



The Compass

AT SPRINGDALE PARK

THE COMPASS AT SPRINGDALE PARK	(804) 538-1650
www.thecompassrva.com info@thecompassrva.com	4121 Concord Creek Place Richmond, VA 23223

Property Staff:

Stephanie M. ~ Regional Property Manager
Lauren W. ~ Property Manager
David G. - Director of Sales
Lynn S. - Resident Resource Coordinator
William H. ~ Service Manager

Hours of Operation:

Weekdays 9am-6pm
Saturday 10am-5pm*
Sunday CLOSED
*By Appointment Only

Community Quiet Hours:
Daily 11pm-7am

Office Phone Number:
(804) 538-1650

Emergency Maintenance Number:
(804) 538-1650, select Option #3

Henrico County Non-emergency:
(804) 501-5000

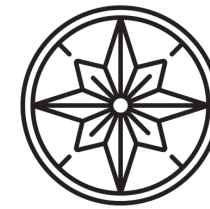
Signal Security:
(402) 682-7656

Springdale Park Food Truck Fridays

Food Truck Fridays Are Heating Up This August!

Join us on the 3rd Friday — **August 15**
from 11-3 PM — for delicious eats and
community fun at The Compass!

August 15: Funcakes Fun Food — Fun
Fair Food! Funnel cakes ; deep fried
Oreos, deep fried pop tarts, chicken
tenders, corndogs, and fries.



Compass Connections

STEELHEAD MANAGEMENT

AUGUST 2025



“Let the sunshine of August inspire you to
shine your brightest.” Unknown

August is the last full month of summer and, in this area, tends to bring hot, sticky weather. These are the days we say “thank you” for the invention of air conditioning. We love sunning by the pool or soaking up the warm sunshine, but we also love to sit indoors and enjoy the company of family and good friends.

Now is the time of the first harvest, bringing us delicious foods like watermelons, peaches, summer squash, sweet corn, beets, tomatoes, green beans—and so much more. The bounty encourages us to eat fresh, nutritious, and colorful foods that nourish our bodies as they delight our eyes and taste buds. August is a great time to share the bounty of our lives with friends and family.

It's also the perfect season to get outside and enjoy the natural beauty that surrounds us. In honor of National Parks Month, why not take time to visit a park, hike a forest trail, or simply enjoy a picnic in a shady green space? Whether you're exploring wide open landscapes or just taking a walk in your local nature preserve, being outdoors helps us reconnect—with nature, with loved ones, and with ourselves.

As summer winds down, let's celebrate all it offers: warm days, vibrant foods, good company, and the great outdoors.

**May the summer warmth of
August lift your heart.**

~ Your Compass Team



Get to Know the Area!

Food & Drink

- Old Towne Smokehouse
- Fire & Chicken
- The Giambanco's Italian Restaurant
- Cold Harbor Restaurant
- Jackie's Restaurant Southern Style Cooking
- Riverbound Cafe

Entertainment

- RVA Iron Gym
- Libby Hill Park
- Library of Virginia
- Virginia Holocaust Museum
- The Valentine
- The Poe Museum
- Richmond Raceway

