



THE CULPEPER *Communiqué*

July 2026

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



*“...One nation, under God, indivisible, with
liberty & justice for all.”*

Highlighted Happenings

Town Hall

Wednesday, July 1 at 10 a.m. & 2 p.m. in the AR

Close Knits Sit & Knit

Thursday, July 2, 16 & 30 at 2 p.m. in the ACT

Cottage Block Party

Thursday, July 2 at 5 p.m. at the Overlook

Morning Walks

Friday, July 3, 10, 17, 24 & 31 at 9 a.m. Meet in the Lobby

Scrabble

Friday, July 3, 17 & 31 at 10 a.m. GR

Book Club

Friday, July 3, 10, 17, 24 & 31 at 10:30 a.m. in the Library

Sewing Group

Friday, July 3, 10, 17, 24 & 31 at 2 p.m.

Craft with Crissy from Jewell Tone Music

Monday, July 6 at 10:30 a.m. in the ACT

Chime Choir

Tuesday, July 7, 14 & 28 at 10 a.m. in the ACT

Canasta

Tuesday, July 7 & 21 at 3:15 p.m. in the GR

Trivia Night

Tuesday, July 7 at 5 p.m. in the AR

Cornhole

Wednesday, July 8 & 22 at 10:30 a.m. at the Terrace Pavilion

Therapy Dog Visits

Wednesday, July 8 & 22 at 11 a.m. in the Lib

Wednesday, July 8 & 22 at 11:15 a.m. in the GR

Men's Luncheon

Wednesday, July 8 at 12:45 in the PDR

New Resident Orientation

Thursday, July 9 at 10:30 a.m. in the AR

Regional Transportation Collaborative Presentation

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

Ladies' Tea

Friday, July 10 at 2:30 p.m. in the MDR

TLC Ladies' Group

Monday, July 13 & 27 at 10 a.m. in the ACT

Ping Pong

Monday, July 13 & 27 at 10:30 a.m. in the AR-A

Virginia History Presentation with Rick Britton

Tuesday, July 14 at 10:30 a.m. in the AR

Come hear Rick Britton present "James Monroe at the Battle of Trenton." Monroe is well-remembered as our nation's fifth president, the man who issued the Monroe Doctrine. What's mostly forgotten is that Monroe, during the pivotal Revolutionary War Battle of Trenton, New Jersey, led his men into the very jaws of death.

Highlighted Happenings Continued

Pinochle

Tuesday, July 14 & 28 at 3:15 p.m. in the GR

Po-Ke-No

Wednesday, July 15 & 29 at 10:30 a.m. in the ACT

AL In-House Picnic

Wednesday, July 15 at 12 p.m. at the Terrace Pavilion

Parkinson's Group

Thursday, July 16 at 10:30 a.m. in the ACT

Birthday Luncheon

Thursday, July 16 at 12:45 p.m. in the PDR

Soft Cheese Blind Tasting with Carin Austin, RD

Thursday, July 16 at 3 p.m. in the AR

Live Smart Learning Lecture

Friday, July 17 at 10:30 in the AR

Flower Arranging

Monday, July 20 at 10:30 a.m. in the ACT

Karen's Line Dancing

Monday, July 20 at 2 p.m. in the AR-A

Chime Choir Concert on Garden Level

Tuesday, July 21 at 10 a.m. in the Garden Level ACT

Why Would a Loving God Allow Evil, Pain & Suffering? Presentation by CAINA

Tuesday, July 21 at 10:30 in the AR

Ladies Luncheon

Tuesday, July 21 at 12:45 in the PDR

Wagner Hearing Testing

Thursday, July 23 at 10 a.m. in the AR

Baking with Bernie

Thursday, July 23 at 2 p.m. in the ACT

Lion's Club Bingo

Thursday, July 23 at 7 p.m. in the AR

Dinner with Robby

Tuesday, July 28 at 4 p.m. in the AR

Bunco

Tuesday, July 28 at 7 p.m. in the ACT

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.

ATTENTION: Mandatory Annual Resident Rights Review For All Assisted Living Residents

Topics to be discussed are Resident Rights, Prevention of Abuse, Federal Elder Justice Act, Advanced Directives, Code Status & Sex Offender Notification.

Exercise Programs

Room Exercise - Televised on Ch 970

Light Lift

Wednesday, July 1, 8, 15, 22 & 29 at 9:15 a.m. in the AR

Saturday, July 4, 11, 18 & 25 At 9:15 a.m. in the AR

Exercise with Katie

Monday, July 6, 13, 20 & 27 at 9:00 a.m. in the AR

Thursday, July 9, 16, 23 & 30 at 9:00 a.m. in the AR

Yoga

Tuesday, July 7, 14, 21 & 28 at 9 a.m. in the AR

Monthly Movie Feature

Yankee Doodle Dandy

Saturday, July 4 at 6 p.m. in the AR

Field of Dreams

Saturday, July 11 at 6 p.m. in the AR

South Pacific

Saturday, July 18 at 6 p.m. in the AR

Flywheel

Saturday, July 25 at 6 p.m. in the AR

Musical Entertainment

Violin Music with Benedict Goodfriend

Wednesday, July 1 at 10:30 a.m. in the Terrace ACT

Music with Howard Barnett

Saturday, July 4 at 10:45 a.m. in the Terrace ACT

Music with Laura

Saturday, July 11 at 10:45 a.m. in the Terrace ACT

Music with Adam Melia Performing

Nashville Standard

Saturday, July 18 at 10:45 a.m. in the Terrace ACT

Music with the Cedar Run Homesteaders

Tuesday, July 28 at 6 p.m. in the AR

Tempting Trips

Errands Around Town

Thursday, July 2, 9, 16, 23 & 30 at 10:30 a.m.

