



The Compass

AT SPRINGDALE PARK

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

Property Staff:

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

Notary Public Services are 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

DECEMBER 2025



“December is a time to reflect on the blessings of the past year and embrace the opportunities of the coming one.” Oprah Winfrey



December: A Month of Reflection and Warmth

December ushers in the quiet beauty of winter and the promise of renewal. In the Northern Hemisphere, the winter solstice—the shortest day and longest night of the year—arrives on Sunday, December 21, marking a turning point toward the return of longer days. Earlier in the month, on Thursday, December 4, the Full Cold Moon will shine brightly, illuminating frosty nights with its silvery glow. As the year winds down, December invites us to slow our pace and savor simple joys. It's a season filled with the comforting aroma of baking as families, friends, and communities gather to share cookies, laughter, and stories. Whether it's a cozy exchange among neighbors or a festive “ugly sweater” celebration, the spirit of generosity fills the air. Outdoors, winter sports take center stage—hockey, basketball, and football thrill fans, while skiers, snowboarders, and snowmobilers embrace the crisp air.

Indoors, it's a perfect month to curl up by the fire, dive into a good book, or enjoy time with loved ones under a warm blanket. For some, winter means bundling up and building snowmen; for others, it's the perfect excuse to escape to sunlit beaches. However it's spent, December offers a welcome pause—a chance to rest, reflect, and look ahead. As one year closes and another begins, many take time to set new intentions for the year ahead. December sparkles with a special kind of magic — twinkling lights, familiar songs, and moments that bring people together. It's a month that reminds us of the beauty of giving, the comfort of tradition, and the joy found in simple pleasures. Whether through celebration or quiet reflection, December invites us to end the year with warmth and gratitude.

Embrace the magic of December
Your Compass Team



Mechanicsville

Get to Know the Area!

Food & Drink

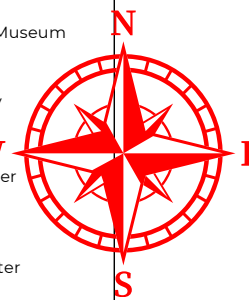
- Old Towne Smokehouse
- Fire & Chicken
- The Giambancos Italian Restaurant
- Cold Harbor Restaurant
- Jackie's Restaurant Southern Style Cooking
- Riverbound Cafe

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



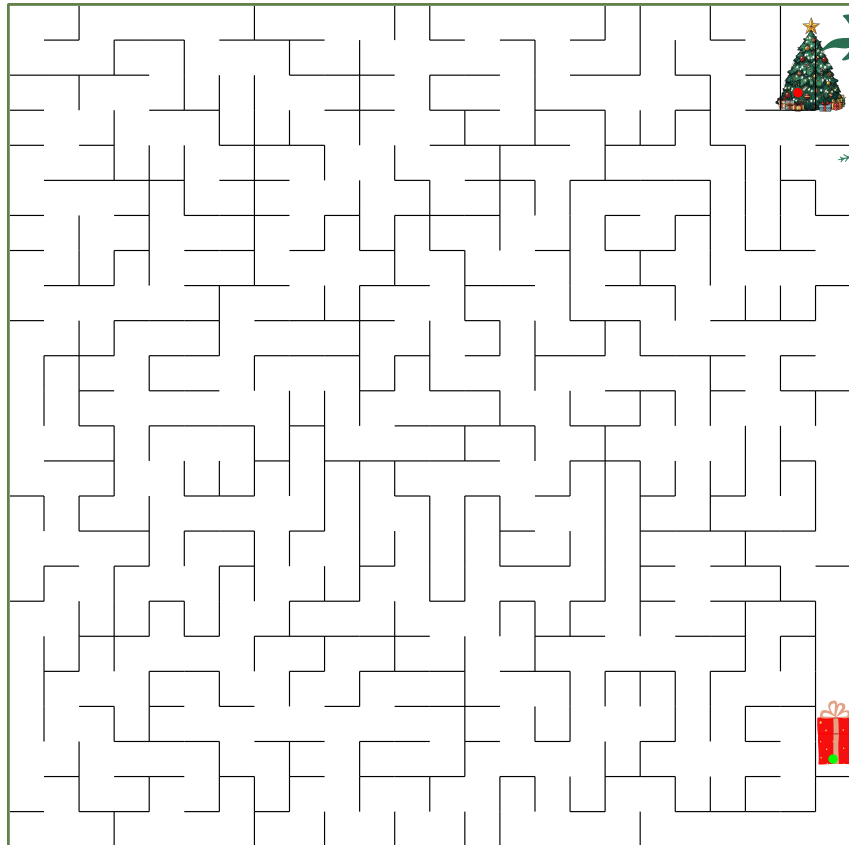
The Thinking Corner: Are You Up for the Challenge?