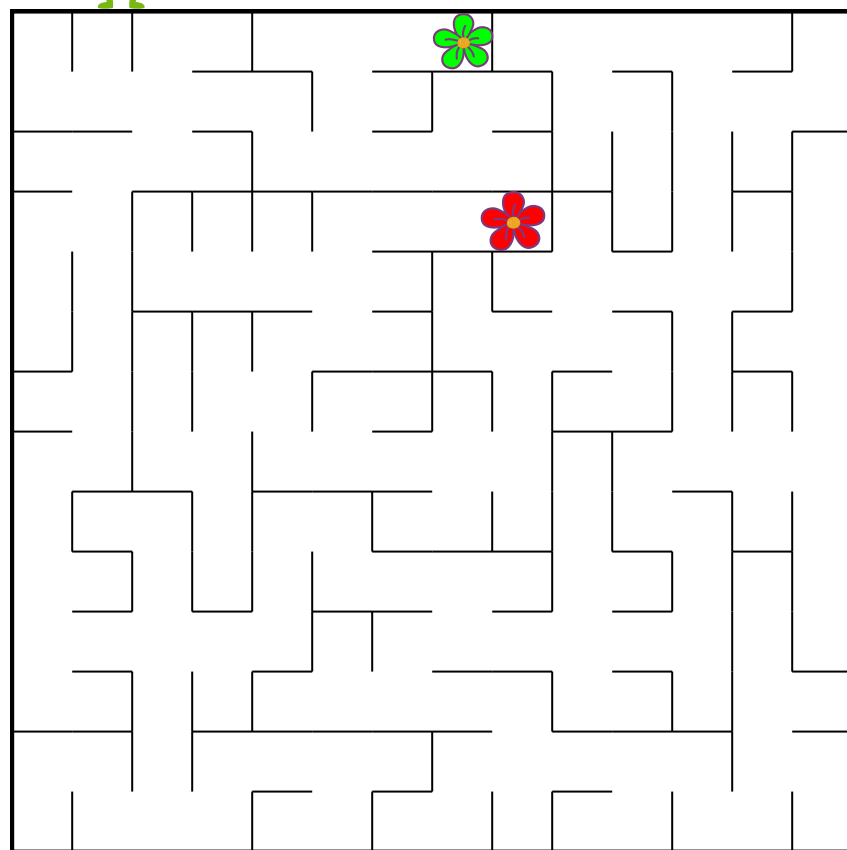
Shopping

- Walmart Supercenter
- Hanover Square
- Family Dollar
- Target
- Eastgate Town Center
- White Oak Village
- JCPenney





The Thinking Corner: Fitness for Your Brain!



Start at the Green Flower, make your way to the Red Flower—then uncover your hidden words! below



Will you take the twisty path or the straight shot? Either way, get ready for some fun and brain-boosting challenges!

VACATION
RECREATION
SUNSHINE
BARBECUE
ROADTRIP
HUMIDITY
CAMPING
LEISURE
COOKOUT
GARDEN
COOLER
GOLDEN
SUMMER
AUGUST
BEACH



R	E	L	O	O	C	J	Y	C	M	S	A	N	A
V	G	R	Y	T	I	D	I	M	U	H	O	H	H
A	D	D	G	G	E	L	C	M	X	I	X	G	C
C	H	Z	R	O	U	U	M	Y	T	S	V	N	A
A	S	W	G	C	L	E	C	A	F	H	H	I	E
T	L	U	L	N	R	D	E	E	T	F	G	P	B
I	Y	L	N	O	K	R	E	I	B	A	X	M	L
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C	Z	S	R	U	H	I	E	U	V	F	F	B	X
E	Z	U	H	P	U	N	N	O	G	U	W	I	I
S	T	R	R	O	L	H	H	E	X	U	P	S	G
S	Q	E	R	O	A	D	T	R	I	P	A	B	A
O	O	D	L	E	C	O	O	K	O	U	T	G	E

New & Special Events in August

AUGUST

6

1:30

Let the Rhythm Guide You to a Healthier You

Cardio drumming is a fun, high-energy workout that combines rhythm, movement, and music to get your heart pumping and your body moving.



AUGUST

11

1:30

Quilling Class from The Cultural Arts Center of Glen Allen

Quilling is an art form that uses rolled paper strips to create beautiful designs. No experience needed, just bring your creativity!



AUGUST

13

3:00

Pictionary with Selena!

Join us for a lively game of Pictionary full of laughs & quick sketches.

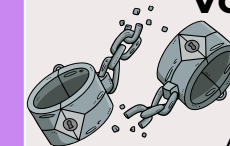


AUGUST

15

11:00

Voices of Abolition - the second installment in our series from the American Civil War Museum



Discover the remarkable and invaluable contributions of African Americans who played a pivotal role in the abolition movement.

