



# THE CULPEPER

May 2026

# Communique

## PROGRAMMING TEAM

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A TRIBUTE TO LOCAL HEROES

HONOR A HERO. INSPIRE A SCOUT.  
SUPPORT YOUR COMMUNITY.



**LifeSpire**  
of Virginia  
Faith. Wellness. Community.

formerly Virginia Baptist Homes



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## *Highlighted Happenings*

### **Morning Walks**

Friday, May 1, 8, 15, 22 & 29 at 9 a.m. Meet in the Lobby

### **Grief Group**

Friday, May 1 & 8 at 10 a.m. in the ACT

### **Scrabble**

Friday, May 1, 15 & 29 at 10 a.m. GR

### **Book Club**

Friday, May 1, 8, 15, 22 & 29 at 10:30 a.m. in the Library

### **Sewing Group**

Friday, May 1, 8, 15, 22 & 29 at 2 p.m.

### **Craft with Crissy from Jewell Tone Music**

Monday, May 4 at 10:30 a.m. in the ACT

### **Chime Choir**

Tuesday, May 5, 12, 19 & 26 at 10 a.m. in the ACT

### **Pinochle**

Tuesday, May 5 & 19 at 3:15 p.m. in the GR

### **Trivia Night**

Tuesday, May 5 at 5 p.m. in the AR

### **Town Hall**

Wednesday, May 6 at 10 a.m. & 2 p.m. in the AR

### **Close Knits Sit & Knit**

Thursday, May 7 & 21 at 2 p.m. in the ACT

### **Hard Cheese Taste Testing with Carin Austin, RD**

Thursday, May 7 at 3 p.m. in the AR

### **Kazuri Designs Clothing & Jewelry**

Friday, May 8 at 11 a.m. in the AR

### **Cornhole**

Friday, May 8 at 1 p.m. & Friday, May 29 at 2 p.m. at the Terrace Pavilion

### **Ladies' Tea**

Friday, May 8 at 2:30 in the MDR

### **TLC Ladies' Group**

Monday, May 11 & 25 at 10 a.m. in the ACT

### **Ping Pong**

Monday, May 11 & 18 at 10:30 a.m. in the AR-A

### **Virginia History Presentation with Rick Britton**

Tuesday, May 12 at 10:30 a.m. in the AR

Come hear historian Rick Britton present "From Cuckoo to Charlottesville, Jack Jouett's Overnight Ride." In the Spring of 1781, the Virginia Legislature and Gov. Thomas Jefferson fled from Richmond to Charlottesville to escape the British. When the enemy subsequently launched a raid to capture the assemblymen, one Virginia Patriot—Jack Jouett—rode overnight to spread the alarm.

### **Canasta**

Tuesday, May 12 & 26 at 3:15 p.m. in the GR

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## *Highlighted Happenings Continued*

### **Therapy Dog Visits**

Wednesday, May 13 & 27 at 11 a.m. in the Lib

Wednesday, May 13 & 27 at 11:15 a.m. in the GR

### **Men's Luncheon**

Wednesday, May 13 at 12:45 in the PDR

### **Loss of Spouse Seminar**

Thursday, May 14 at 10 a.m. in the ACT

### **New Resident Orientation**

Thursday, May 14 at 10:30 a.m. in the AR

### **Cottage Block Party**

Thursday, May 14 at 5 p.m. at the Overlook

### **Live Smart Learning Lecture**

Friday, May 15 at 10:30 in the AR

### **Flower Arranging**

Monday, May 18 at 10:30 a.m. in the ACT

### **Salvation Presentation by CAINA**

Tuesday, May 19 at 10:30 in the AR

### **Ladies Luncheon**

Tuesday, May 19 at 12:45 in the PDR

### **Flags for Heroes**

Tuesday, May 19 at 5 p.m. at the Cottage Road Back Lawn

### **Po-Ke-No**

Wednesday, May 20 at 10:30 a.m. in the ACT

### **Parkinson's Group**

Thursday, May 21 at 10:30 in the ACT

### **Birthday Luncheon**

Thursday, May 21 at 12:45 p.m. in the PDR

### **Dinner with Robby**

Tuesday, May 26 at 4 p.m. in the AR

### **Interest Meeting to Play Bunco**

Tuesday, May 26 at 7 p.m. in the ACT

### **AL In-House Picnic**

Wednesday, May 27 at 12 p.m. at the Terrace Pavilion

### **Baking with Bernie**

Thursday, May 28 at 2 p.m. in the ACT

### **Lion's Club Bingo**

Thursday, May 28 at 7 p.m. in the AR

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## *Dining Services*

Dining Services will be preparing a variety of wonderful meals this month including a delicious Mother's Day Buffet. Please be sure to make reservations with the receptionist indicating number of guests anticipated and meal time preference. If you have any questions please contact, Bernie Hunter, Director of Dining Service at 540-321-1327.

