



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

January 2026



“Every January, the year begins again with whispers of possibilities that didn’t exist before.”
– Maya Angelou



January: A Month of Reflection and Hope

As we step into a brand-new year, January invites us to slow down, reset, and look forward with fresh energy. In ancient Rome, January and February weren't even part of the original calendar. Winter was viewed as a peaceful, dormant season when fields rested, and armies stayed home. Today, that sense of quiet renewal still echoes through the first month of the year.

January is usually the coldest month, and 2026 is greeting us with a brisk start. Yet even in the cold, we see small signs of change: the days are growing longer, sunlight is making a gradual return, and the night sky offers its own reminders of cycles beginning anew.

One of January's most captivating celestial events is the Full Wolf Moon, reaching its peak on Monday, January 13, at 5:27 p.m. EST. This early-year moon was said to echo the howls of hungry wolves roaming the winter landscape. Just a week earlier, the Quadrantid Meteor Shower will sweep across the sky, with its best viewing between midnight and dawn from January 4 to 5.

At its peak, skywatchers may catch up to 25 bright meteors per hour—if they're brave enough to face the chill.

January isn't just about sky-gazing. It's a great time to enjoy indoor pursuits or invigorating outdoor adventures. Explore the Science Museum of Virginia or the Virginia Museum of Fine Arts, visit historical sites such as the State Capitol, January is also a great time for curling up with a new book, listening to fresh music, or treating yourself to a calming spa day.

For those who love the outdoors, quiet walks through local parks showcase winter's stark, peaceful beauty.

For anyone in a goal-setting mindset, the month brings plenty of opportunities to get organized, refresh routines, or try something new. January provides a clean slate and a gentle nudge forward. As the year begins, may this month inspire calm, curiosity, and a sense of renewal.

Warm Wishes for the New Year
– Your Compass Team



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?

How dreamy is this little room?

With the stained-glass rose, the cozy books, and the snoozing cat, this reading nook is pure comfort. But look closely—hidden around the room are 4 paintbrushes, 3 mirrors, 2 single flowers, and 1 candlestick. Think you can find them all? Have fun exploring!



And don't forget to tackle the winter word search below!

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

Word Search Challenge

- MARSHMALLOW
- HAPPYNEWYEAR
- HIBERNATION
- SNOWBOOTS
- EVERGREEN
- FIREPLACE
- SNOWBOOTS
- WINDCHILL
- JACKFROST
- SLEDDING
- BLIZZARD
- BOOKNOOK
- BLANKET
- SNOWMAN
- ICICLES
- SNUGGLE
- SKATING
- JACKET
- COCOA
- SOUP



New Events in January

JANUARY 5 1:00 **Kenny Trinh: Master Your Paper Clutter**
Is paper clutter piling up? Join us for our January "Declutter Challenge" focusing on paper documents! We're here to help you securely dispose of sensitive documents and master your paper organization. **MONDAY**

JANUARY 7 11:00 **Fridge Facts & Freezer Truths : How long is food really safe?**
Ever wonder if that leftover soup or frozen chicken is still okay to eat? This presentation breaks down how long different foods stay safe in the fridge or freezer, storage guidelines and practical tips to make the most of your groceries. **WEDNESDAY**

JANUARY 9 1:00 **Senior 2 Senior Medicare with Leigh Battle**
As the Founder of **Senior2Senior**, I take a personalized value-based approach to educating Medicare beneficiaries about all of their available coverage options. I empower them to make the best choices that will meet their specific health and financial needs. **FRIDAY**

JANUARY 9 1:00 **Henrico Library Tech Tutor**
Tech Tutor is an hour long program where you can get assistance from library staff with your new-fangled personal devices, like cellphones, e-readers, and laptops. Find answers to technology questions. Disclaimer: We are not able to troubleshoot/repair malfunctioning or broken hardware or software". **FRIDAY**

JANUARY 9 2:00 **Comcast Questions Answered & Games with Jackie**
Join us for a lively afternoon as Jackie returns to answer all your Xfinity internet and Wi-Fi questions. She'll walk you through tips, tricks, and troubleshooting while we enjoy some fun games and delicious snacks. Come for the info, stay for the laughs! **FRIDAY**

JANUARY 16 11:00 **Liberty & Loyalty-Portraits of the Confederate White House Staff**
The White House of the Confederacy's staff included African Americans, both enslaved and free, Irish immigrants, and a German florist. Using information obtained from letters, memoirs and newspaper articles, investigate the lives of the Davis servants including the mysterious Mary Bowser. **FRIDAY**

JANUARY 21 2:00 **Mini Resources Fair for Seniors with Savvy Senior**
Here is a great opportunity to meet several companies that offer special services to seniors all in one place. Some of the folks presenting include Center Well Senior Primary Care, Functional Home Transformations, and more! There will be games and prizes so be sure to attend! **WEDNESDAY**

JANUARY 28 1:30 **Post Fracture Care: What are my Bones Saying?**
Dr. Anna Dumont returns to The Compass to share some snacks and her knowledge of what happens after a bone fracture and what your bones need from you. Join her for this timely and important informational presentation. **WEDNESDAY**

