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Front Desk & Reception

Open daily, 9:00am-5:00pm
804-741-8624

Cozy Corner Gift Shop

Monday, Wednesday,
& Friday
1:00 to 3:00 pm
Location: 1st Floor

Managed by our SMW Volunteers

Powerback Rehab Services

Physical, Occupational,
& Speech Therapy
Location: First Floor
Phone: (804) 741-0612

Patti Jo Keeler, LPTA

Beauty/Barber Salon

Tuesday, Wednesday,
Friday, & Saturday
6:00am to 12:00pm
Location: Third Floor
Phone: (804) 740-1303

John Sanyour

www.stmaryswoods.com



The Woodslore

St. Mary's Woods

1257 Marywood Lane
Richmond, VA 23229
(804) 741-8624

APRIL 2024

April Happenings

Saturday Night Bingo

SAT, April 6, 13, & 27 @ 6:30PM

Caring Canines Visit

WED, April 10 @ 2:30PM

Henrico County Mobile Library

THUR, April 4 & 18 @ 2PM

Men's Lunch

THURS, April 25 @ 12PM

Family & Resident Happy Hour

THUR, April 11 @ 4:30PM

Dash of David Cooking Demo

WED, April 17 @ 1PM

Manicures with Erin

THUR, April 18 from 10:30AM – 3PM

Cooking with Erin, National Pigs-in-a-Blanket Day

WED, April 24 @ 2PM

Drama Club with Erin

TUES, April 2, 16, & 30 @ 11AM

Garden Club Spring Meeting with Curtis

SAT, April 27 from 10AM-12PM

Special Outings, Shopping & Lunch Bunches

Lewis Ginter Tulip Garden
THUR, April 4 @ 10AM

Prince George Heritage Museum
& Lunch @ K&L BBQ
FRI, April 5 @ 9:45AM

Downtown Richmond's Historical Mutual
Bank High-Rise Building Rooftop for
Total Eclipse Viewing & Lunch
MON, April 8 @ 11AM

Lunch Bunch to Jersey Mike's
WED, April 10 @ 11AM

Pole Green Produce Market
MON, April 15 @ 10AM

Libbie Market
WED, April 17 @ 11AM

Rockwood Nature Center
FRI, April 19 @ 12:30PM

Picnic In the Park @ Deep Run Park
Saturday, April 20 @ 10:30AM

Huguenot Baptist Church Concert
TUE, April 23 @ 2PM

Ukrop's Market Hall
FRI, April 26 @ 12:30PM

Treat-Trip to Dairy Queen
FRI, April 26 @ 1:45PM

Lunch Bunch to Chianti's Italian
Restaurant
MON, April 29 @ 11AM

PRESENTATIONS & CONCERTS

Debra & Patrick Perform
TUE, April 2 @ 2PM

**Exploring the Cosmos with
David: Eclipses**
WED, April 3 @ 1PM

Billy Caldwell on the Guitar
TUE, April 9 @ 2PM

**April Birthdays Celebration
with the Encore Dancers**
FRI, April 12 @ 1PM

Mary Stella Lobby Concert
SAT, April 13 @ 3:30PM

**Country Music Hour
with Brad Spivey**
TUE, April 16 @ 2PM

Joe Loschiavo Piano Concert
FRI, April 19 @ 2PM

**Resident Sing-Along
with Diane Hart**
TUE, April 23 @ 6:30PM

**Damian & Cathy
Muller Perform**
TUE, April 30 @ 2PM

TRANSPORTATION SCHEDULE

MONDAY, APRIL 1
 9:00 am Food Lion
 11:00 am Dollar Tree
 1:30 pm Kroger

WEDNESDAY, April 3
 9:00am Kroger
 11:00am Target
 1:00pm Walmart

FRIDAY, April 5
 9:45 am Prince George Heritage Museum & Lunch @ K&L Barbecue

MONDAY, April 8
 9:00 am Ollies
 11:30am Eclipse viewing & Lunch Bunch

WEDNESDAY, April 10
 8:45 am Mass
 11:00 am Lunch bunch to Jersey Mike's
 1:00 pm Walmart

