



The Compass

AT SPRINGDALE PARK

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

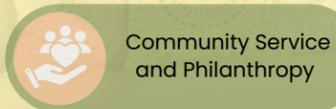
Emergency Maintenance Number:
(804) 538-1650, select Option #3

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

Signal Security:
(402) 682-7656

5 Corner Stones of Vibrant Living

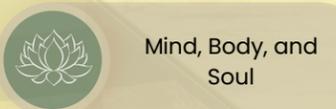
Each day at The Compass, we integrate the Five Cornerstones of Vibrant Living into our Activity Calendar, serving as our wellness philosophy. These cornerstones embody the essential elements we uphold to foster a thriving and dynamic adult lifestyle.



Community Service and Philanthropy



Creative Expressions



Mind, Body, and Soul



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

March 2026



“March is an example of how beautiful new beginnings can be.” – Anamika Mishra



March is a time of transformation and new growth—a month defined by movement, hope, and renewal. Often described as the time that “comes in like a lion and goes out like a lamb,” March marks the transition from winter’s chill to spring’s promise. The days grow longer, the air feels lighter, and nature begins to awaken from its winter rest.

March ushers in spring with the vernal equinox. Its name comes from Mars, the Roman god of war, yet the month brings far gentler gifts: bright daffodils, festive St. Patrick’s Day celebrations, and the return of extended daylight. Daylight Saving Time arrives on Sunday, March 8th, when clocks spring forward, offering longer evenings filled with light and possibility. March’s full moon, known as the Worm Moon, reflects the reappearance of worms as the soil softens and life returns to the earth.

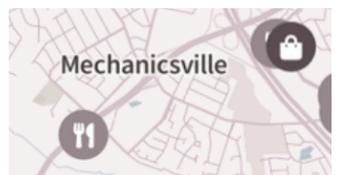
Serving as a bridge between seasons, March carries powerful symbolism. Animals emerge from hibernation, plants push through cold ground, and people everywhere embrace spring traditions—especially spring cleaning—as a way to refresh both home and spirit.

March also invites us outdoors. It’s the perfect time to take a walk and notice budding trees and early blossoms, or to let the brisk winds lift a kite into the sky. Local gardens and courtyards begin to open, making places like the Virginia Museum of Fine Arts outdoor sculpture garden and Maymont’s Nature Center ideal destinations. For indoor inspiration, the Immersive Monet Exhibit in Short Pump offers a vivid escape into art and color. The month is rich in fun facts: Monopoly was invented on March 7, 1933; Coca-Cola debuted in March 1886; and the Eiffel Tower was completed in March 1889—earning March its reputation as a lucky month.

Sports fans also have plenty to celebrate, from March Madness to the start of baseball season and major golf, tennis, and racing events.

As Walt Disney once said, “All our dreams can come true if we have the courage to pursue them.” As March blooms, let it inspire you to grow, dream, and embrace new beginnings.

*Wishing you a blooming good month
~ 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
- Publix Supermarket
- Target
- Eastgate Town Center
- White Oak Village
- JCPenney



The Thinking Corner: Are You Up for the Challenge?

WHAT DO YOU SEE?

What a great picture of two people looking at each other—but look again! 👁️ There's more to this image than meets the eye. How many hidden images can you spot within the picture?



Once you've discovered all the images, keep the fun going by challenging yourself to find all the hidden words in the Word Search Puzzle!



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

- IMPROVISATION
- TRANSITION
- SUFFRAGIST
- TIMECHANGE
- DELIGHTFUL
- CORNEDBEEF
- SUNSHINE
- DAFFODIL
- BLUSTERY
- SHAMROCK
- EQUINOX
- JONQUIL
- COMEDY
- SPRING
- VERNAL
- WARMTH
- MARCH
- RENEW
- IRISH
- JAZZ



We have so many exciting and fun new events in March! Here's a quick list to help you keep track.