The Maze Challenge

Oh dear! A mischievous present has wandered off and isn't under the Christmas tree! Can you guide it back to its cozy spot beneath the branches?



Once you've saved the day, put your sharp eyes to work and find all the hidden words in the puzzle below!



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

Word Search Challenge

CHRISTMAS
CELEBRATION
GINGERBREAD
WONDERLAND
CANDYCANE
GATHERING
JACKFROST
TURQUOISE
VICTORIAN
COCOA

PRESENTS
HANUKKAH
YULETIDE
KWANZAA
COOKIES
HOLIDAY
FRIENDS
FAMILY
TINSEL
JOYFUL



DECEMBER
3
2:00
Wednesday



New in December



Eating Well, Aging Well with Enlight Hospice

This session looks at how everyday food choices can support strength, energy, and overall well-being as we grow older. We'll talk about practical habits that make healthy eating easier and more enjoyable.

DECEMBER
5
11:00
Friday

Comfort Keepers, Life Alert, transportation, and more

Mark Sheets will be on site to answer your questions and talk about the many support services like Life Alert, transportation, and more technologies available to help you continue to live in our community as you age.



DECEMBER
5
1:00
Friday



Veronica Rodgers, Pre-Needs Seminar

Veronica Rodgers, from North American Senior Benefits, returns to The Compass to provide helpful guidance on financial and legacy planning. Join her and set your mind at ease for the future.

DECEMBER
8
1:00
Monday

Fitness Equipment Class with Malik

You asked and we listened! Join Malik in the 2nd floor Fitness Center to learn how to properly and safely use the fitness equipment. Learn how to get the best results from your workouts.



DECEMBER
15
1:00
Friday

Common Misconceptions Surrounding Hospice Care

Austin Stewart from **Agape Care Group (ACG) Hospice** will be here to explore misconceptions about hospice care and to offer advice for aging in the best way possible. Don't miss this interesting and helpful presentation. Snacks will be offered.



DECEMBER
16
11:00
Tuesday

Hot Cocoa & Coffee Bar with Selena from Amada

Sip, smile, and learn! Join Selena from Amada for a cozy get-together featuring delicious hot cocoa and coffee while discovering the many ways Amada can make life easier, brighter, and more enjoyable.



DECEMBER
17
1:00
Wednesday



Right At Home - Care & Assistance Answers

Our mission is to improve the quality of life for those we serve. We believe aging is all about staying healthy, safe, and independent. Meet Meadow Gallant and learn about the services offered by Right At Home that may be right for you.

DECEMBER
19
11:00
Friday

A Victorian Christmas - Installment # 6 in our series

Step back in time to discover the fascinating origins of beloved holiday customs and hear captivating stories of how Christmas was celebrated during the Civil War. Experience the hope and resilience that defined the season even in the most challenging of times.



DECEMBER
23
4:00
Tuesday



Cider and Christmas Cookies Social Hour

Warm up with Hot Apple Cider and Christmas Cookies! Enjoy delicious holiday treats, festive music, and cheerful company as we celebrate the season together with laughter and a sprinkle of holiday magic! ✨

DECEMBER
30
4:00
Tuesday

Champagne Social Hour

Join your neighbors and friends as we toast to new beginnings with bubbly champagne and refreshing mimosas. Enjoy laughter and good friends as we welcome the year ahead in style!



DECEMBER

A TIME FOR FRIENDS AND FAMILY TO GATHER

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.” Edith Sitwell

Dates to Remember – December 2025

- December 7 - Pearl Harbor Day
- December 8 - Bodhi Day
- December 8 - Immaculate Conception Day
- December 12 - Our Lady of Guadalupe Day
- December 14 - Hanukkah Begins
- December 15 - Bill of Rights Day
- December 21 - Winter Solstice
- December 25 - Christmas Day
- December 26 - Kwanzaa Begins
- December 26 - Boxing Day
- December 31 - New Year’s Eve

December is the month of:

- Learn a Foreign Language Month
- National Pear Month
- Universal Human Rights Month
- Spiritual Literacy Month
- Root Vegetable Month
- Bingo Birthday Month

Birthstone for December: Turquoise

The December birthstone, turquoise, shines with a rich history of meaning and magic. Long treasured for its beauty, it’s said to bring protection, good fortune, health, and wisdom. Ancient cultures believed turquoise could ward off evil, ensure well-being, and strengthen friendship, making it a timeless symbol of harmony and luck.