FRIDAY, April 12
 8:45 am Mass
 10:00 am Target
 1:00 pm Trader Joe's

MONDAY, April 15
 10:00am Pole Green Produce
 1:30 pm Kroger

WEDNESDAY, April 17
 8:45 am Mass
 9:00 am Kroger
 11:00 am Libbie Market
 1:00 pm Walmart

FRIDAY, April 19
 8:45 am Mass
 10:00 am Target
 12:30pm Rockwood Nature Center

MONDAY, April 22
 9:00 am Food Lion
 11:00 am Change of Scenery Drive
 1:30 pm Kroger

WEDNESDAY, April 24
 8:45 am Mass
 9:00 am Kroger
 11:00 am Publix
 1:00 pm Walmart

FRIDAY, April 26
 8:45 am Mass
 10:00 am Target
 12:30 pm Ukrops Market
 1:45 pm Dairy Queen

MONDAY, April 29
 9:00 am Food Lion
 11:00 am Chianti's Italian Restaurant
 1:30 pm Kroger

CELEBRATING April BIRTHDAYS!

Maggie Nichols	April 1	Apt 341
Molly Jordan	April 4	Apt 108
Sarajane Ronston	April 10	Apt 329
Jane Burge	April 12	Apt 133
Barbara Dougherty	April 17	Apt 205
Betty Stroop	April 24	Apt 201
Arthur Bastian	April 24	Apt 112
Karen Murphy	April 26	Apt 202
Charles Foldesi	April 28	Apt 210
Margaret Hassan	April 30	Apt 234
Ruth Lucy	April 30	Apt 119

Be sure to join us in the community room on Friday, April 12, at 1PM for the April Birthdays Party!



Exercise Programs

Exercise Class: Exercise Class is held Monday, Wednesday & Friday mornings at 10:15AM in the Community Room

Ageless Grace Certified instruction leader, Janie Peterson, teaches this exercise class every Monday afternoon at 1:30pm in the Community Room.

Balance & Action is taught once a week at 10am on Thurs mornings in the Community Room by the Powerback Rehab Services Staff.

Wii bowling takes place every Monday afternoon in the TV Lounge on the 3rd floor from 1:30PM

Ageless Grace is a highly effective brain fitness program that keeps participants moving and thinking through the power of play. Because wellness shouldn't have to be boring or painful - in fact, it should be fun!

Led by Certified Instructor, Janie Peterson, every Tuesday morning at 10:30am in the Community Room.



BOOK CLUB

Join Phil Ford on the 4th Monday of every month for the Henrico County Mobile Library Book Club! We meet in the Library at 2:30pm. See you there!



Religious Services

SUNDAY

Worship Service is held in the Chapel twice a month on Sundays. Please refer to calendar for dates.

MONDAY

Bible Study is held at 2:30PM every Monday in our Chapel with Pastoral Counselor, Sarah Francis

TUESDAY

Adoration is the first and third Tuesday of each month at 10:15am in the Chapel

WEDNESDAY

Van to Mass at St Mary's Church departs at 8:45am

Resident Prayer Group is at 6:30pm in the Chapel

THURSDAY

Mass is held in the Comm Room at 10am

Worship Service is held in the Chapel at 11:15am

Rosary is held in the Chapel at 1:30pm

FRIDAY

Van to Mass at St Mary's Church departs at 8:45am

Stations of the Cross is held the 1st Friday of the month at 3pm in the Chapel

Confession is held on the 3rd Friday of the month at 2pm in the Chapel

SATURDAY

Rosary is held every Saturday morning in the Chapel at 11:00AM
 Mass is held every Saturday evening in the Community Room at 5:00PM



St. Mary's
WOODS
RETIREMENT
COMMUNITY

Family

Happy Hour

Join us in the Community Room for our monthly Family & Friends Happy Hour. We will be serving some of our signature hors d'oeuvres & featuring local wine & spritzers with fresh fruit.