AUGUST

22

11:00

Geneology - Climb Your Family Tree

Learn the language of Genealogy and methods of researching your ancestors. Emphasis will be on FamilySearch.com as it is a free website. Led by Robbin M. Smith, professional genealogist. This will be an informal get together with the expectation of making this a monthly session.

AUGUST

22

1:00

Rigby's Jig Line Dance Class for Everyone!

Whether you're dancing with a walker, from a chair, or on your feet, you'll enjoy easy-to-follow steps, great music & fun.



AUGUST

25

1:00

Bingo/Medicare - All in One Fun Event!



High-energy rounds of Bingo and the chance to win prizes—plus valuable insights on making the most of Medicare and other insurance options..

AUGUST

29

1:00

Flower Power with Lynn

Feel the healing power of nature as you create a mini bouquet with fresh flowers and greens provided by The Compass.



Don't forget to sign up for any classes
and events you are planning to
participate in.



August

A Month of Fresh Starts and Abundant Harvests

August is the perfect time to embrace a fresh start. Taking time in August to reevaluate those goals we made in January can help to motivate and re-energize our lives. It’s also the beginning of the first harvest, and local Farmers Markets are bursting with fresh vegetables, herbs, and juicy summer fruits like peaches, berries, and melons.

National Events – August 2025

- 🎨 August 2 – National Coloring Book Day
- 😺 August 8 – International Cat Day
- 📖 August 9 – National Book Lovers Day
- 👦 August 11 – National Sons and Daughters Day
- 🌍 August 12 – International Youth Day
- 📷 August 19 – World Photography Day
- 👴 August 21 – National Senior Citizens Day
- 🐕 August 26 – National Dog Day
- 🧟 August 30 – National Grief Awareness Day

Throughout August

- National Parks Month
- MedicAlert Awareness Month
- National Clown Month
- Eat Dessert First Month
- National Cowgirl Month

Birthstone for August: Peridot

A vibrant green gem symbolizing strength, renewal, and harmony. Often associated with sunlight, Peridot is believed to bring peace, good fortune, and protection. Its fresh, radiant glow reflects the vitality of late summer and encourages positivity and growth.

August’s Flower: The Gladiolus

Symbolizing integrity, strength of character, and remembrance, the Gladiolus also represents infatuation—conveying that the heart is “pierced with love.” Bold and beautiful, it’s a fitting emblem for the month of August.

Zodiac Signs for August

♌ Leo (July 23 – August 22)
Leos are bold, passionate, and full of heart. Ruled by the Sun and symbolized by the Lion, Leos shine brightly with confidence and natural charisma. They’re generous leaders who thrive in the spotlight, inspire those around them, and bring warmth and enthusiasm wherever they go. Leos love creativity, fun, and being surrounded by admiration.

♍ Virgo (August 23 – September 22)
Virgos are practical, detail-oriented, and deeply thoughtful. Ruled by Mercury, they’re natural organizers who value precision and purpose. Virgos are known for their analytical minds and caring hearts—they love helping others and often do so quietly, behind the scenes. With a strong sense of duty and a love for order, they bring calm, clarity, and a touch of perfectionism to everything they do.



Activity Highlights



Continental Breakfast
Tuesday, Wednesday, &-Thursday,
9 am - 10am

Start your day with a warm and welcoming continental style breakfast! Enjoy a tasty spread of pastries, fresh fruit, juice, and hot coffee. It’s the perfect time to catch up on the morning paper, chat with neighbors, and ease into the day with good food and great company.



Balance, Yoga, Gentle Strength

Stay energized with our ongoing lineup of wellness classes.

- 🧘♀️ Chair Yoga with Sarah – **Mondays at 11:00 AM**. Sarah’s approach to yoga helps improve flexibility, posture, and relaxation.
- 💪 Gentle Strength with Malik – **Wednesdays at 11:00 AM** . Malik guides participants through low-impact strength exercises.
- 🦋 Balance with Jane – **Thursdays at 2:00 PM**. Jane’s class supports fall prevention and body awareness.



