

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

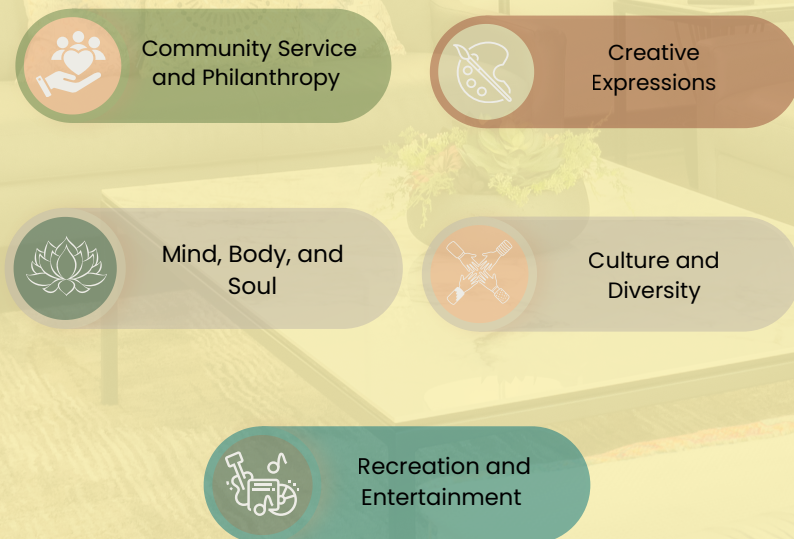
Emergency Maintenance Number:
(804) 538-1650, select Option #3

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.



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

February 2026



"Let from this month onwards your days become more happier, fulfilling, purposeful, satisfying & joyful." – Rajesh Goyal

February: A Month of Hope, Reflection, and Joy

February offers early signs that winter is slowly loosening its grip. Small crocus flowers begin peeking through the soil, the days grow noticeably longer, and the robin returns to the trees—one of nature's first hints that Spring is on its way. Many of us begin to feel a touch of cabin fever and a desire to get out and do something different. February is a wonderful time to explore Richmond's many museums or revisit a favorite cultural spot. This month invites us back into creativity and comfort. It's an ideal time to get your hands busy again by crafting, planting, or cooking. Sharing food and creativity is a simple way to bring warmth to winter days. If you don't mind cooler weather, February can be a lovely time to visit Lewis Ginter Botanical Gardens or Maymont Park, where peaceful winter landscapes offer a quieter kind of beauty. Prefer to stay indoors? Grab a friend and head downtown to Hotel Greene for a round of indoor mini golf—a fun and unexpected way to add a little excitement to the season. February is the month of Valentine's Day, a time when we think more deeply about love in all its forms.

It's a chance to celebrate the love between family members, the bonds of friendship, romantic partnerships, and the care we have for our community and the world around us. The month also invites reflection through Presidents' Day and Martin Luther King Jr. Day, making it a meaningful time to explore history and honor voices that shaped our nation. Visiting Historic St. John's Church or the Black History Museum can be both educational and inspiring. Adding a burst of fun to the month is Mardi Gras. With roots stretching from ancient Roman festivals through Europe and into Louisiana, Mardi Gras celebrates diversity, community, and the joy of life. It's a colorful reminder to embrace joy wherever we find it. As February unfolds, it offers a blend of hope, reflection, and celebration—helping us look ahead to Spring with optimism and warmth.

Let February warm your heart.
~ 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
- Publix Supermarket
- Target
- Eastgate Town Center
- White Oak Village
- JCPenney

