



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:

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

Notary Public Services are now available in our community! Whether you need documents notarized for personal, legal, or business matters, we're here to help! Contact: Wanda Kitt at 804-402-9737

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

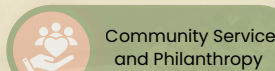
Emergency Maintenance Number:
(804) 538-1650, select Option #3

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

Signal Security:
(402) 682-7656

5 Corner Stones of Vibrant Living

Each day at The Compass, we integrate the Five Cornerstones of Vibrant Living into our Activity Calendar, serving as our wellness philosophy. These cornerstones embody the essential elements we uphold to foster a thriving and dynamic adult lifestyle.



Community Service
and Philanthropy



Mind, Body, and
Soul



Creative
Expressions



Culture and
Diversity



Recreation and
Entertainment

Resident Referral Program

\$1,000 credit for residents that refer a friend! Friend must mention resident's name during tour or on application. Resident will receive a credit 60 days after referral move-in. Friend must be a new lead and not currently in our system.



Compass Connections

STEELHEAD MANAGEMENT

October 2025



"Listen! the wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!" — Humbert Wolfe



October Reflections

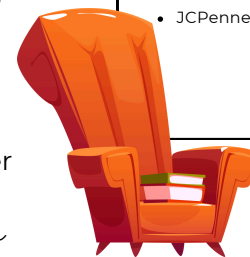
With the Autumnal Equinox behind us, fall is now in full swing. The long, hot days of summer give way to cooler, more comfortable afternoons and crisp evenings that invite us to slow down, savor the moment, and lean into the season of gratitude and abundance. October is a month of transitions—vibrant leaves turn to shades of golden red and flame orange, crunchy paths beckon us outside, and the crisp, fresh scent of fall fills the air. In the Northern Hemisphere, it's the time of harvest: apples and pumpkins are gathered, cider is poured, and kitchens are warmed with the aroma of pumpkin pie, spice cookies, and apple cake. Garlic and spring bulbs find their place in the soil, promising beauty when the earth awakens again in spring.

This month also carries traditions and celebrations near and far. From Halloween's playful spirit to cultural observances like Diwali, and awareness campaigns such as Breast Cancer Awareness Month and National Book Month, October reminds us of both joy and reflection. Historically, it's a month that has witnessed great milestones, including the founding of the United Nations and the first World Series. It's a season for cozy sweaters, warm afghans, evenings by the fire, and the wonder of monarch butterflies beginning their migration. October offers a final harvest before winter settles in, encouraging us to pause, give thanks, and enjoy the simple pleasures of autumn.

Wishing you wonderful October days.



~ Your Compass Team



Mechanicsville

Get to Know the Area!

Food & Drink

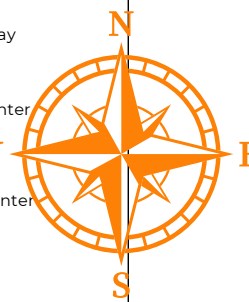
- Old Towne Smokehouse
- Fire & Chicken
- The Giambancos Italian Restaurant
- Cold Harbor Restaurant
- Jackie's Restaurant Southern Style Cooking
- Riverbound Cafe

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: Are You Up for the Challenge?

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

FALLINGLEAVES
HALLOWEEN
PUMPKINS
AFGHANS
OCTOBER
BONFIRE
HAYRIDE
ORANGE
GOURDS
GOLDEN
SPOOKY
APPLES
MAPLE
CIDER
CRISP



SUDOKU CHALLENGE

Words are easy. Math? Now that's where the real brain workout begins! But don't worry—we've got a simple, fun challenge to keep your skills sharp and your mind buzzing.

Enter Sudoku—the classic puzzle that looks tricky at first but is so satisfying once you get the hang of it. The rules are simple: Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9

It's a great way to give your brain a mini workout.



