



THE CULPEPER

Communique

September 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

Shelly Agro

Healthcare Activity Assistant
(540) 321-1067

12425 Village Loop
Culpeper, VA 22701
(540) 825-2411

LifeSpire
of Virginia
Faith. Wellness. Community.

formerly Virginia Baptist Homes



Highlighted Happenings

Chime Choir

Tuesday, September 1, 8, 15, 22 & 29 at 10 a.m. in the ACT

Canasta

Tuesday, September 1, 15, & 29 at 3:15 p.m. in the GR

Trivia Night

Tuesday, September 1 at 5 p.m. in the AR

Town Hall

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

Therapy Dog Visits

Wednesday, September 2, 16 & 30 at 11 a.m. in the Lib

Wednesday, September 2, 16 & 30 at 11:15 a.m. in the GR

Baking with Bernie

Thursday, September 3 at 2 p.m. in the ACT

Vinegar Taste Testing with Dietician Carin Austin

Thursday, September 3 at 3 p.m. in the AR

Scrabble

Friday, September 4 & 18 at 10 a.m. GR

Book Club

Friday, September 4, 11, 18 & 25 at 10:30 a.m. in the Library

Ladies' Tea

Friday, September 4 at 2:30 p.m. in the MDR

Art Class with Crissy from Jewell Tone Music

Monday, September 7 at 10:30 a.m. in the ACT

Virginia History Presentation with Rick Britton

Tuesday, September 8 at 10:30 a.m. in the AR

Come hear historian Rick Britton present: "John Hartwell Cocke; A Man Ahead of His Time." Known as a maverick, Cocke took on three cornerstones of Virginia society—alcohol, tobacco, and slavery.

Pinochle

Tuesday, September 8 & 22 at 3:15 p.m. in the GR

Po-Ke-No

Wednesday, September 9 & 23 at 10:30 a.m. in the ACT

Men's Luncheon

Wednesday, September 9 at 12:45 in the PDR

Cottage Block Party

Thursday, September 10 at the Overlook at 10:30 a.m. in the AR-A

Close Knits Sit & Knit

Thursday, September 10 & 24 at 2 p.m. in the ACT

New Resident Orientation

Thursday, August 13 at 10:30 a.m. in the AR

TLC Ladies' Group

Monday, September 14 & 28 at 10 a.m. in the ACT

Ping Pong

Monday, September 14 & 28

Highlighted Happenings Continued

The Significance & Science of Our Lady of Guadalupe Presentation by CAINA

Tuesday, September 15 at 10:30 in the AR

Ladies Luncheon

Tuesday, September 15 at 12:45 in the PDR

VBS at The Culpeper

Tuesday, September 15, Wednesday, September 16 and

Thursday, September 17 at 2 p.m. in the AR & ACT

Parkinson's Group

Thursday, September 17 at 10:30 a.m. in the ACT

Hi Horse Cloggers

Thursday, September 17 at 3 p.m. in the AR

Irish Dancers

Thursday, September 17 at 4:30 p.m. in the AR

Flower Arranging

Monday, September 21 at 10:30 a.m. in the ACT

Karen's Line Dancing

Monday, September 21 at 2 p.m. in the AR-A

Dinner with Robby

Tuesday, September 22 at 4 p.m. in the AR

Bunco

Tuesday, September 22 at 7 p.m. in the ACT

Cornhole

Wednesday, September 23 & 30 at 2:00 p.m. at the Terrace Pavilion

Birthday Luncheon

Thursday, September 24 at 12:45 p.m. in the PDR

Lion's Club Bingo

Thursday, September 24 at 7 p.m. in the AR

AL In-House Picnic

Wednesday, September 30 at 12 p.m. at the Terrace Pavilion

Death Over Donuts with Hospice of the Piedmont

Wednesday, September 30 at 10 a.m. in the AR

Exercise Programs

Room Exercise - Televised on Ch 970

Yoga

Tuesday, September 1, 8, 15, 23 & 30 at 9 a.m. in the AR

Light Lift

Wednesday, September 2, 9, 16, 23 & 30 at 9:15 a.m. in the AR

Saturday, September 5, 12, 19 & 26 at 9:15 a.m. in the AR

Exercise with Katie

Thursday, September 3, 10, 17 & 24 at 9:00 a.m. in the AR

Monday, September 14, 21 & 28 at 9:00 a.m. in the AR

Monthly Movie Feature

Mrs. Doubtfire

Saturday, September 5 at 6 p.m. in the AR

Lean on Me

Saturday, September 12 at 6 p.m. in the AR

The Bucket List

Saturday, September 19 at 6 p.m. in the AR

The Help

Saturday, September 26 at 6 p.m. in the AR

Musical Entertainment

Violin Music with Benedict Goodfriend

Wednesday, September 2 at 10:30 a.m. in the Terrace ACT

Music with Howard Barnett

Saturday, September 5 at 10:45 a.m. in the Terrace ACT

Music with Joey Knott

Monday, September 7 at 2 p.m. in the Terrace ACT

Music with Laura

Saturday, September 12 at 10:45 a.m. in the Terrace ACT

Music with Adam Melia Performing

Nashville Standard

Saturday, September 19 at 10:45 a.m. in the Terrace ACT

Music with Katherine Farley

Thursday, September 17 at 2 p.m. in the Terrace ACT

Music with the Cedar Run Homesteaders

Tuesday, September 22 at 6 p.m. in the AR

Music with Kevin Oriole

Saturday, September 26 at 10:45 a.m. in the Terrace ACT

Tempting Trips

Trip to Culpeper County Library

Tuesday, September 1 & 15 at 10:30 a.m.

