was in a dire financial crisis. The people had to deal with severe food shortages, high taxes and mass unemployment. They were starting to revolt.

In May 1789, the King tried to resolve the issues by gathering representatives from the 3 social orders or "estates"; the First one being the Clergy, the Second, the Nobility and the Third, the largest group, the Commoners. The latest had formed a National Assembly inspired by the American Revolution and demanded the creation of a constitution.. The King's efforts backfired when he refused to do so. So the Revolutionaries and Parisians stormed the Bastille. This ended the reign of the Bourbons dynasty . There are still living descendants of the Bourbons..

Our celebration is similar to the 4th of July here. The oldest military parade takes place on the Champs Elysees followed by people dancing and singing in the street and fireworks.

***THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT: MYRIAM B.***



PARIS 2024



**SUMMER OLYMPICS 2024**

**JULY 26TH - AUGUST 11TH**

PARIS, FRANCE

***(Tune in on NBC or Peacock)***



PARIS 2024



**Opening Ceremonies: July 26th at 12PM EST**

**Summer Olympics Events!**

- Swimming/Diving
- Gymnastics
- Golf
- Track and Field / Running
- Cycling
- Archery
- Basketball
- Fencing
- Equestrian
- Volleyball
- Skateboarding
- Martial Arts
- Boxing
- Baseball
- Badminton
- Boating
- Surfing
- Shooting
- Wrestling
- **AND MANY MORE!**



***Senior Olympics Coming soon:  
September 2024***

Want to learn more about the local Senior Olympics? Reach out to me! I would be happy to chat with you about it!

***THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENT:  
CAROL R.***



# EXERCISE AND FITNESS

## VHC STRETCH CLINIC

**TUESDAY, MAY 14  
AT 3:30PM**

### Multipurpose Room

Join VHC in a Stretching Class to improve your health and wellness!

Are you interested in additional fitness programs?

Check out all of the amazing 55+ Programming happening at Lubber Run and other community centers!

703-228-4747

**Applications are available with Resident Services for Arlington County 55+ Registration and Fee Reduction!**

## RESIDENT LED EXERCISE PROGRAMS

### Mindful Stretching with Barbara

Thursdays

1:30PM - 2:30PM

Multipurpose Room A

### Video Exercise with Gail

Saturdays

11AM - 12PM

Multipurpose Room A

## BINGO

### Bingo and Exercise with Gail

Tuesdays

(Beginning May 14th)

1PM - 2PM

Multipurpose Room A



### Resident Services Exercise Bin:

Resident Services has 4 exercise DVD's available for resident use.

#### Available Videos:

- Stronger Seniors, Chair Exercise Program
- Strong and Active, Beginner and Senior
- Zumba 101
- Yoga for Seniors

***If you have not signed your exercise waiver, please see Resident Services ASAP!***

# RESIDENT LED PROGRAMMING

## GAMES

### **Rummikub**

Every Wednesday at 5PM  
5th Floor CGII Lobby

Sponsored by: Karyl and Barbara

### **Board Games**

Every other Monday at 6:30PM  
5th Floor CGII Lobby  
Sponsored by: Karyl

### **Board Games**

Every other Saturday at 2PM  
5th Floor CGII Lobby  
Sponsored by: Karyl

## CONVERSATION

### **Ladies Club**

First and Third Monday at 10:30am  
Multipurpose Room C  
Sponsored by: Bo

### **Coffee Talk**

Every Tuesday at 8:30am  
5th Floor CGII Lobby  
Sponsored by: Mai

### **English Conversation**

Every other Friday at 3pm  
Multipurpose Room C  
Sponsored by: Barbara

## **Want to start a program?**

Complete an event request form with Resident Services to reserve a space, and request advertising!!

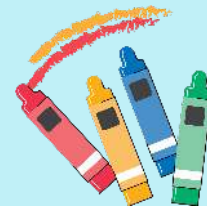
## **Questions about Events and Programs?**

*Activity Office Hours with Resident Services*  
Friday mornings: 8:30AM - 9:30AM

## ART

### **Color and Chat**

Every Thursday at 10AM  
5th Floor CGII Lobby  
Sponsored by: Karen



**Sign up to show a movie using the Movie Night Clipboard - located on the Lobby Table.**

**\*\*By signing up to show a movie - you are committing to having the movie, and running the event\*\***



# VOLUNTEER LED PROGRAMMING

## BOOKS AND MORE!

### MOBILE LIBRARY

*Sponsored by: Arlington County Library*

**Wednesday, July 3**

**1:30PM - 2:30PM**

**Dining Room**

*(Monthly - First Wednesday)*

No RSVP needed! Just show up!

