

THE CLARION

August 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**

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



AUGUST 2024

4
10:15AM: Catholic Communion - Spiritual (MPR-A)
2PM: Protestant Service - Spiritual (AL 8th Fl)

5
10:30AM: Ladies Club with Bo (MPR-C)
1PM: Rapid SOS with Arlington County Fire Department (MPR)
6:30PM Board Games (5th Fl)

6
8:30AM: Coffee Talk with Mai (5th Fl)
1PM: Bingo and Exercise (MPR-B)
2PM: Rosary - Spiritual (MPR-A)

7
11AM: PAL Dogs (AL - 6th Fl)
1:30PM: Mobile Library Visit (Dining)
5PM: Rummikub (5th Fl)

8
1:30PM: Mindful Stretching (MPR-B)
2PM: Current Events Group (AL-8th Fl)
3PM: Music with Val (Lobby)

9
11:30AM - 1PM: AFAC Pick Up (MPR)
3PM: English Conversation Group (MPR-C)

10
11AM: Video Exercise (MPR-B)
2PM: Board Games (5th Fl)

11
10:15AM: Catholic Communion - Spiritual (MPR-A)
2PM: Protestant Service - Spiritual (AL 8th Fl)

12
Target Loop (sign up required)

13
8:30AM: Coffee Talk with Mai (5th Fl)
10AM Coffee and Donuts with a Nurse Practitioner (MPR)
1PM: Bingo and Exercise (MPR-B)
2PM: Rosary - Spiritual (MPR-A)
3:30PM: VHC Stretch Clinic (MPR-C)

14
2PM: Catholic Mass - Spiritual (MPR-A)
3PM: Healthy Aging Support Group: Managing Anger (AL - 6thFloor)
5PM: Rummikub (5th Fl)

15
1:30PM: Mindful Stretching (MPR-B)
2PM: Current Events Group (AL-8th Fl)
2PM: Pop Up Farmer's Market (Outdoors)

16
10:30AM Jazzercise (AL 6th Floor)
11:30AM - 1PM: AFAC Pick Up (MPR)

17
11AM: Video Exercise (MPR-B)

18
10:15AM: Catholic Communion - Spiritual (MPR-A)
2PM: Protestant Service - Spiritual (AL 8th Fl)

19
Podiatry Clinic (By Appointment)
10:30AM: Ladies Club with Bo (MPR-C)
1PM: Educational Film "Up" and Loneliness Discussion - Resident Services (MPR)
6:30PM Board Games (5th Fl)

20
8:30AM: Coffee Talk with Mai (5th Fl)
1PM: Bingo and Exercise (MPR-B)
2PM: Rosary - Spiritual (MPR-A)

21
2PM: Un Cafecito Con Andres Tobar (MPR-B)
5PM: Rummikub (5th Fl)

22
1:30PM: Mindful Stretching (MPR-B)
2PM: Current Events Group (AL-8th Fl)
7PM: NASA (MPR)

23
10:30AM Jazzercise (AL 6th floor)
11:30AM - 1PM: AFAC Pick Up (MPR)
2PM: Glam Girls Discussion (AL 6th Floor)
3PM: English Conversation Group (MPR-C)

24
11AM: Video Exercise (MPR-B)
2PM: Board Games (5th Fl)

25
10:15AM: Catholic Communion - Spiritual (MPR-A)
2PM: Protestant Service - Spiritual (AL 8th Fl)

26
Dermatology (Appointment Only)
10AM: Tie Dye Fundraiser! (Sign up Required)

27
Hearing Clinic (Appointment Only)
8:30AM: Coffee Talk with Mai (5th Fl)
1PM: Bingo and Exercise (MPR-B)
2PM: Rosary - Spiritual (MPR-A)

28
1:30PM: Birthday Ice Cream Social (Dining)
5PM: Rummikub (5th Fl)

29
1:30PM: Mindful Stretching (MPR-B)
2PM: Current Events Group (AL-8th Fl)
2PM: Catholic Mass - Spiritual (MPR)

30
11:30AM - 1PM: AFAC Pick Up (MPR)

31
11AM: Video Exercise (MPR-B)

Senior Loop: Tuesdays and Thursdays (Schedules available at the lobby table)



HAPPY BIRTHDAY



Happy August Birthdays:

08/03 - Sook J.	08/14 - Mohamed E.
08/04 - Bashkim C.	08/15 - Alice H.
08/04 - Kiem Thi N.	08/15 - Zizi Z.
08/05 - Jamila R.	08/17 - Rehman H.
08/06 - Don B.	08/24 - Olga C.
08/06 - Hanh P.	08/25 - Doyle D.
08/07 - Karyl M.	08/25 - Lilia R.
08/09 - Bobby J.	08/27 - Lee T.
08/09 - Nancy M.	08/27 - Norman F.
08/10 - Oscar J.	08/28 - Juana A.
08/11 - Juana A.	08/29 - Mark H.
08/11 - Nikhil D.	08/29 - Mary M.
08/11 - Sharon L.	08/30 - Douglas P.
08/13 - John H.	