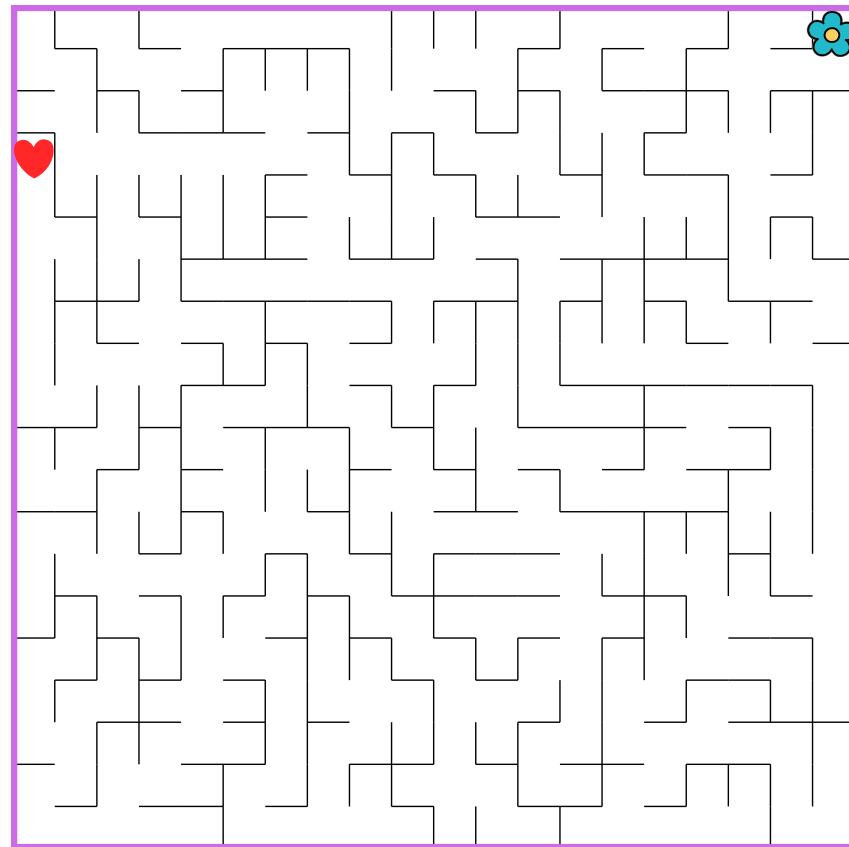


The Thinking Corner: Are You Up for the Challenge?

Looking for Love

This sweet little flower is on a mission to find a heart to love but it can't do it alone! Help guide it through the maze and lead it to love.

Then keep the fun going by tackling the February word search below!



Word Search Challenge

AMETHYST CANDLEMAS
VIOLETS PRESIDENTS
FLANNEL MARDIGRAS
MITTENS HIBERNATE
FONDUE EVERGREEN
HEARTS CHOCOLATE
CROCUS VALENTINE
COCOA GROUNDHOG
CANDY AQUARIUS
LOVE PRIMROSE



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



Events in February



FEBRUARY

2

1:30

Bingo! with Nicole from Jencare is Back!

Join Nicole to play some Bingo, win prizes, and learn all about what's new at Jencare! Nicole always brings the fun!



FEBRUARY

3

11:00



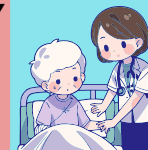
True Companionship with Kim Washington

Let's talk about in-home care services for anyone who needs help with ADLs, light housework, laundry, shopping, meal prep, or , companionship

FEBRUARY

4

1:00



Austin Stewart from ACG Hospice

Austin from ACG Hospice has the perfect event for you! He'll be discussing how, in a season of love, to combat caregiver burnout, best practices to navigate challenging circumstances while maintaining dignity for your loved one!

FEBRUARY

6

11:00

Comfort Keepers: Life Alerts and more!

Rescheduled from December due to the snowstorm: Mark Sheets answers your questions about the many support services like Life Alert, transportation, and other technologies available to help you continue to live in our community as you age.



FEBRUARY

6

2:00



Foods that Fight Inflammation with Enlight Hospice

Healthy eating means understanding which foods can cause inflammation and contribute to pain, so we can make better choices and limit or avoid them. By choosing foods that support our bodies and reducing those that trigger inflammation, we may help improve overall health, feel better day to day, and support healthier aging.

FEBRUARY

13

1:00

Trina Johnson Does Insurance

Trina is a local licensed Humana sales agent in Henrico, VA, specializing in Medicare. She is ready to work alongside you to find the best coverage for your needs and budget. She can also save you time and effort by finding in-network providers close to home.



FEBRUARY

17

1:00



Kevin Bledsoe: Bingo, Fun, and Medicare Expertise

Medicare is Kevin's area of expertise, and I'm committed to helping you pinpoint the most suitable plan for your individual needs and budget. He will handle the research and comparison of plans from top national and local companies, so you can relax. Plus, his assistance comes at absolutely no cost to you. and BINGO!

FEBRUARY

18

1:00



Medicare Fun & Information with LaToya Williams

Join LaToya Williams to explore your Medicare insurance options and have all your questions answered while having a lot of fun!

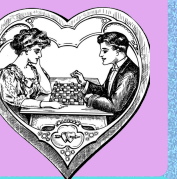
FEBRUARY

20

11:00

Hearts at War-The Civil War and Valentines Day

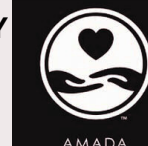
Discover the history of Valentine's Day, the start of Valentine's Day traditions in America, and how the War affected those traditions in the South. The program includes images of original valentines in the Museum's collections and excerpts from letters between soldiers and their loved ones.



FEBRUARY

23

1:00



Meet Mathew from Amada for Snacks and Games

You know Amada Care Services—and you know they're always a lot of fun! Now come meet Matthew and join us for snacks, games, and all the exciting new things happening at Amada.

FEBRUARY

27

10:00

NeuroGrid Puzzle Pop-Up

Join NeuroGrid Puzzles for a fun and engaging Pop-Up Puzzle Hour that blends travel, history, and brain-boosting fun. You will enjoy large print word search-trivia puzzles about Richmond and other Virginia destinations. It's a great way to keep your mind active!



Hello, February!