Please call the front desk to RSVP for this afternoon happy hour.

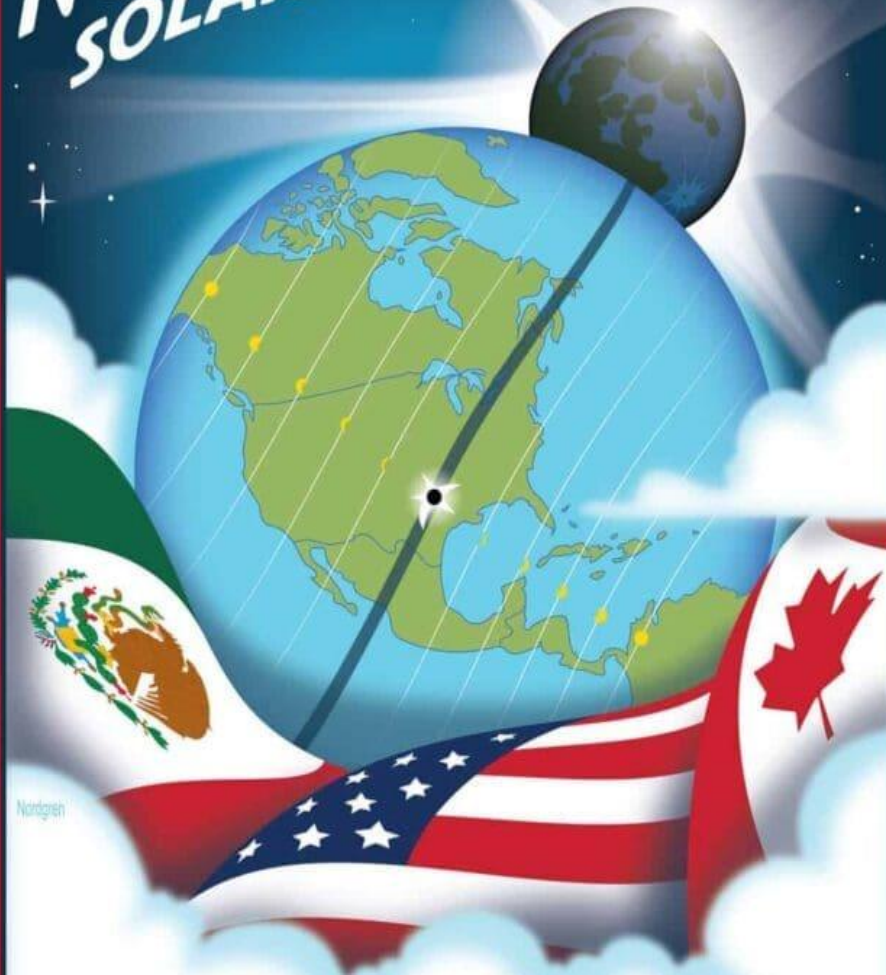
804-741-8624

Thurs, April 11th

4:00PM

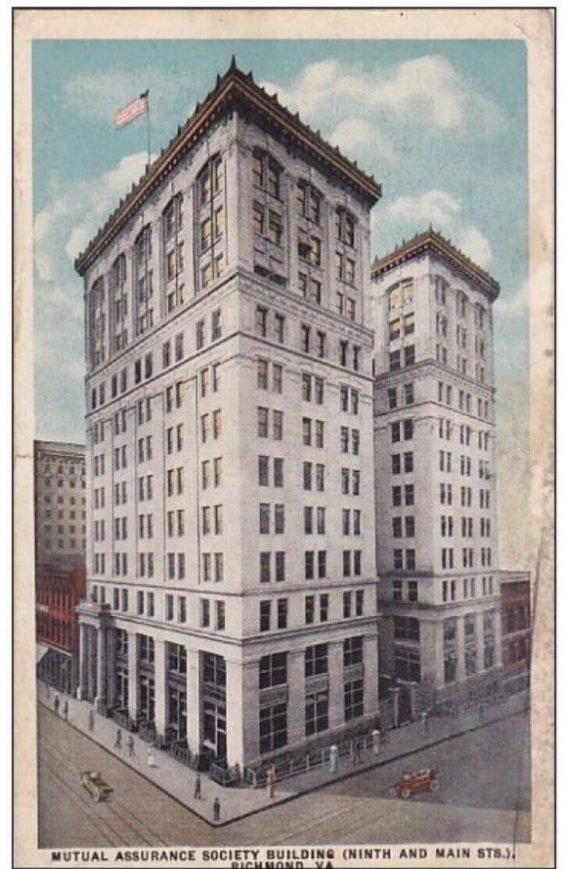
Community Room

Experience *THE GREAT*
**NORTH AMERICAN
SOLAR ECLIPSE**

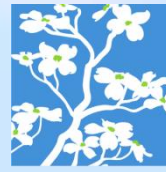


April 8, 2024

The Monday, April 8, 2024, total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. The total solar eclipse will begin over the South Pacific Ocean. The total solar eclipse will be visible along a narrow track stretching from Texas to Maine on April 8, 2024. A partial eclipse will be visible throughout all 48 contiguous U.S. states.



Be sure to sign up for the trip to see the solar eclipse! We will be heading to downtown Richmond, to the historic Mutual Bank Building rooftop terrace! Before we witness this amazing scientific experience, we will be stopping for lunch at The Tavern at Triangle Park!