BIRTHDAY PARTY ICE CREAM SOCIAL

Wednesday, August 28th

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, and Staff,

Welcome to August! As we step into this vibrant month, I wanted to take a moment to reflect on our recent accomplishments and share some exciting plans we have in store for the weeks ahead.

We've concluded a busy month of housing inspections. I want to thank everyone for the patience and grace during this mandatory process. We were able to complete inspections for all buildings without any issues.



Our summer activities have been in full swing, and I am thrilled with the enthusiasm and participation from everyone. Please don't forget to check out our August calendar for Independent Living and Assisted Living to keep up with all the activities that we have planned for the coming month.

As always, I want to extend my deepest appreciation to each of you. To our residents, your participation and joy are the heart of our community. To our families, your support and involvement help us create a nurturing and vibrant environment. And to our staff, your unwavering commitment and compassion are the foundation of our success.



Here's to a fantastic August filled with fun, connection, and cherished moments. Let's make the most of the summer days and continue to build on the wonderful spirit that makes Culpepper Garden a truly special place.

Thank you for being an integral part of our community. I look forward to sharing more joyful experiences with you this month.

Warm regards, Stacey Hayward

FROM THE DESK OF PROPERTY OPERATIONS

- As a reminder, unit doors are to be kept closed at all times. They are not to be propped open for cooking or any other reason. This is a privacy, safety, and courtesy issue.
- Please do not walk the common areas with open beverages. Residents are staining the carpets throughout the building.
- Unfortunately, COVID-19 cases are on the rise again. This can still be a dangerous illness for many. Take precautions as you see fit.

Paul's Prose:

**"Looming in the mist, dancing in the forest.
Wriggling among the loam, skimming the surface.
Darting through the air. Wonderous life."**



**Coffee Chat With Paul
Thursday, August 1st
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**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:****Nelly Naupari**

Nelly's commitment and expertise are nothing short of remarkable. Nelly works the evening shift, a crucial role where she seamlessly manages operations after the management team has left for the day. Her impeccable attention to detail ensures that every resident receives their medications on time, and that our evening operations run smoothly and efficiently. Known for her unwavering dedication, Nelly is always the first to volunteer for extra shifts, ensuring our team is never short-staffed. What truly sets Nelly apart is her exceptional ability to treat each resident like family. Her genuine care and compassion shine through in everything she does, making her an invaluable member of our team. Nelly's hard work and her consistent willingness to go above and beyond make her a cherished asset to our community. Congratulations, Nelly! Your tireless efforts and heartfelt dedication do not go unnoticed, and we are deeply grateful for all that you do.

Interview with Staff:**What is your role at Culpepper Garden?** CNA (Certified Nursing Aide) and RMA (Registered Medication Aide) in Assisted Living**How long have you been at Culpepper Garden?** 25 years!**How long have you been at Culpepper Garden?** 25 years!**What do you like about your job?** I love everything!**Where are you from?** Peru**If you could do anything on your bucket list what would it be?**

To keep doing this job!

If you could have dinner with a famous person, who would it be? Angelina Jolie

Angelina Jolie

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

Keep smiling, even in hard times.

What is your favorite thing to do in your free time?

Knitting and Crocheting

Tell us a fun fact about yourself! I love to dance!

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

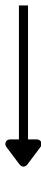
Please make use of all suggestion boxes located on the property:

- 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**

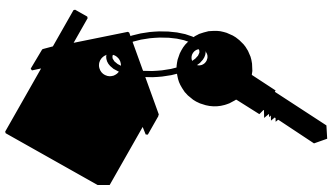


Missing something? Make sure you check out the Lost and Found at the Front Desk. Unclaimed items are removed after a couple weeks!

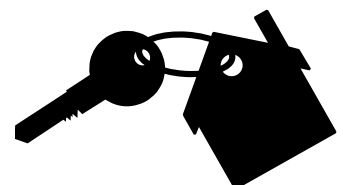
RECERTIFICATION / COMPLIANCE

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.

