

THE CULPEPER

A Continuing Care Retirement Community for All Levels of Care

January 2026

Communiqué

The Programming Team

Dawn Kenyon-Smith

Director of Resident Services

dksmith@theculpeper.org

(540) 321-1305

Alexis Fountain

Programming Manager

afountain@theculpeper.org

(540) 321-1307

Betty Brooks

Programming Coordinator

bbrooks@theculpeper.org

(540) 321-1306

Ashley Gore

Cornerstone Leader

agore@theculpeper.org

(540) 321-1319

Alicia Hatcher

Memory Care Programming Assistant

ahatcher@theculpeper.org

(540) 321-1319

Kelli Whorton

Health Care Programming Assistant

kwhorton@theculpeper.org

(540) 321-1067

LifeSpire
of Virginia

Faith. Wellness. Community.

formerly Virginia Baptist Homes



Highlighted Happenings

Tournament of the Roses

Thursday, January 1 at 8 a.m. on Ch 4

Grief Group

Friday, January 2, 9, 16, 23 & 30

at 10 a.m. in the ACT

Scrabble

Friday, January 2, 16 & 30 at 10 a.m. GR

Book Club

Friday, January 2, 9, 16, 23 & 30

at 10:30 a.m. in the Library

Cornhole

Friday, January 2 & 16 at 1 p.m. in the AR

Sewing Group

Friday, January 2, 9, 16, 23 & 30 at 2 p.m.

in the Lobby

Art Class with Crissy from Jewell Tone Music

Monday, January 5 at 10:30 a.m. in the ACT

Chime Choir

Tuesday, January 6, 13, 20 & 27 at 10 a.m.

Virginia History Presentation with Rick Britton

Tuesday, January 6 at 10:30 a.m. in the AR

Come hear public historian Rick Britton on Tuesday, January 6th, at 10:30 a.m., when he'll present "Benjamin Franklin Ficklin; Thrill-Seeker Extraordinaire." Born in Albemarle County in 1827, Ficklin lived a life beyond believability. If something exciting was happening, he was there—if it involved risk, he took it. Out west he fought desperados and Indians. Back east he fought in the Civil War, ran blockade runners for the Confederacy, and briefly owned Monticello, Thomas Jefferson's home.

Canasta

Tuesday, January 6 & 20 at 3:15 p.m. in the GR

Trivia Night

Tuesday, January 6 at 5 p.m. in the AR

Town Hall

Wednesday, January 7 at 10 a.m. in the AR

Therapy Dog Visits

Wednesday, January 7 & 21 at 11 a.m. in the Lib

Wednesday, January 7 & 21 at 11:15 a.m. in the GR

New Resident Orientation

Thursday, January 8 at 10:30 a.m. in the AR

Nutrition & Gut Health with Carin Austin

Thursday, January 8 at 3 p.m. in the AR

TLC Ladies' Group

Monday, January 12 & 26 at 10 a.m. in the ACT

Ping Pong

Monday, January 12 & 26 at 10:30 a.m.

in the AR-A

Pinochle

Tuesday, January 13 & 27 at 3:15 p.m. in the GR

Po-Ke-No

Wednesday, January 14 & 28

at 10:30 a.m. in the ACT

Men's Luncheon

Wednesday, January 14 at 12:45 in the PDR

Baking with Bernie

Thursday, January 15 at 3:30 p.m. in the ACT

Birthday Luncheon

Thursday, January 15 at 12:45 p.m. in the PDR

Highlighted Happenings Continued

Live Smart Learning Lecture

Friday, January 16 at 10:30 a.m. in the AR

Ladies' Tea

Friday, January 16 at 2:30 p.m. in the MDR

Flower Arranging

Monday, January 19 at 10:30 a.m. in the ACT

Karen's Line Dancing

Monday, January 19 at 2 p.m. in the AR-A

Near Death Experiences by CAINA

Tuesday, January 20 at 10:30 a.m. in the Chapel

Ladies Luncheon

Tuesday, January 20 at 12:45 in the PDR

Lion's Club Bingo

Thursday, January 22 at 7 p.m. in the AR

Scam Presentation by UVA Credit Union

Friday, January 23 at 10:30 a.m. in the AR

Dinner with Robby

Tuesday, January 27 at 4 p.m. in the AR

Memorial Service

Wednesday, January 28 at 2 p.m. in the AR

Exercise Programs

Room Exercise- Televised on Ch 970

Exercise with Katie

Thursday, January 1, 8, 15, 22 & 29

at 9:00 a.m. in the AR

Monday, January 5, 12, 19 & 26

at 9:00 a.m. in the AR

Light Lift

Saturday, January 3, 10, 17, 24 & 31

At 9:15 a.m. in the AR

Wednesday, January 7, 14, 21 & 28

at 9:15 a.m. in the AR

Monthly Movie Feature

A Walk in the Clouds

Saturday, January 3 at 6 p.m. in the AR

Casablanca

Saturday, January 10 at 6 p.m. in the AR

Sister Act

Saturday, January 17 at 6 p.m. in the AR

Sister Act II

Saturday, January 24 at 6 p.m. in the AR

Groundhog Day

Saturday, January 31 at 6 p.m. in the AR

Tempting Trips

Errands Around Town

Thursday, January 1, 8, 15, 22 & 29 at 10:30 a.m.

Walmart

Monday, January 5, 12, 19 & 26 at 2 p.m.