*Los libros en español están disponibles,  
previa solicitud.*



# Arlington Public Library

**Visit Your Local Library!**

1015 N Quincy St

Arlington, VA 22201

**(703) 228-5990**

## MUSIC!

**Afternoon Piano with Val**

3PM: Thursday, July 25th

Lobby

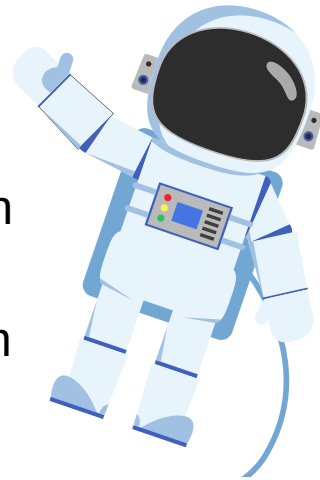


## NASA!

Thursday, July 18th

7PM

Multipurpose Room



## SPIRITUAL PROGRAMMING

**CHECK OUT THE SPIRITUAL BULLETIN BOARD BY MPR-C FOR UPDATES!**

### Catholic Services

**Sponsored by: St. Thomas Moore**

#### **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**

Cancelled in June - Returning in July

***Culpepper Garden is a safe place for  
all religious practices.***

***Please let us know how we can best  
support you!***

# ASSISTED LIVING UPDATES

## HEALTHY AGING SUPPORT GROUP

Wednesday July 17th  
3PM  
AL- 8th Floor

No RSVP needed! Just show up!

*Come chat with Colleen, our Life Enrichment  
Director about Healthy Aging!  
Everyone is welcome!*

## Glam Girls with Renita: Grief and Loss

Join Renita in a discussion about  
grief and loss. All are welcome!

**Date and Time TBD**

Keep an eye out in the elevators for  
more details!



11AM: Wednesday, July 3rd  
Assisted Living -6th Floor

## FOURTH OF JULY PARTY!

Thursday, July 4th  
2PM - 3PM  
AL- 6th Floor

No RSVP needed! Just show up!



## Resident Services Jazzercise

Join our Resident Services  
Coordinator, Renita in a fun  
afternoon Jazzercise Class!

**Date and Time TBD**

## AL Resident Services Fundraiser!

Are you tired of carrying that heavy  
bag on your back?

**\$5 Walker Bags for SALE!**

*See Renita in CGIII Resident  
Services, to purchase a bag!  
All proceeds go to the the Assisted  
Living Resident Services Fund.*

# RESIDENT ASSOCIATION NEWS

Hi Everyone,

Well, if you missed the Summer Blast on the 25<sup>th</sup>, you missed a lot of good food, music, cash prizes and lots of Bingo for our bingo lovers! Wow, there was no way to predict how successful this event would be. I believe that we had somewhere between 75 & 100 residents attend the event! Thank you all for your attendance. What great support for the association and what we try to do for you.

So, for those who may not have been there for the announcement of winners here are the key ones: Red pot & Green pot for the 50/50 Raffle each won \$100. Gail Van Buren won one and the association won the other one (yay, \$\$\$ in the bank). Gentry & Lilli each won \$25 and Elaine F won the tv (what a lucky lady). So, how did we do financially? We took in \$828 including our winning of the 50/50 Raffle and our expenditure totaled \$216 so our **net profit from the event was \$612**. That is basically 5 months of Birthday Ice Cream Socials! I can't thank all the volunteers enough for all the assistance they made in making this event such a success! Whether you toiled by your oven to make cookies or cupcakes or worked at the event, your volunteering helped. That is what community is like and that is Culpepper Garden.

*Karyl*

**Monthly Association Meeting**  
**Wednesday, September 18<sup>th</sup>**  
**1 pm, MPR**

Traducción al español disponible      Everyone is welcome!

***Have a great summer!!!***



*Summer*  
**Blast**  
**Kudos to All!!!**

**Thanks to all the volunteers  
who worked to make this event  
successful!**

**Whether you helped the day of the event,  
donated items to the Silent Auction or  
Bought or Baked Sweet Treats - we  
appreciate your help.**

Special Thank you to CG who donated  
hot dogs, hamburgers & the 40" tv!



# *IN MEMORIAM*

**Elisa DiCenzo**

January 24, 1922 - June 21, 2024

Resident since 2006



**Gloria Liberatore**

January 11, 1931 - June 2, 2024

Resident since 2011

**“What we have once enjoyed, we can never  
lose. All that we love deeply becomes part of  
us.”**

Hellen Keller