St. Mary's
WOODS
RETIREMENT
COMMUNITY

Picnic

in the

Park



Come join us for an afternoon of fun at our annual spring picnic in the park at Deep Run! We will be departing at 10:30am on Saturday, April 20th! Be sure to sign up for this special outing on the board across from the Library!



SATURDAY, APRIL 20

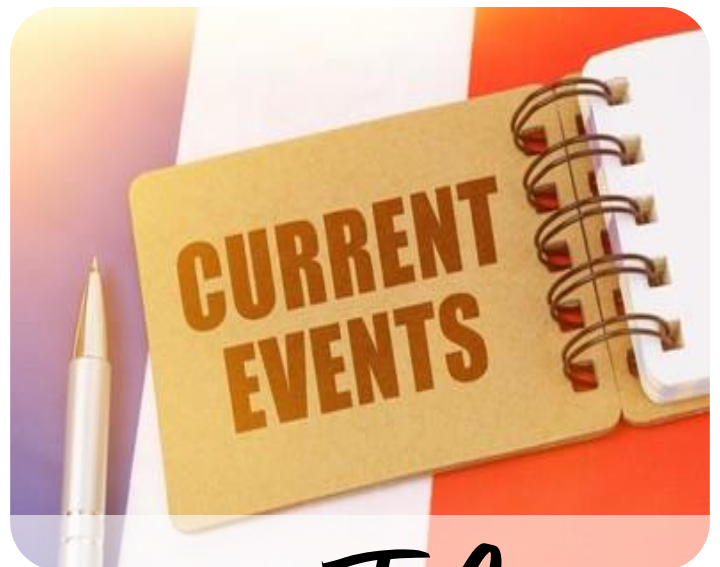
MEN'S LUNCH GROUP

FOOD, FUN, FELLOWSHIP

THURS, APRIL 25 @ 12PM ACTIVITY ROOM

Cooking with Erin

Come join Erin in the Activity Room on Wednesday, April 24th at 2pm for a fun and interactive cooking class with Erin! No sign up required, see you there!



with JoAnne

Come join JoAnne in the Library on Wednesday mornings at 11:15am to have fellowship & conversation. Grab a neighbor & let's chat!