MARCH 3 11:00		Closet Organization and Clothing Swap Closet Refresh & Clothing Swap with Kenny Trinh, owner of Home to Home will help you organize and refresh your closets. Kenny makes organizing fun and easy!
MARCH 4 1:00		Adoration Home Health & Clinical Care at Home Nathan Temple with Adoration Home Health introduces you to quality clinical and nursing care at home. Adoration is all about providing compassionate care in the comfort of your home.
MARCH 6 10:00		Nelia's Neighbors: Home Concierge and Handyman Service Meet Alice White from Nelia's Concierge Home Services and learn about in-home help including handyman services!
MARCH 13 2:00		Fall Prevention with Kelly Make your home a safer place. and llearn how to avoid falls. Join Kelly from Enlight Hospice for this informative and fun discussion about home safety with a Q & A afterwards
MARCH 9 1:00		Learn about Clear Caption Phones with Susan Vogal The revolutionary captioning phone from ClearCaptions displays near real-time phone captions on an easy-to-use touchscreen display. Talk to Susan and find out if you are eligible for this FREE service.
MARCH 11 4:00		Comedy Time with Seniors Gone Wild Laugh like you've never laughed before! Old School Improv returns with their unique brand of comedy, performing improvised scenes, songs and games based on your suggestions. Interactive fun that keeps you laughing.
MARCH 16 2:00		Tech Help for Your Phone or Tablet Jessie Burch with Oak Street Health offers personalized tech help for your phones and tablets as well as information about primary care for seniors. Learn how to get the most out of your smart phone with a little help from a friend.
MARCH 18 1:00		Live Your Best Life with Right At Home Meadow Gilbert will share information about Right At Home's award-winning services that can help you live your best life. while allowing you to age gracefully at home
MARCH 20 1:00		RSVP for a FREE Box Lunch with InnovAge Services Learn about InnovAge's all-inclusive care to seniors in Virginia. Space is limited so be sure to RSVP at the leasing office no later than March 13. Informative, fun, helpful, and a free lunch.
MARCH 23 2:00		Make your own Trail Mix bars AND Play Trivia! Two fun activities at the same time!! Make your own Trail Mix bars and enjoy a few rounds of Trivia with Peyton Cooper from Devoted Health Care. Good Food! Good Fun! Great compant!!
MARCH 25 2:00		Garity Advantage comes to you! Learn how to make Medicare work to you.r advantage Join Megan Wessal and Peyton Cooper to learn what Garity Advantage can do for you while enjoying fun games and snacks.
MARCH 27 10:00		Just for fun - Coffee and Donuts! Yes! Peyton Cooper will bring coffee and donuts, conversation and fun to The Compass. Come on down and enjoy a donut while vsiting with Peyton and friends.
DON'T FORGET TO SIGN UP FOR ANY CLASSES AND EVENTS YOU ARE PLANNING TO PARTICIPATE IN. SIGN UP SHEETS ARE IN THE FIRST FLOOR COMMUNITY ROOM.		

“Springtime is the land awakening. The March winds are the morning yawn.”

— Lewis Grizzard

Dates to Remember – March 2026

- March 1: World Compliment Day
- March 2: International Rescue Cat Day
- March 3: World Wildlife Day
- March 8: International Women’s Day
- March 10: National Nap Day
- March 17: St Patrick’s Day
- March 18: Global Recycling Day
- March 19: National Let’s Laugh Day
- March 20: Alien Abduction Day
- March 20: Won’t You be my Neighbor Day
- March 21: Rosie the Riveter Day
- March 22: World Water Day
- March 23: Chips & Dip Day

March Awareness Month:

- Gender Equality Month
- Women’s History Month
- Irish-American Month
- Greek-American Month
- National Reading Month
- Red Cross Month

March’s Birthstone: Bloodstone

Bloodstone is a dark green chalcedony speckled with iron oxide, which resembles spots of blood, hence its name. It has an earthy, rugged appeal that makes it especially fitting for men's jewelry. Bloodstone is believed to have powerful healing properties and protective energy. Today, it's seen as a stone of resilience and vitality, representing the life force and spiritual endurance

March’s Flower: The Daffodil

Absolutely perfect for the first month of spring. There’s no denying that spring has sprung when the daffodils are out. Daffodils were first cultivated by the ancient Greeks and Romans for their medicinal properties. They’re known for representing rebirth and new beginnings, as well as inspiration, forgiveness, and creativity.



Zodiac Signs for March

♓ 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.