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## *Exercise Programs*

### **Room Exercise - Televised on Ch 970**

#### **Light Lift**

Saturday, May 2, 9, 16, 23 & 30 at 9:15 a.m. in the AR  
Wednesday, May 6, 13, 20 & 27 at 9:15 a.m. in the AR

#### **Exercise with Katie**

Monday, May 4, 11 & 18 at 9:00 a.m. in the AR  
Thursday, May 7, 14, 21 & 28 at 9:00 a.m. in the AR

#### **Yoga with Sarah**

Tuesday, May 5, 12, 19 & 26 at 9 a.m. in the AR

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## *Monthly Movie Feature*

### **Footloose**

Saturday, May 2 at 6 p.m. in the AR

### **Amish Grace**

Saturday, May 16 at 6 p.m. in the AR

### **Wizard of Oz**

Saturday, May 23 at 6 p.m. in the AR

### **Courageous**

Saturday, May 30 at 6 p.m. in the AR

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## *Musical Entertainment*

### **Music with Howard Barnett**

Saturday, May 2 at 10:45 a.m. in the Terrace ACT

### **Violin Music with Benedict Goodfriend**

Wednesday, May 6 at 10:30 a.m. in the Terrace ACT

### **Music with Laura**

Saturday, May 9 at 10:45 a.m. in the Terrace ACT

### **Music with Me & Martha**

Friday, May 14 at 2 p.m. in the AR

### **Music with Adam Melia Performing**

#### **Nashville Standard**

Saturday, May 16 at 10:45 a.m. in the Terrace ACT

### **Music with the Cedar Run Homesteaders**

Tuesday, May 26 at 6 p.m. in the AR

### **Music with Dwight Martin**

Saturday, May 30 at 11 a.m. in the Terrace ACT

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## *Leave Them Smiling*

The Culpeper Administrative team would like to recognize the April Leave Them Smiling winner, Alexis Fountain, Programming Manager.

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.

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## *Tempting Trips*

### **Trip to Oatlands Plantation**

Friday, May 1 at 9:30 a.m.

### **Walmart**

Monday, May 4, 11, 18 & 25 at 2 p.m.

### **Trip to Culpeper County Library**

Tuesday, May 5 & 19 at 10:30 a.m.

### **Errands Around Town**

Thursday, May 7, 14, 21 & 28 at 10:30 a.m.

### **Packard Campus Theatre Presents: On the Town**

Wednesday, May 13 at 9:30 a.m.

### **Trip to Play Pickleball**

Thursday, May 7 & 21 at 2:45 p.m.

### **Lunch Trip to Peppers Grille**

Friday, May 29 at 11 a.m.

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## *May Birthdays*

Margaret Morris 1

Barbara Burkes 2

Shirley Kelly 9

JoAnne Utne 9

Donald Deal 11

Ann Dye 16

Jackson Fray 19

Mary Ann Cunningham 20

Pat Paterson 20

Vince Skrinak 22

Eugenia Buswell 23

Jo Christensen 24

Linda Murphy 26

Marion Romero 28

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## *May Anniversaries*

Brad & Barbara Kile 5/25

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## *Attention: Flags for Heroes*

The annual Flags for Heroes event will be held on Tuesday, May 19 at 5 p.m. on the Cottage Rd back lawn. The funds raised by flag sponsorships are donated to Camp Fantastic which supports children battling cancer. There will be a picnic meal prior to the start of the program served at the Terrace Pavilion beginning at 4 p.m. Please sign up with the receptionist if you plan to attend the picnic to ensure we prepare enough food and seating to accommodate everyone. For any further questions regarding Flags for Heroes please contact Rose Ervin at 540-321-1315.