8								7
	3					4		5
1			9					
3		6			8			
				5			2	
	9		1				7	
				4				
					2	1		
7	1					8		3



New Events in October



OCTOBER
1
1:00



Medicare Information with Jencare

Banker's Life Insurance Company will be discussing the changes to Medicare plans for 2026. AEP (Annual Enrollment Period) starts October 15th. Snacks will be provided.

OCTOBER
3
11:00

Poe's Life and Legacy

Why are we still reading Poe's works? Who was the man behind "The Raven" and "The Tell-Tale Heart?" Chris Semtner, an internationally recognized expert on Poe, answers these questions and tells the tragic and compelling story of Poe's life, providing insight on his legacy in literature.



OCTOBER
8
1:00



Halloween Bingo with Selena from Amada

Selena brings Bingo and the chance to win prizes— while telling you about all the health services offered by Amada. Lots of laughter, lots of fun, lots of information!

OCTOBER
10
1:00

Get Moving with Cardio Drumming!

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



OCTOBER
15
2:00

Black Soldiers of the Revolution

John Pagano, from Henricus Historical Park presents *Forgotten Patriots: Virginia's Black Men Who Served in the Virginia Militia and Continental Army, 1775-1783.*



OCTOBER
17
11:00



Belles to Battleaxes- Installment #4 in our series

Daring spies, devoted nurses, star-crossed lovers, and captivating socialites. Discover the women of Civil War Richmond. Learn about Elizabeth Van Lew, Mary Chesnut, Hetty Cary, Buck Preston, and so many others.

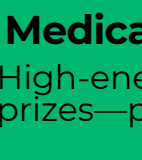
OCTOBER
17
2:00



Halloween Family Feud with Jackie from Comcast

Enjoy a fast and fun game of Halloween Family Feud with Jackie. Enjoy some snacks and then get your internet and wifi questions answered. What could be better?

OCTOBER
20
1:00



Medicare Update with Vinara Mosby

High-energy games with Vinara Mosby, the chance to win prizes—plus valuable insights on making the most of Medicare

OCTOBER
29
2:00



Bingo with Nicole from Jencare

High-energy rounds of Bingo, prizes— and get your home health care questions answered while enjoying free snacks.

OCTOBER
31
4:00

Fall Festival Social Hour

An afternoon of seasonal fun! Try your luck at Bobbing for Apples (with tongs!), play a round of Fall Bingo, enjoy tasty sandwiches, cookies, and punch. Don't forget to stick around for the raffle drawing! Celebrate fall with friends and neighbors. 🎃🍂



October

Beautiful Colorful Foliage and Crispy Evenings

October is the time to contemplate the coming winter. The last of the Summer fruits and vegetables have been harvested and stored. It's a time of gratitude for the warmth and shelter of our homes and families. It's the time to start planning for the coming year, to think about planting the seeds of a green and vibrant Spring.

Dates to Remember – October 2025

- October 1 - International Coffee Day
- October 4 - National Cinnamon Roll Day
- October 6 - National Coaches Day
- October 8 - World Octopus Day
- October 13 - National M&M Day
- October 18 - National Chocolate Cake Day
- October 24 – United Nations Day
- October 26 - National Pumpkin Day
- October 31 - Halloween

October is the month of:

- Adopt a Shelter Dog Month
- Breast Cancer Awareness Month
- Country Music Month
- National Pretzel Month
- National Book Month
- National Chili Month

Birthstones for October: Opal & Tormaline

October has two birthstones: Opal and Tourmaline. Opals are known for their mesmerizing play-of-color, and are associated with confidence, faithfulness, hope, purity, and love. Tourmaline, with its variety of colors, is believed to symbolize tenderness, compassion, and emotional healing, particularly the pink variety. Both stones are believed to enhance creativity and intuition.

Flower of October: Marigold

Marigolds are known for their warm hues, lacey foliage and ruffled blooms. While marigolds shine during summer, these flowers continue blooming into October. They symbolize warm affection and love. They can also be used to dye yarns and fabrics in shades of gold, orange, and green.