♈ Aries (March 21 – April 19)
Aries are the trailblazers of the zodiac—bold, energetic, and always ready for adventure. With a fearless spirit and seemingly endless enthusiasm, they light up every room they enter and aren’t afraid to take the lead. Aries thrive on challenges and are happiest when chasing big dreams, diving headfirst into new experiences, and turning ideas into action. They bring a sense of momentum wherever they go, encouraging those around them to be brave, take risks, and live life fully. Life is never boring with an Aries nearby—they add just the right spark of fun,

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

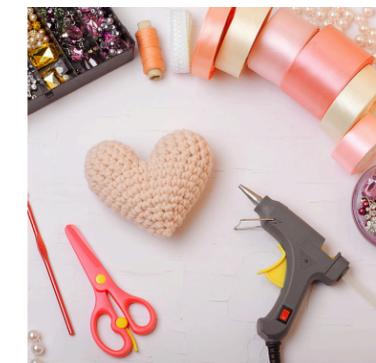
Come browse our collection of books, audiobooks, movies, and magazines! Looking for something specific? Request it during our visit or call us at 804-501-1953. It may take some time for the item to arrive, so let us know as far in advance as possible. and we will do our best to have it at our next visit.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



March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 KEY (CR) Community Room (L) Library (GR) Game Room (YR) 4th Floor Yoga Room (PL) Parking Lot ** Resident led Activities	2 11:00 Chair Yoga with Sarah (CR) 2:30 Henrico County Mobile Library (CR)	3 9:00 Continental Breakfast (CR) 11:00 Clothing Swap with Kenny Trinh (CR) 2:00 Games with Jackie from Comcast (CR) 4:00 Social Hour (CR)	4 9:00 Continental Breakfast (CR) 11:00 Gentle Strength with Malik (CR) 1:00 Nathan Temple with Adoration Home Health (CR)	5 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour (CR)	6 10:00 Nelia's Neighbors Concierge Home Service with Alice White (CR)	
8 	9 11:00 Chair Yoga with Sarah (CR) 1:00 Susan Vogel with Clear Caption Phones (CR)	10 9:00 Continental Breakfast (CR) 1:00 Aprons with Joyce (CR) 4:00 Social Hour (CR)	11 9:00 Continental Breakfast (CR) 11:00 Gentle Strength with Malik (CR) 1:00 Fun Drum Cardio Drumming (CR) 4:00 Seniors Gone Wild Improv (CR)	12 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour (CR)	13 11:00 Genealogy with Robbin Smith (CR) 2:00 Fall Prevention with Kelly from Enlight Hospice (CR) 5:30 Paint N Sip with Clare (CR)	14
15	16 11:00 Chair Yoga with Sarah (CR) 2:00 Jessie Burch with Oak Street Health Tech Help for your phone or tablet (CR)	17 9:00 Continental Breakfast (CR) 11:00 Words with Lynn (CR) 4:00 Social Hour St Patrick's Day Sandwiches & Desserts (CR)	18 9:00 Continental Breakfast (CR) 11:00 Gentle Strength with Malik (CR) 1:00 Right At Home Presentation w/Meadow Gilbert (CR)	19 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour (CR)	20 11:00-2:00 Fantabulous Chef Food Truck (PL)  11:00 Medical Practices of the Civil War #9 in our ACWM Series - (CR) 1:00 InnovAge Box Lunch - RSVP REQUIRED (CR)	21
22	23 11:00 Chair Yoga with Sarah (CR) 2:00 Devoted Health Plan Make your own Trail Bar & Trivia with Peyton Cooper	24 9:00 Continental Breakfast (CR) 1:00 Painting of Kites with Joyce (CR) 4:00 March Birthdays Social Hour (CR)	25 9:00 Continental Breakfast (CR) 11:00 Gentle Strength with Malik (CR) 2:00 Megan Wessals with Garity Advantage (CR)	26 9:00 Continental Breakfast (CR) 2:00 Balance & Stretch with Jane (CR) 4:00 Social Hour with Clay Mottley (CR)	27 10:00 Devoted Health Plan Coffee & Donuts with Peyton Cooper (CR) 2:00 More Medicare with Jermonica BooseDavis The Price is Always Right (CR)	28
29 	30 11:00 Chair Yoga with Sarah (CR) 2:00 Veronica Rodgers Presentation (CR)	31 9:00 Continental Breakfast (CR) 11:00 Words with Lynn (CR) 4:00 Social Hour with Jaime Lloyd (CR)	CLUB CENTRAL **Dominoes Club - Meets every Friday at 1:00 in the 4th floor Game Room **Passion for Fashion Club will meet on Friday, March 20th, at 5:00 PM (CR)			