Grupo de conversación en español

Agosto 21 : 2PM

MPR B

Ven a visitarnos y únete a nuestro miembro de la junta directiva de Culpepper Garden, Andrés Tobar, para una tarde de conversación.

Este evento se lleva a cabo en español.

¡Todos son bienvenidos! Si hablas español, estás aprendiendo español o te interesa el idioma, te animamos a que asistas.

Se ofrecerán refrigerios ligeros.



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!

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

Revisar el Boletín “Clarion” de Julio en Español

Agosto 1 : 10AM

MPR C

¡HOLA!



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!

MEAL PLANS

15 meals - \$140

30 meals - \$270

60 meals - \$485

90 meals - \$585

Director of Dining Services: Ron Reid

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

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.

**P
A
N
T
R
Y**



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

SAVE THE DATE: CULPEPPER CARNIVAL

Independent Living Resident Services Annual Fundraiser!

FRIDAY, SEPTEMBER 6TH : 1:30PM - 3:30PM



Want a tie dye shirt?

Purchase a shirt with Resident Services before August 15th!

\$15 per shirt! (\$10 for residents)

Carnival Highlights

- Splash a staff member (\$1 per throw or \$5 for a guarantee!)
- Raffle Prizes (\$1 per ticket)
- Carnival food (\$1 each)
- Live Music
- Photo Booth
- and more!



EDUCATIONAL EVENTS

RAPID SOS AND FILE OF LIFE

with Arlington County Fire Department

MONDAY, AUGUST 5TH : 1PM - 2PM

Multipurpose Room

- Come learn about Rapid SOS: a new program to keep you safe, and get you help faster!
- Update your File of Life document!
- Learn about ways you can keep safe in your unit with Arlington County Fire Department.



EDUCATIONAL FILM AND DISCUSSION

“UP” (2009)

MONDAY, AUGUST 19TH : 1PM - 3:30PM

Multipurpose Room

Join us for an Educational Film and Discussion about Loneliness and Togetherness.

Movie Plot:

Carl Fredricksen, a 78-year-old balloon salesman, is about to fulfill a lifelong dream. Tying thousands of balloons to his house, he flies away to the South American wilderness. But curmudgeonly Carl's worst nightmare comes true when he discovers a little boy named Russell is a stowaway aboard the balloon-powered house. A Pixar animation.

Explores themes of: Depression, Loneliness, Aging, Friendship, Connection, and Love!



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

EDUCATIONAL EVENTS

Coffee and Donuts with a Nurse Practitioner!

Sponsored by: Global Wellness

TUESDAY, AUGUST 13TH : 10AM - 11AM

Multipurpose Room

- Come learn about Global Wellness, and mobile Primary care Services!
- Enjoy light refreshments
- Ask your questions! (If you would like to schedule an individual time to speak with the nurse,
- there will be a sign up sheet!)



FARMER'S MARKET - AUGUST 15TH

2PM - 3:30PM

Location - Gibboney Walk (Outdoors)

Join us at our Farmer's Market to shop for fresh, locally grown, fruits and vegetables. Sponsored by: Fresh Farms

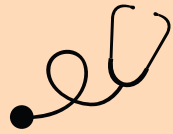
Accepted forms of payment: Coupon, Cash, Credit/Debit Card, and EBT

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


Have a recipe you would like to share? Submit your recipe to Resident Services to be included in a cookbook.

Everyone who submits a recipe will be entered into to win a nutrition related prize!





CLINIC SPACE



On-Site Physical Therapy!

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

RECURRING CLINICS

****Sign up in the yellow clinic binder - located in the Lobby****

Podiatry (Feet) Sponsored by: Dr. Breiner and Associates

- Monthly: Third Monday
- Insurance required

Dermatology (Skin) Sponsored by: Onsite Derm

- Monthly: Fourth Monday
- Please schedule an appointment by calling: 877-345-5300
- Insurance required

Hearing (Ears) Sponsored by: Hearing Life

- Monthly: Last Tuesday
- Free screenings: Optional hearing aid purchases

In Process: Vision Clinic

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

Dental (Teeth) Sponsored by: Fenwick Foundation

- Quarterly - Dates TBD
- Participants must meet eligibility criteria

Blood Pressure Checks with Marymount Students

*On hold for summer break:
blood pressure checks will
return in the fall!*

Mental Health Counseling

*All on-site counseling spots
have been filled. Please
contact Resident Services
to be put on the waitlist,
and call Arlington County
for additional referrals.*

703-228-5160

MONTHLY HEALTH TIP:

DURABLE MEDICAL EQUIPMENT (DME)

What is DME? DME stands for Durable medical equipment. DME is recommended to help improve safety and participation with mobility and activities of daily living.

