

# THE CULPEPER



*A Continuing Care Retirement Community for All Levels of Care*

January 2026

# Communiqué

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**LifeSpare**  
of Virginia  
Faith. Wellness. Community.

formerly Virginia Baptist Homes



EQUAL HOUSING  
OPPORTUNITY



## 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://vhb.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

**VBH FOUNDATION**  
Faithfully Supporting LifeSpire's Benevolent Mission

## 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.