Take a Break with Us –
Tuesdays & Thursdays
4pm-5pm

Take a moment to unwind and recharge. We offer a selection of wine, soft drinks, and non-alcoholic beverages, along with light snacks to enjoy while you relax. Whether you’re here to socialize, take a quiet break, or simply enjoy your friends, you’re always welcome. Feel free to bring your own favorite beverage or snack if you prefer.



Creative Craft Corner

- 🎨 Paint & Sip with Clare – 2nd Friday of each month. Join Clare for a relaxing, guided painting session. Clare walks you through step-by-step to create your own masterpiece. All materials are provided!
- ✂️ Creative Crafting with Joyce. Let your imagination shine during Joyce’s engaging and fun craft sessions. These sessions are the perfect opportunity to spark your creativity and leave with something special for yourself or a gift for a loved one.



Henrico Public Library
First Monday Monthly, 2:30 pm

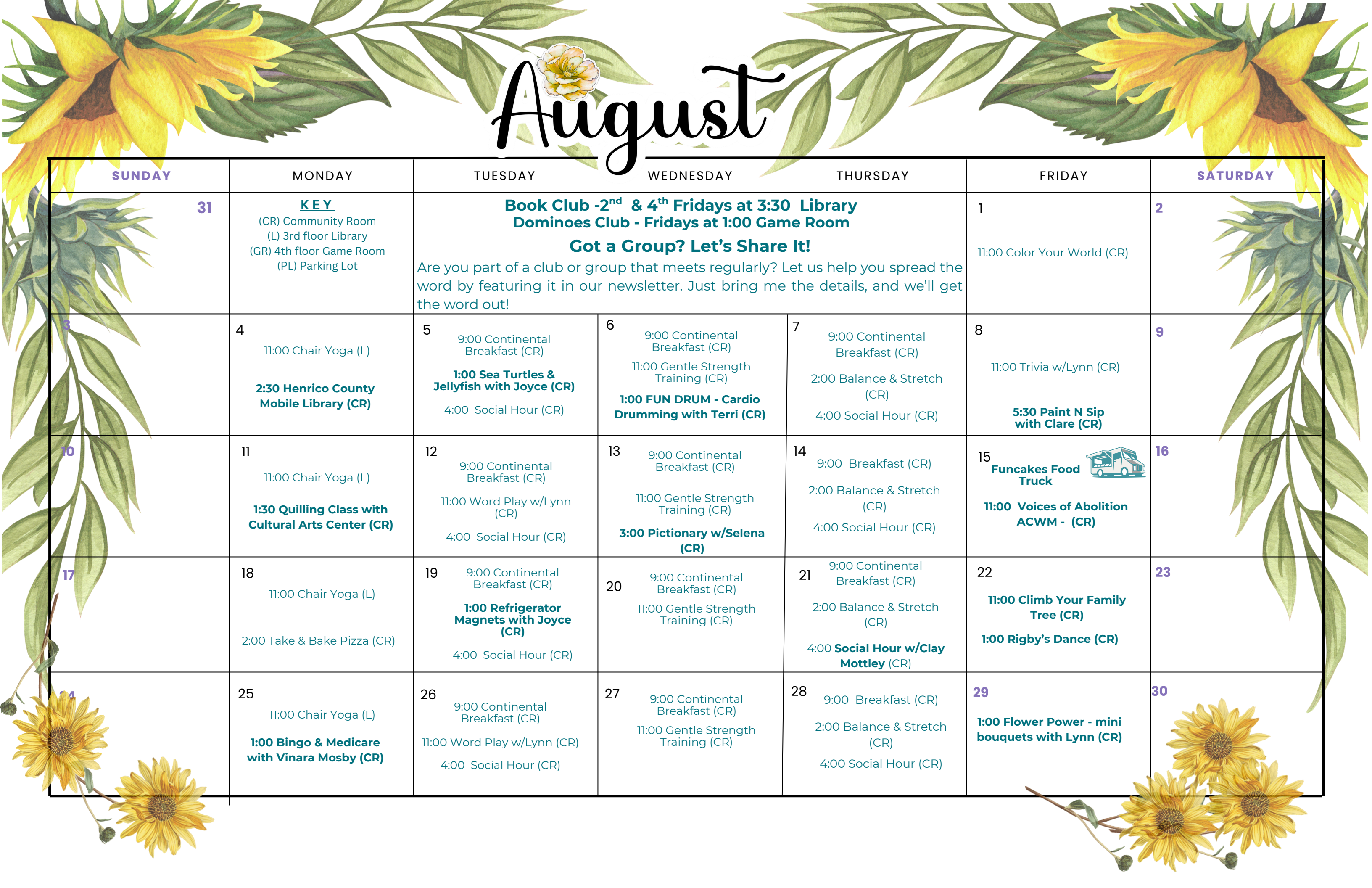
The Mobile Library brings the joy of reading, movies, and more right to your doorstep—making it easy and convenient for you to reserve, browse, and borrow a variety of materials without leaving the community. If you don’t have a library card, no problem! The librarians will take care of your application and get you started. on your explorations.