Does insurance pay for DME? Medicare Part B covers medically necessary DME if your Medicare-enrolled doctor or other health care provider (like your BAYADA therapist) prescribes it for use in your home. You must rent most items, but you can also buy them. Some items become your property after you've made a certain number of rental payments.

Medicare-covered DME includes, but isn't limited to blood sugar meters, bedside commodes, CPAP machines, hospital bed, nebulizers, oxygen equipment, walkers, and wheelchairs.

If you are wondering if you could benefit from DME, or if you think your current DME needs replacement, please reach out to BAYADA at 703-820-2001 and let us see how we can help you.

HOLIDAYS

INTERNATIONAL DAY OF FRIENDSHIP - JULY 30

Join the United Nations in celebrating a day of friendship!

“Through friendship — by accumulating bonds of camaraderie and developing strong ties of trust — we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good.” - United Nations Day of Friendship

POEMS ABOUT FRIENDSHIP

We Are All Just Walking Each Other Home

We met while walking to the free outdoor concert;
The air was thick with heat and humidity. I saw her face and mistook her for someone else;
Our conversation was casual; our chatter soon turned into an exchange of personal life stories.
It all seemed to come easily and smoothly, like we had known each other all of our lives.
“Besties” before the night was over, she dropped my off at my building then she headed to her home, right next door to mine. We exchanged phone numbers and promised to stay in touch... This evening we walked together hand-in-hand to get the most delicious milkshakes – and just walked each other home.

- Anonymous

Oh my friends
Sometimes you are a church
Where I feel safe enough
to kneel
And pray

- Tandy M.



THIS HOLIDAY HIGHLIGHT WAS SUBMITTED BY RESIDENTS: TANDY M. AND ANONYMOUS

BOOK LOVERS DAY - AUGUST 9

The Value of Reading Books: An Essay by Sherwood W.



According to my research on the internet, there are many words describing the value of reading books. They are: vocabulary, expression, writing skills, knowledge, analytical, memory, focus on reading, improve sleep, mental health, entertainment, prevent cognitive decline, improve relationships, exercises the brain, and living longer.

I quote from the website “Today has an article written by Sarah Lemire on January 2023, states that there are 10 psychological, physical perks associated with regular reading. In the Gallop Poll in 2022, Americans read about 12 books a year. One of the major reasons is TV use and internet use of cell phones. Reading books reduces the high risk of dying. Any kind of reading can make any kind of difference. However, Americans have very high stress, mental and physical problems. The report also states reading can contribute to overall knowledge, self care, and conversational skills.”

I enjoy reading books that stimulates the looking up unfamiliar and gaining meanings of words used. I often bring out an American type dictionary or a British one if I am reading a British book. Looking up words while reading creates a better understanding of the literal and implied messages of the reading matter. Reading a wide variety of books broadens my knowledge of authors and the subjects they write.



NATIONAL SMILE WEEK : AUGUST 12 -16

SMILES HELP US STAY HEALTHY & THINK POSITIVE : Written by Resident, Shelly Q.

Smile is a silent facial expression and exercise without sound. Most often connected to a positive experience, to be polite and function as social connectors. A smile represents a natural reaction to joy, love, happiness, and general well being. Our smile and our mind are connected. Brain processes our emotions, and when we're happy it sends a message to our mouth to form a smile. It actually works the other way too.



Smiling is a natural mood booster, helps reduce the body's response to stress and lower heart rate in tense situations, can also help lower blood sugar and blood pressure, boost immune systems, make us feel good from head to toe. Not only do they elevate our mood, it does relax body and reduce physical pain, also making people more likely to want to help when struggling. So next time you're feeling low, don't be afraid to give smiling a try.

Smiling enhances positive emotions. Everyone has both positive and negative emotions swimming around in our mind. When we smile, our brain is aware of the activity and actually keeps track of it. The more we smile, the more effective we are at breaking the brain's natural tendency to think negatively like light a match in darkness.

Smile is a free therapy. Keep on smiling to make others to smile like every morning sun rise with smile which give us day light.



SENIOR CITIZEN DAY - AUGUST 21

National Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude.



President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. *"Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land,"* Reagan proclaimed. *"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."*

His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Here at Culpepper Garden we celebrate our residents who are part of this population and thank them for their contributions to our community and nation.