Trip to Play Pickleball

Thursday, July 2 & 16 at 2:45 p.m.

Walmart

Monday, July 6, 13, 20 & 27 at 2 p.m.

Trip to Culpeper County Library

Tuesday, July 7 & 21 at 10:30 a.m.

Dinner & A Baseball Game

Thursday, July 9 at 4:30 p.m.

Lunch Trip to Bella Cucina

Friday, July 24 at 11 a.m.

Leave Them Smiling

The Culpeper Administrative team would like to recognize the June Leave Them Smiling Winners, Derick Knighting, Lead Maintenance Tech, Justin Innamorato, Maintenance Tech & Lewis Burke, Maintenance Tech. Congratulations gentlemen on a job well done!

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.

July Birthdays

Betty Payne 01

Elizabeth McAfoose 17

Roy Reiman 03

Doris Nicholson 17

Pat Welty 06

Brenda Fredrick 18

Mary Jo Casey 08

Gil Williamson 18

Bob Yeaman 09

Paula Brown 25

July Anniversaries

Everette & Audrey Powell 7/12

Ken & JoAnne Utne 7/15

Richard & Lee Cenkus 7/16

Robert & Roberta Anderson 7/19

Dr. Guy & Vivia Mattox 7/28

USA's 250th Anniversary

In Boston town, where freedom grew,
A mighty bell, for all to view,
Will ring again, a joyful sound,
As SAIL250 sets the bound.

Tall ships will gather, mast to sky,
Naval vessels, passing by,
A grand parade, on ocean's breast,
While history puts all hearts to test.

A time capsule, stories told,
Of hopes and dreams, both new and old,
By Congress placed, for future eyes,
A glimpse of us, beneath these skies.

Across the land, in parks so grand,
From shore to shore, a helping hand,
With stamps to mark, the passing year,
Remembering freedom, holding it dear.

So let the bells and cannons roar,
Let freedom ring, forevermore,
From Boston town, the story starts,
Forever etched within our hearts.

By T.M. Solvang



Religious Services

Bible Study with Hans

Monday, July 6, 20 & 27 and

Wednesday, July 1, 8, 22 & 29 at 2 p.m. in the AR

Precious Blood Catholic Mass

Tuesday, July 7 at 9:30 a.m. in the Chapel

Culpeper Presbyterian Church Service Ch 970

Sunday, July 5, 12, 19 & 26 at 9:30 a.m.

Sunday School

Sunday, July 5, 12, 19 & 26 at 9:45 a.m. in the Chapel

Live Service Culpeper Baptist Church

Sunday, July 5, 12, 19 & 26 at 10:30 a.m. in the Chapel

Culpeper Baptist Church Service Ch 970

Sunday, July 5, 12, 19 & 26 at 11 a.m.

Culpeper United Methodist Church Service Ch 970

Sunday, July 5, 12, 19 & 26 at 2 p.m.

Mountain View Community Church Service Ch 970

Sunday, July 5, 12, 19 & 26 at 3 p.m.

Mitchell's Presbyterian Church Service Ch 970

Sunday, July 5, 12, 19 & 26 at 6 p.m.

Catholic Rosary Service

Tuesday, July 5, 12, 19 & 26 at 10 a.m. in the Chapel



VBHF Monthly Giving Circle

The Benevolence Fund is at the heart of the VBHF Foundation. When eligible residents outlive their financial resources or face unexpected hardship through no fault of their own, donor support helps them remain in the place they call home—surrounded by compassionate care, dignity, and community.

One of the most meaningful ways to make a lasting difference is by joining our Monthly Giving Circle. A recurring gift each month provides steady, reliable support for seniors who need benevolent care.

As a monthly donor, you'll become part of a special community of dedicated VBHF supporters. Members of the Monthly Giving Circle are invited to donor events, receive a Foundation donor pin, and stay connected through updates throughout the year. Monthly giving also helps us reduce fundraising costs, since you will no longer receive future direct mail appeals.

Joining the Monthly Giving Circle is simple. Your credit card will be charged automatically each month in the amount you choose. A gift of \$150 a month can provide a day of assisted living care, \$50 a month can support a full day of programs and activities, and \$25 a month can help provide a day of nutritious meals. To learn more, contact Laura Clarke, Development & Community Engagement Manager, at (804) 521-9229 or lclarke@lifespireliving.org.



Chaplain's Corner

As Christians, the 4th of July takes on a whole additional meaning, because it reminds us that the foundation of our country in the first place is based Christ Jesus.

And every day our freedom in Christ is just as important, if not more so, as living in a free country.

So, as we all get ready to celebrate Independence Day this year with our families, it seems like the perfect time to reflect on this 4th of July Bible verse that remind us of what real freedom is all about.

This Bible verses all remind us that by the grace of God, we are not chained to our old self and our old life any-more! When we accept Jesus as our Lord and Savior, we accept His gift of forgiveness from every wrongdoing and every mistake.

We have God-given freedom that allows us to focus on His plan and purpose for our lives instead of being held down by our own shortcomings anymore.

"Blessed is the nation whose God is the Lord, the people he chose for his inheritance." – Psalm 33:12