JANUARY 30 1:00 **Young at Harp**
Greenspring International Academy of Music returns to The Compass bringing beautiful, live harp music. Experience again the beauty and majesty of these beautiful instruments and then enjoy a question and answer session with the musicians. **FRIDAY**

JANUARY

TIME TO SEE THE FUTURE IN THE PAST

“In the New Year, never forget to thank past years because they enabled you to reach today! Without all the stairs of the past, you cannot arrive at the future!”
Mehtmet Murat ildan

Dates to Remember – January 2026

- January 1 - New Year's Day
- January 1 - Emancipation Proclamation
- January 5 - Twelfth Night
- January 11 - Clean Off Your Desk Day
- January 14 - Dress Up Your Pet Day
- January 19 - Martin Luther King Day
- January 20 - National Penguin Day
- January 24 - National Day of Education
- January 27 - Holocaust Remembrance Day
- January 27 - National Chocolate Day
- January 29 - Chinese Lunar New Year

January is the month of:

- National Blood Donor Month
- National Oatmeal Month
- International Hot Tea Month
- National Slow Cooker Month
- National Soup Month
- International Clean Energy Month

Birthstone for January: Garnet

Garnets have a reputation for energy, passion, and strength. And garnet has been adored for ages: ancient Egyptians wore it for guidance, Romans carved it into seals, and medieval travelers believed it offered protection on the road. Today, that sense of warmth, power, and good luck still follows the stone.



January Flower – Carnation

January's birth flower is the Dianthus, better known as the carnation. Carnations symbolize love, fascination, and a touch of distinction, making them the perfect winter pick-me-up. They bloom in many colors, each with its own message: red carnations say "I adore you," while white ones represent pure love.



Zodiac Signs for January

♑ 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.

♒ Aquarius (January 20 – February 18)

Aquarius is the visionary of the zodiac—original, inventive, and always several steps ahead of the crowd. They thrive on big ideas, fresh perspectives, and bold possibilities that can make the world a better place. Independent and free-spirited, Aquarians value authenticity and encourage everyone around them to embrace their true selves. Their quirky charm, curious mind, and humanitarian heart make them natural innovators who bring a unique spark of inspiration, creativity, and hope to everything they touch.



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.



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.



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, 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.



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.



Food Truck Friday

January 16, 11:00am-2:00pm
Get ready to treat your taste buds on the 3rd Friday of each month! We're serving up delicious flavors and good vibes

The **Squeeze Ems** 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!



January 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|---|--|
| <p>KEY (CR) Community Room (L) Library (GR) Game Room (YR) 4th Floor Yoga Room (PL) Parking Lot</p> | <p>CLUB CENTRAL Dominoes Club - Meets Every Friday at 1:00 in the 4th floor Game Room Silver Belles Passion for Fashion Club Interest Meeting on Friday January 16 at 4:30 PM in the First Floor Community Room</p> | | | <p>1 Happy New Year! OFFICE CLOSED</p> | <p>2 Have a Sparkling New Year</p> | <p>3 </p> |
| 4 | <p>5 11:00 Yoga (CR) 1:00 Kenny Trinh: Shredding Event (CR) 2:30 Henrico County Mobile Library (CR)</p> | <p>6 9:00 Continental Breakfast (CR) 1:00 Crafts with Joyce (CR) 4:00 Social Hour (CR)</p> | <p>7 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 2:00 Fridge Facts with Kelly from Enlight Hospice (CR)</p> | <p>8 9:00 Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour (CR)</p> | <p>9 11:00 Senior 2 Senior Medicare Presentation (CR) 1:00 Henrico Library Tech Tutor Class (CR) 2:30 Games with Jackie (CR) 5:30 Paint N Sip with Clare (CR)</p> | 10 |
| 11 | <p>12 11:00 Yoga (CR) 1:30 Vinara Mosby Medicare Presentation (CR)</p> | <p>13 9:00 Continental Breakfast (CR) 11:00 Words with Lynn (CR) 4:00 Social Hour (CR)</p> | <p>14 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 1:00 Fun Drum Cardio Drumming(CR)</p> | <p>15 9:00 Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour (CR)</p> | <p>16  11:00-2:00 Squeeze Ems Food Truck 11:00 Liberty & Loyalty-Servants of the Confederate White House (CR) 4:30 Passion for Fashion Meeting (CR)</p> | 17 |
| 18 | <p>19  OFFICE CLOSED</p> | <p>20 9:00 Continental Breakfast (CR) 1:00 Crafts with Joyce (CR) 4:00 Social Hour (CR)</p> | <p>21 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 1:00 Mini Resource Fair with Savvy Senior(CR)</p> | <p>22 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour w/Clay Mottley(CR)</p> | <p>23 11:00 Genealogy (CR) 1:00 Rigbys (CR)</p> | 24 |
| <p>25 </p> | <p>26 11:00 Yoga (CR) 2:00 More Medicare with Jermonica BooseDavis (CR)</p> | <p>27 9:00 Continental Breakfast (CR) 11:00 Words with Lynn (CR) 4:00 Social Hour (CR)</p> | <p>28 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 1:30 Dr. Anne Dumont. Fracture Care (CR)</p> | <p>29 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour (CR)</p> | <p>30 11:00 Young at Harp Ensemble (CR)</p> | 31 |