EXERCISE AND FITNESS

VHC STRETCH CLINIC

**TUESDAY, AUG. 13
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 C

Video Exercise with Gail

Saturdays
11AM - 12PM
Multipurpose Room A



BINGO

Bingo and Exercise with Gail

Tuesdays
1PM - 2PM
Multipurpose Room B

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

Activity Office Hours with Resident Services

Friday mornings: 8:30AM - 9:30AM

****Please fill out an event request form for any programs you would like to lead!****

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

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****



Coming Soon! No Talent - Talent Show

I will be putting on a community wide, No Talent - Talent show! Sign up with me, or at the lobby sign up table to volunteer. I need your help! Thank you in advance! - Bo R.

VOLUNTEER LED PROGRAMMING

BOOKS AND MORE!

MOBILE LIBRARY

Sponsored by: Arlington County Library

Wednesday, August 7

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, August 8

Lobby

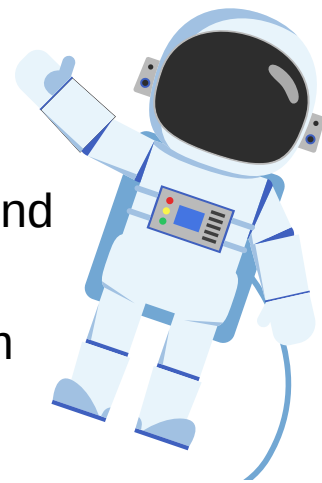


NASA!

Thursday, August 22nd

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

“The Chosen” TV Show

Every Tuesday starting at 5:30PM (AL -
6th Floor)

*Culpepper Garden is a safe place for all
religious practices. Please let us know
how we can best support you!*

ASSISTED LIVING UPDATES

REQUEST A COPY OF THE ASSISTED LIVING NEWSLETTER!

Colleen Boltri, Life Enrichment Director

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

HEALTHY AGING SUPPORT GROUP (MANAGING ANGER)

Wednesday, August 14th

3PM - 4PM

AL- 6th Floor

Everyone is welcome!



11AM: Wednesday, August 7
Assisted Living -6th Floor

Assisted Living Resident Services

Renita Payne

rpayne@culpeppergarden.org

703-528-0162 Ext. 111

Glam Girls

Join Renita in an educational discussion! All are welcome!

August 23rd at 2PM

(6th floor - Assisted Living)

Jazzercise

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

August 16th and August 23rd

10:30AM

Fundraiser!

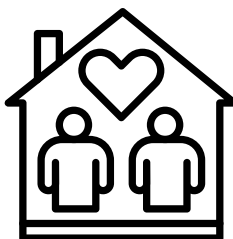
\$5 Walker Bags for SALE!

See Renita in CGIII Resident Services, to purchase a bag!

All proceeds go to the the Assisted Living Resident Services Fund.

Schedule a tour of
Assisted Living!

703-528-0162 Ext. 106



RESIDENT ASSOCIATION NEWS

Hey Everyone,

Short and sweet message this month since there are no association meetings until September 18th. But boy, is it HOT outside! Come join us in the COOL inside for Board Games. Games are held on the 5th Floor CG Lobby. Mondays at 6:30 and Saturdays at 2 pm. Dates for August are:

Mondays: August 5th and 19th

Saturdays: August 10 and 24th

Rummikub every Wednesday at 5pm: Come learn how to play or just join in a game.



Want to play Rummikub when there isn't a time scheduled? Now you can check out the game at the Front Desk for a 4-hour timeframe except from Wednesdays when it's reserved for regular weekly game time.

Did you know? Do you know how to play shuffleboard? Are you aware that there is a beautiful shuffleboard table on the 2nd floor. You can check out playing pieces at the Front Desk.

Are you interested in playing Chess? We have someone who would like to locate playing partners. Leave us a note in the Association Suggestion Box and we'll get you together.

Warm regards, Karyl M.

Resident Association President

Change the First Letter

Make one word into a new word by changing the first letter.

Example: Change a fruit (*melon*) to a criminal (*felon*).

1. Change a tool _____ to a ditch _____.
2. Change a fight between armed forces _____ to a baby's toy _____.
3. Change a woman's garment _____ to a device that uses force _____.
4. Change a poet _____ to a fat used for cooking _____.
5. Change a body of water _____ to a dessert _____.
6. Change an animal _____ to an atmospheric condition _____.
7. Change a bed _____ to a cooking vessel _____.
8. Change a spinning toy _____ to a cleaning implement _____.
9. Change a month _____ to a coniferous tree _____.
10. Change a small pointed missile _____ to a pastry _____.
11. Change a barrier _____ to a British word for pennies _____.
12. Change a type of precipitation _____ to an animal's appendage _____.



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