Food Truck Friday
Third Fridays, 11:00am-3:00pm

Get ready to treat your taste buds on the 3rd Friday of each month! We’re serving up delicious flavors and good vibes. The food truck will be parked in front of the Horizon Club House, making it easy to grab a bite and hang out with friends. Want to see what’s cooking? Just scan the **QR code in our newsletter** with your phone for menus, updates, and more!

Come hungry, bring a friend



August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	KEY (CR) Community Room (L) 3rd floor Library (GR) 4th floor Game Room (PL) Parking Lot	Book Club -2nd & 4th Fridays at 3:30 Library Dominoes Club - Fridays at 1:00 Game Room Got a Group? Let's Share It! Are you part of a club or group that meets regularly? Let us help you spread the word by featuring it in our newsletter. Just bring me the details, and we'll get the word out!			1 11:00 Color Your World (CR)	2
3	4 11:00 Chair Yoga (L) 2:30 Henrico County Mobile Library (CR)	5 9:00 Continental Breakfast (CR) 1:00 Sea Turtles & Jellyfish with Joyce (CR) 4:00 Social Hour (CR)	6 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 1:00 FUN DRUM - Cardio Drumming with Terri (CR)	7 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch (CR) 4:00 Social Hour (CR)	8 11:00 Trivia w/Lynn (CR) 5:30 Paint N Sip with Clare (CR)	9
10	11 11:00 Chair Yoga (L) 1:30 Quilling Class with Cultural Arts Center (CR)	12 9:00 Continental Breakfast (CR) 11:00 Word Play w/Lynn (CR) 4:00 Social Hour (CR)	13 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 3:00 Pictionary w/Selena (CR)	14 9:00 Breakfast (CR) 2:00 Balance & Stretch (CR) 4:00 Social Hour (CR)	15 Funcakes Food Truck  11:00 Voices of Abolition ACWM - (CR)	16
17	18 11:00 Chair Yoga (L) 2:00 Take & Bake Pizza (CR)	19 9:00 Continental Breakfast (CR) 1:00 Refrigerator Magnets with Joyce (CR) 4:00 Social Hour (CR)	20 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR)	21 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch (CR) 4:00 Social Hour w/Clay Mottley (CR)	22 11:00 Climb Your Family Tree (CR) 1:00 Rigby's Dance (CR)	23
24	25 11:00 Chair Yoga (L) 1:00 Bingo & Medicare with Vinara Mosby (CR)	26 9:00 Continental Breakfast (CR) 11:00 Word Play w/Lynn (CR) 4:00 Social Hour (CR)	27 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR)	28 9:00 Breakfast (CR) 2:00 Balance & Stretch (CR) 4:00 Social Hour (CR)	29 1:00 Flower Power - mini bouquets with Lynn (CR)	30