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## *God's Gifts*

God gives us everything,  
His wisdom, strength & love  
He also gave me you mom  
And I thank the stars above.

~ Holly Giffers



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## *Religious Services*

### **Culpeper Presbyterian Church Service Ch 970**

Sunday, May 3, 10, 17, 24 & 31 at 9:30 a.m.

### **Sunday School**

Sunday, May 3, 10, 17, 24 & 31 at 9:45 a.m. in the Chapel

### **Live Service Culpeper Baptist Church**

Sunday, May 3, 10, 17, 24 & 31 at 10:30 a.m. in the Chapel

### **Culpeper Baptist Church Service Ch 970**

Sunday, May 3, 10, 17, 24 & 31 at 11 a.m.

### **Culpeper United Methodist Church Service Ch 970**

Sunday, May 3, 10, 17, 24 & 31 at 2 p.m.

### **Mountain View Community Church Service Ch 970**

Sunday, May 3, 10, 17, 24 & 31 at 3 p.m.

### **Mitchell's Presbyterian Church Service Ch 970**

Sunday, May 3, 10, 17, 24 & 31 at 6 p.m.

### **Bible Study with Hans**

Monday, May 4, 11, 18 & 25

Wednesday, May 6, 13, 20 & 27 and at 2 p.m. in the AR

### **Precious Blood Catholic Mass**

Tuesday, May 5 at 9:30 a.m. in the Chapel

### **Catholic Rosary Service**

Tuesday, May 12, 19 & 26 at 10 a.m. in the Chapel

### **5th Sunday Hymn Sing**

Sunday, May 31 at 6:30p.m. in the Chapel

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## *The VBHF Spiritual Life Fund*

Faith is central to the mission of the Virginia Baptist Homes (VBH) Foundation. In 1949, the pastor of Culpeper Baptist Church founded LifeSpire of Virginia (formerly known as Virginia Baptist Homes) to provide care and support for retired pastors and their families. While our roots are firmly planted in the Baptist tradition, today each LifeSpire community warmly welcomes and celebrates people of every faith and background.

The VBH Foundation's Spiritual Life Fund supports faith-based programs—and the people who lead them—across all LifeSpire communities. Each community has a dedicated chaplain on staff who serve as a spiritual resource for residents, families, and team members. Through worship, pastoral care, and meaningful programming, our communities nurture the spiritual journey of every individual, encouraging each person to live out their faith through both words and actions.

Gifts to the Spiritual Life Fund directly support chaplains and their programs and make grants available for special projects. In past years, a grant was awarded to The Culpeper community to purchase a new set of hand chimes. Other communities have used grant funding for worship resources, musical instruments and songbooks, and educational offerings such as small-group workbooks and world religions lectures.

Please join us in making an impact in your community by supporting the Spiritual Life Fund.

**Give today to help our faith-filled communities thrive.** Visit <https://www.lifespireliving.org/give/spiritual-life/> or call 804-521-9229 to learn more.

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## *Chaplain's Corner*

Isaiah 43:18-19

“Forget the former things;  
do not dwell on the past.

<sup>19</sup> See, I am doing a new thing!

Now it springs up; do you not perceive it?

I am making a way in the wilderness  
and streams in the wasteland.

In many traditions, May is associated with growth, reflection, and gratitude. It's a time to notice what is taking root in our lives. What habits are beginning to blossom? What relationships are strengthening? And just as importantly, what might need pruning so something healthier can grow?

Life rarely slows down on its own. Responsibilities, worries, and distractions can crowd our attention. But renewal doesn't require a grand gesture—it often begins in small, intentional moments. A pause in the morning before the day begins. A walk without a destination. A few minutes of silence to check in with yourself, your values, and your purpose.

This month, consider giving yourself permission to reset. Not because anything is broken, but because growth is ongoing. Just as the natural world doesn't rush its process, we too can allow ourselves patience.

If you're carrying burdens—stress, uncertainty, fatigue—know that you don't have to carry them alone. Reaching out, whether through conversation, reflection, or prayer, can lighten the load more than we expect.

As you move through this month, I encourage you to:

- Notice what is growing in your life
- Tend to it with care and intention
- Let go of what needs to be put aside
- Make space for rest and reflection.

Wishing you a meaningful and restorative May.