Trip to Culpeper County Library

Tuesday, January 6 & 20 at 10:30 a.m.

Trip to Play Pickleball

Thursday, January 8 & 22 at 2:45 p.m.

Musical Entertainment

Music with Howard Barnett

**Saturday, January 3 at 10:45 a.m.
in the Terrace ACT**

Music with Laura

**Saturday, January 10 at 10:45 a.m.
in the Terrace ACT**

Music with Adam Melia Performing Nashville Standard

**Saturday, January 17 at 10:45 a.m.
in the Terrace ACT**

Music with Dave DiPaolo

**Saturday, January 24 at 10:45 a.m.
in the Terrace Level ACT**

Music with the Cedar Run Homesteaders

Tuesday, January 27 at 6 p.m. in the AR

Music with Dwight Martin

**Saturday, January 31 at 10:45 a.m.
in the Terrace ACT**

Leave Them Smiling

The Culpeper Administrative team would like to recognize the November Leave Them Smiling winner, Dining Services', Courtney Weakley.

Please remember to nominate team members you notice to be going the extra mile to be entered in a drawing to win a \$100 gift voucher of choice. Nomination boxes can be found in the 1st Floor Activity Room and Terrace Level Team Lounge.

January Anniversaries

Tom & Dottie Heilman 01/18

January Birthdays

Beth Cheston 02
Charlotte Olson 03
Carolyn Miller 04
Kenneth Cunningham 06
Bill Benson 07
Dennis Fortune 08
Louise Douglas 11
Barbara Kile 12
Elizabeth Kat 14
Richard Matthews 14
Carl Noe 16
Jeanie Smith 17
Kenneth Utne 19
John Slater 29
Ruth Button 30
Joan Blackwell 31



Dining Services:

Dining Services will be preparing a variety of wonderful meals this month .

If you have any questions please contact, Bernie Hunter, Director of Dining Service at 540-321-1327.

From the Foundation

A new year is a great time to get organized. The VBH Foundation's Personal Estate Planning Kit walks you step by step through the process of organizing your estate, protecting your loved-ones, and securing your legacy. It's helpful on its own, but you can also use it to prepare for a meeting with an estate planning attorney or other professional advisor. Visit <https://vbh.planmylegacy.org/> to download your own kit today.

When you decide to include the VBH Foundation in your estate plan, your kindness ensures we can continue to help seniors live purposefully in a loving environment. When you tell us about your generous commitment, you go one step further. You ensure your wishes are honored while helping us plan more confidently for the future. You also join the J.T. Edwards Legacy Society; donors dedicated to making a difference for generations to come.

Remember: Informing us of your gift doesn't mean your name or picture has to be public. Information you share can be kept confidential, and we respect any desire you have to remain anonymous.

In 2025 we received over \$400,000 from donors who remembered the Foundation and their communities in their estate planning. This income makes a great impact on our benevolent mission to serve those in need.

If you wish to share the news of your gift personally, feel free to contact me. I look forward to hearing about your giving story.

Happy New Year!

Jodi Leonard, Vice President

804-521-9213



Religious Services

Culpeper Presbyterian Church Service Ch 970
Sunday, January 4, 11, 18 & 25 at 9:30 a.m.

Sunday School
Sunday, January 4, 11, 18 & 25
at 9:45 a.m. in the Chapel

Live Service Culpeper Baptist Church
Sunday, January 4, 11, 18 & 25
at 10:30 a.m. in the Chapel

Culpeper Baptist Church Service Ch 970
Sunday, January 4, 11, 18 & 25 at 11 a.m.

Culpeper United Methodist Church Service Ch 970
Sunday, January 4, 11, 18 & 25 at 2 p.m.

Mitchell's Presbyterian Church Service
Sunday, January 4, 11, 18 & 25
at 6 p.m. on Ch 970

Bible Study with Hans
Monday, January 5, 12, 19 & 26 and Wednesday,
January 7, 14 & 21 at 2 p.m. in the AR

Precious Blood Catholic Mass
Tuesday, January 6 at 9:30 a.m. in the Chapel

Catholic Rosary Service
Tuesday, January 13, 20 & 27 at 10 a.m.
in the Chapel

Chaplain's Corner

Jeremiah 18:1-4

The word which came to Jeremiah from the LORD, saying: 2 "Arise and go down to the potter's house, and there I will cause you to hear My words." 3 Then I went down to the potter's house, and there he was, making something at the wheel. 4 And the vessel that he made of clay was marred in the hand of the potter; so he made it again into another vessel, as it seemed good to the potter to make.

January invites us to pause and begin again. A new year does not erase the challenges we carry, but it does offer us a fresh space, space to breathe, to reflect, and to choose our next steps with intention.

Many of us enter the year with resolutions or goals. While these can be helpful, January also reminds us that growth is often quiet and gradual. Real change usually comes not from perfection, but from faithfulness to small, steady practices: kindness, patience, honesty, and care for one another.

As we move into 2026, consider asking not only What do I want to accomplish, but also Who does God want me to become? Remember that He is always working and wants to shape us into His plan if we will allow Him. How might we show up with compassion in difficult moments? How might we listen more deeply—to others and to ourselves?

Whatever this new year holds—hope, uncertainty, joy, or grief; you do not walk it alone. May January be a time of renewed strength, gentle courage, and trust that each day offers opportunities for grace.

May peace guide your steps, and may hope light your way in the year ahead.