December Flower – Holly & Narcissus

The December flowers, holly and narcissus, beautifully capture the spirit of the season. Holly symbolizes protection, hope, and everlasting life, while narcissus, especially the delicate paperwhite narcissus, represents new beginnings, purity, and good wishes. Together, they embody renewal, love, and the promise of prosperity—perfect for a month of reflection and celebration.

Zodiac Signs for November

♐ Sagittarius (November 22 – December 21)

Sagittarius is the adventurer of the zodiac—free-spirited, optimistic, and always eager to explore what’s around the next corner. Known for their love of travel, learning, and new experiences, Sagittarians thrive when they’re expanding their horizons, whether that’s through a spontaneous road trip, diving into a new book, or chasing big, bold ideas. Sagittarians value freedom and honesty, often speaking their truth with refreshing candor. Their adventurous spirit makes them wonderful companions for those who enjoy spontaneity and excitement.

♑ Capricorn (December 22 – January 19)

Capricorns are the achievers of the zodiac—ambitious, disciplined, and incredibly hardworking. They’re the ones who set big goals and actually make them happen, step by step. Practical and determined, Capricorns know how to turn dreams into reality, but they also have a witty, playful side once you get close. Their sense of humor often surprises people, adding warmth to their cool, collected exterior. With their loyalty, patience, and quiet strength, Capricorns make dependable friends, wise advisors, and natural leaders who inspire others to reach their own heights.



Activity Highlights



Continental Breakfast

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

Start your day with a warm and welcoming continental style breakfast! Enjoy a delightful selection 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, Fitness

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 & Stretch with Jane** - Thursdays at 2:00 PM Jane’s class supports fall prevention and aids in body awareness.



Take a Break with Us –

Tuesdays & Thursdays
4pm-5pm

Take a moment to unwind and recharge with friends. Enjoy a selection of wine, beer, and non-alcoholic beverages, along with light snacks. 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.



Creativity 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.



Food Truck Friday Cancelled in December



But Squeeze Em’s Food Truck will be back January 16th 2026 to tempt your taste buds with fresh-squeezed lemonade and limeade! Mouth-watering smoked pulled pork and chicken BBQ, ribs, and delicious sides

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY (CR) Community Room (L) Library (GR) Game Room (YR) 4th Floor Yoga Room (PL) Parking Lot	1 11:00 Yoga (L) 2:30 Henrico County Mobile Library (CR)	2 9:00 Continental Breakfast (CR) 11:00 Words with Lynn 4:00 Social Hour (CR)	3 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 2:00 Eating Well, Aging Well with Kelly from Enlight Hospice (CR)	4 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour CR)	5 11:00 Comfort Keepers: Life Alert & More (CR) 1:00 Veronica Rodgers Pre-Needs	6 
7 Pearl Harbor Day	8 11:00 Yoga (CR) 1:00 Fitness Equipment Class with Malik in the Gym 5:00 TACKY LIGHTS TOUR	9 9:00 Continental Breakfast (CR) 1:00 Creative Crafts with Joyce 4:00 Social Hour (CR)	10 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 1:00 Fun Drum w/Terri (CR)	11 9:00 Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour (CR)	12 11:00 Genealogy with Robbin Smith 5:30 Paint N Sip with Clare	13
14 Hanukkah Begins	15 Bill Of Rights Day 11:00 Yoga CR) 1:00 ACG Hospice Care: Misconceptions about Hospice Care (CR)	16 9:00 Continental Breakfast (CR) 11:00m Hot Cocoa and Coffee Bar with Selena from Amada (CR) 4:00 Social Hour (CR)	17 9:00 Continental Breakfast (CR) 1:00 Right at Home - Care & Assistance (CR)	18 9:00 Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour w/Clay Mottley (CR)	19 11:00 Victorian Christmas - ACWM Series 1:00 Rigby's Dance	20
21 Winter Solstice	22 11:00 Yoga (CR) 1:00 Gentle Strength Training (CR)	23 9:00 Continental Breakfast (CR) 1:00 Creative Crafts with Joyce 4:00 Cookies & Cider (CR)	24  OFFICE CLOSED FOR THE HOLIDAY Christmas Eve	25  OFFICE CLOSED FOR THE HOLIDAY Christmas	26 Kwanzaa Begins	27
28 	29 11:00 Yoga (CR) 1:00 Gentle Strength Training (CR)	30 9:00 Continental Breakfast (CR) 11:00 Words with Lynn 4:00 Champagne Social Hour (CR)	31  OFFICE CLOSED FOR THE HOLIDAY New Year's Eve!	CLUB CENTRAL Dominoes Club - Fridays at 1:00 in the 4th floor Game Room Join in the fun! Make new friends! Start a club with your neighbors! Cooking! Pokeno! Football! Movies!		