Zodiac Signs for September

♎ Libra (September 23 - October 22)

Libras are the charmers of the zodiac—graceful, balanced, and always ready to make life more beautiful. With a natural eye for harmony, they know how to bring people together and create peace wherever they go. Libras love good conversation, genuine connections, and surrounding themselves with things (and people!) that inspire joy. As an air sign, they're curious, thoughtful, and always looking at life from different angles. When you have a Libra around, expect fairness, laughter, and a touch of elegance that makes every moment feel special.

♏ Scorpio (October 23 – November 21)

Scorpios are the go-getters of the zodiac—passionate, determined, and never afraid of a challenge. They have a natural talent for digging beneath the surface and discovering the truth, which makes them both fascinating friends and inspiring leaders. With their fearless spirit and resourceful nature, Scorpios can turn obstacles into opportunities. As a water sign, they feel emotions deeply and love making genuine, meaningful connections. When a Scorpio is in your corner, you can count on their loyalty, strength, and that magnetic spark that makes them unforgettable.



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.



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.



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.



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 Yaga helps improve flexibility, posture, and relaxation.
- **Gentle Strength with Malik** - Wednesdays at 11:00 AM. Malik guides participants through low-impact strength exercises.
- **Balance & Stretch with Jane** - Thursdays at 2:00 PM Jane's class supports fall prevention and aids in body awareness.



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.



Food Truck Friday

Oct 17th, 11:00am-2:00pm

El Kiosko Food Truck will be here! Authentic Puerto Rican street food like Alcapurrias, empanadas, and mofongo! 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 with your phone!





October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY (CR) Community Room (L) Library (GR) Game Room (YR) 4th Floor Yoga Room (PL) Parking Lot	Join in the fun! Make new friends! Book Club -2nd & 4th Fridays at 3:30 in the Library Dominoes Club - Fridays at 1:00 in the Game Room Remember to sign up for activities, classes, and events you plan to participate in. .		1 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 1:00 Medicare Update with Jencare (CR)	2 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour CR)	3 11:00 Edgar Allan Poe Life & Legacy 1:00 Trivia Fun (CR)	4
5	6 11:00 Yoga (L) 2:30 Henrico County Mobile Library (CR)	7 9:00 Continental Breakfast (CR) 1:00 Fall decor with Joyce (CR) 4:00 Social Hour (CR)	8 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 1:00 Halloween Bingo with Selena (CR)	9 9:00 Breakfast (CR) 2:00 Balance with Jane CANCELLED TODAY 4:00 Social Hour (CR)	10 1:00 Fun Drum w/Terri (CR) 5:30 Paint N Sip with Clare (CR)	11
12	13 11:00 Yoga (L) 1:00 Color your World (CR)	14 9:00 Continental Breakfast (CR) 1:00 Cute Bats Painting with Joyce (CR) 4:00 Social Hour (CR)	15 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 2:00 Henricus Presentation - History of African Americans in the Revolution (CR)	16 9:00 Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour (CR)	17  11:00 Food Truck Friday 11:00 Belles to Battle-axes ACWM (CR) 2:00 Halloween Family Feud with Jackie from Comcast (CR)	18
19	20 11:00 Yoga (L) 1:00 Medicare w/Vinara Mosby (CR)	21 9:00 Continental Breakfast (CR) 11:00 Word Games with Lynn (CR) 4:00 Social Hour (CR)	22 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR)	23 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour w/Clay(CR)	24 11:00 Climb Your Family Tree (CR) 1:00 Rigby's Dance (CR)	25
26 	27 11:00 Yoga (L) 1:00 Make your own Snack Mix (CR)	28 9:00 Continental Breakfast (CR) 11:00 Word Games with Lynn (CR) 4:00 Social Hour (CR)	29 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 2:00 Bingo w/Nicole (CR)	30 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour (CR)	31 Halloween 4:00 FallFestival Fun Games Food Raffle Prizes PLEASE SIGN UP FOR THIS EVENT (CR)	