Walmart

Monday, September 1, 21 & 28 at 2 p.m.

Errands Around Town

Thursday, September 3, 10, 17 & 24 at 10:30 a.m.

Trip to Play Pickleball

Thursday, September 10 & 24 at 2:45 p.m.

Lunch Trip to Dragon Chef

Friday, September 11 at 11 a.m.

Trip to the Virginia State Fair

Friday, September 25 at 9:00 a.m.

Leave Them Smiling

The Culpeper Administrative team would like to recognize the July Leave Them Smiling winners, Kendall Henry, Social Worker and Tanya Tibbs, Scheduling Coordinator. Congratulations ladies!

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.

Dining Services

Dining Services will be preparing a variety of wonderful meals this month including a delicious meals this month including a special European themed dinner on Thursday, September 17. Cottage residents, please make reservations as usual. A menu will be provided on the back of the Culinary Corner. If you have any questions please contact, Bernie Hunter, Director of Dining Service at 540-321-1327.

September Birthdays

Shirley McKelvey 01	Linda Cramer 12
Carole Delaney 02	Betty Jenkins 18
Dale Brown 03	Nicki Staunton 18
Carole Cochran 06	Beula Sprague 19
Marci Grant 07	Barbara Creasy 20
Bob Lipscomb 07	Susan Dyer 20
Eleanor Rinker 08	Bob Houck 22
Victoria Croft 09	Anne Anderson 26
Freda Robertson 09	Greg Ludlow 26
Carol Long 11	

September Anniversaries

Greg & Christy Ludlow 9/7
Jerry & Margaret Morris 9/9

Leaves

How silently they tumble down
And come to rest on the ground
To lay a carpet, rich and rare,
Beneath the trees without a care,
Content to sleep, their work well done,
Colors gleaming in the sun.

At other times, they wildly fly,
Until they reach the sky.
Twisting, turning through the air
Till all the trees stark and bare.
Exhausted, drop to the earth below
To wait, like children, for the snow.

By Elsie N. Brady



Religious Services

Precious Blood Catholic Mass

Tuesday, September 1 at 9:30 a.m. in the Chapel

Culpeper Presbyterian Church Service Ch 970

Sunday, September 6, 13, 20 & 27 at 9:30 a.m.

Sunday School

Sunday, September 6, 13, 20 & 27 at 9:45 a.m. in the Chapel

Live Service Culpeper Baptist Church

Sunday, September 6, 13, 20 & 27 at 10:30 a.m. in the Chapel

Culpeper Baptist Church Service Ch 970

Sunday, September 6, 13, 20 & 27 at 11 a.m.

Culpeper United Methodist Church Service Ch 970

Sunday, September 6, 13, 20 & 27 at 2 p.m.

Mountain View Community Church Service Ch 970

Sunday, September 6, 13, 20 & 27 at 3 p.m.

Mitchell's Presbyterian Church Service Ch 970

Sunday, September 6, 13, 20 & 27 at 6 p.m.

Bible Study with Hans

Wednesday, September 2, 16, 23 & 30 and

Monday, September 14, 21 & 28 at 2 p.m. in the AR

Catholic Rosary Service

Tuesday, September 8, 15, 22 & 29 at 10 a.m. in the Chapel

Chaplain's Corner

"I thank my God through Jesus Christ for you all, that your faith is spoken of throughout the whole world. For God is my witness, whom I serve with my spirit in the gospel of His Son, that without ceasing I make mention of you always in my prayers" Romans 1:8-9

Paul was a busy guy, but it is interesting how often he tells others that he is thankful to God for them. His letters are filled with great and deep teaching. He sometimes is very blunt as he sends out corrections where they are needed. In the midst of whatever the situation is though, he always seems to find time and space for thankfulness and encouragement.

We live in a world that could use more thankfulness and encouragement. It is going to be up to the people who realize that to make a difference. Those people should be us and I would like to challenge each of us to spend a little more time being thankful and encouraging others. Maybe we can make a difference in our community, family and who knows, maybe even the world. By the way, I am so thankful to God for you and I pray that you are encouraged today.

Small Giving From Your IRA

Make a difference today and save on taxes. It is possible when you support the VBH Foundation through your IRA.

You can give any amount (up to a maximum of \$110,000) this year from your IRA directly to a qualified charity such as the VBH Foundation without having to pay income taxes on the money. Gifts of any value \$110,000 or less are eligible for this benefit and you can feel good knowing that you are making a difference at VBH. This popular gift option is commonly called the IRA charitable rollover, but you may also see it referred to as a qualified charitable distribution, or QCD for short.

4 Reasons to Give to the Foundation from your IRA:

1. Your gift will be put to use today, allowing you to see the difference your donation is making. Gifts can be designated to support your community's benevolent need, or another fund through the Foundation.
2. If you are required to take minimum distributions, you can use your gift to satisfy all or part of your obligation.
3. You pay no income taxes on the gift. The transfer generates neither taxable income nor an income tax deduction, so you benefit even if you do not itemize your deductions.
4. Since the gift doesn't count as income, it can reduce your annual income level. This may help lower your Medicare premiums and decrease the amount of Social Security that is subject to tax.

Questions? Visit www.vbh.planmylegacy.org/give-from-your-ira for resources and next steps, or call Jodi Leonard in the VBH Foundation office at 804-521-9213.