**It's a time of amazing anticipation for brighter
and more beautiful things to come.**

Dates to Remember – February 2026

- February 2: Groundhog Day
- February 9: National Pizza Day
- February 14: Valentine's Day
- February 17: Mardi Gras
- February 17: Chinese Lunar New Year
- February 20: National Love Your Pet Day
- February 20: National Muffin Day
- February 21: Presidents' Day
- February 24: National Tortilla Chip Day
- February 26: Tell a Fairy Tale Day
- February 27: International Polar Bear Day
- February 28: National Science Day

February Awareness Month:

- African American History Month
- Chocolate Lovers Month
- American Heart Month
- Random Acts of Kindness Month
- Cancer Prevention Month
- Humpback Whale Awareness Month

February's Birthstone: Amethyst

February's birthstone shines in beautiful shades of purple. According to Greek mythology, the stone is named after a nymph called Amethyst, who was turned to stone and later transformed into a rich purple hue by the god, Bacchus. Long believed to prevent intoxication and promote clear thinking, amethyst was worn by English royalty during the Middle Ages. A gem with beauty and a story! 💜✨

February's Flower: The Violet

Sweet and meaningful, the violet is the flower of February. It symbolizes loyalty, faithfulness, and watchfulness—making it a lovely reminder that true care is always there. With its heart-shaped petals, gentle fragrance, and modest beauty, the violet represents love, humility, and quiet grace. A small flower with a big message! 💜💐

Zodiac Signs for February

♒ 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.

♓ Pisces (February 19 – March 20)
Pisces are the dreamers of the zodiac—compassionate, imaginative, and full of heart. Deeply empathetic and emotionally aware, they have a natural ability to understand others, making them gentle listeners and wonderfully supportive friends. Guided by strong intuition and creativity, Pisces often see the world through a magical, artistic lens, finding beauty where others may overlook it. Their kindness, sensitivity, and thoughtful nature bring comfort and inspiration to those around them. With a Pisces nearby, life feels softer, more meaningful, and touched with a sense of wonder.



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 your 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

Come browse our collection of books, audiobooks, movies, and magazines! Looking for something specific? Request it during our visit or call us at 804-501-1953. It may take some time for the item to arrive, so let us know as far in advance as possible. and we will do our best to have it at our next visit. Need a library card? We can make one during our visit.



**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
February 20, 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 **Brekkie Waffles** 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!



February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY (CR) Community Room (L) Library (GR) Game Room (YR) 4th Floor Yoga Room (PL) Parking Lot	2 Groundhog Day 11:00 Yoga (CR) 1:30 Bingo with Nicole from Jencare (CR) 2:30 Henrico County Mobile Library (CR)	3 9:00 Continental Breakfast (CR) 11:00 True Companionship with Kim Washington (CR) 1:00 Valentines with Joyce (CR) 4:00 Social Hour (CR)	4 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 1:00 Caregiver Burnout Austin Stewart from ACG (CR)	5 9:00 Continental Breakfast (CR) 11:00 Blood Pressure Clinic (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour (CR)	6 11:00 Comfort Keepers: Life Alert and More (CR) 2:00 Foods that Fight Inflammation with Enlight Hospice (CR)	7
8	9 11:00 Yoga (CR)	10 9:00 Continental Breakfast (CR) 11:00 Words with Lynn (CR) 4:00 Social Hour Celebrate Pizza Day (CR)	11 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 1:00 Fun Drum (CR)	12 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour (CR)	13 11:00 Genealogy (CR) 1:00 Trina Johnson Does Insurance (CR) 5:30 Paint N Sip with Clare (CR)	14 
15	16 Presidents' Day 11:00 Yoga (CR) 3:30 Red Wine Tasting Class (CR)	17. Mardi Gras 9:00 Continental Breakfast (CR)) 11:00 Words with Lynn (CR) 1:00 Kevin Bledsoe: Bingo & Medicare (CR) 4:00 Social Hour (CR)	18. Ash Wednesday 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR) 1:00 LaToya Williams: Bingo & Medicare (CR)	19 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour with Clay Mottley (CR)	20 Brekkie Waffles South African Food  11:00 Hearts at War-The Civil War and Valentines Day ACWM - (CR)	21
	23 11:00 Yoga (CR) 1:00 Mathew from Amada (CR)	24 9:00 Continental Breakfast (CR) 1:00 Creative Crafting with Joyce (CR) 4:00 Social Hour (CR)	25 9:00 Continental Breakfast (CR) 11:00 Gentle Strength Training (CR)	26 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 February Birthdays Social Hour (CR)	27 10:00 NeuroGrid Puzzle Pop Up (CR) 1:00 Rigby's Dance (CR)	28
		CLUB CENTRAL Dominoes Club - Meets Every Friday at 1:00 in the 4th floor Game Room Silver Belles Passion for Fashion Club Meets on the 3rd Friday at 5:00 PM				