WHAT IS AN ECLIPSE?



Please join our friend and Chef, David Thomas, for a scientific journey through space as he gives us a detailed explanation of what an eclipse is, and what to expect to see on Monday, April 8th!

Don't Forget to grab a pair of special glasses from Angela at the front desk and head on out to the patio to view the great solar eclipse of 2024, on Monday, April 8th!!

We aren't in the path of totality, but it will still be totally amazing!

Activity Room
Wednesday, April 3rd @ 1PM



Manicures with Erin

Must Sign-Up!

Thursday, April 18th

10:30 – 3PM

Activity Room

Henrico
County Mobile
Library Visits
4/4 & 4/18

henricolibrary.org
Henrico
County
Public
Library

Caring Canines visit on
Wednesday, April 10th at
2PM in the lobby! Be
sure not to miss the fun
and the fur!



Cognition Ignition is an instrumental Enrichment program that effectively improves thinking and learning skills. Join Nan Pascal for Cognition Ignition, held in the Activity Room every Monday at 1:15pm & every Thursday at 3pm.



Cognition Ignition
Where minds get in gear

SING-ALONG



Grab a neighbor
and come on down
to the Lobby on
Tuesday, April 23rd
at 6:30pm for our
Sing-Along with
Diane Hart!

4/2 London

4/9 Sicily

4/16 Bulgaria

4/23 Crete

4/30 Sidney

Travel Around The World

Are you a fan of travel & travel videos? If so, come join us
in the TV Lounge every Tuesday at 3:30PM for a scenic
and informational journey through cities & countries from
across the globe!

THE MONTHLY GAZETTE

“Our spring has come at last with the soft laughter of April suns and shadow of April showers.”

~ Byron Caldwell Smith



Tree of the Month – Walnut

Walnut trees are part of the plant genus *Juglans*. These fast-growing trees add about 24 inches in height each year, reaching upward of 40 to 60 feet tall and developing huge trunks over eight feet thick. These incredible trees can live for 200 years. The edible seeds of the tree are called walnuts, and people have eaten them for millennia. In fact, the walnut is the oldest known tree food, dating back 10,000 years. Walnuts contain healthy fats, and eating them promotes heart and gut health. A walnut tree can produce walnuts for over 100 years. However, they are biennial



bearers, meaning they alternate big crops one year with lighter yields the next. Historically, walnuts were considered a luxurious food. They were known as “Jupiter’s royal acorn” by the Romans. The black walnut tree makes prized timber due to its beautiful color, strength, and durability, and is often used for furniture and cabinets.

Special Days

April Fools’ Day
April 1

Jackie Robinson Day
April 15

Tax Day (U.S.)
April 15

Passover Begins at Sundown
April 22

Earth Day
April 22

Arbor Day
April 26

Flower – Daisy



April’s flower is the daisy, a favorite of gardeners everywhere. Daisies are beautiful and easy to care for, and will grow just about anywhere. Just add water and sun, and these little sunbursts add brightness to any garden. The daisy’s Latin name, *Bellis perennis*, translates to “everlasting beauty.” Because of their pure white color, they are a symbol of innocence and are considered the flower of children. Daisies are edible and can be used in sandwiches, soups, and salads. The leaves can be brewed to make an herbal tea.

Birthstone – Diamond



Diamonds have been valued for thousands of years, and not only for their glittery, sparkling beauty. This gemstone is also the hardest material in the world, which makes it very useful for cutting and polishing. With its incredible strength and sturdiness, the stone represents constancy and devotion and is said to bring love and harmony to those who wear it. It is fitting, then, that these brilliant gems are used in engagement and wedding rings and are the anniversary gemstone for the 10th and 60th years of marriage.

Birthday Colors

Most of us know our astrological birth sign, but do you know your “colorstrology” birthday color?

April 1–6: Yellow

You are outdoorsy and spirited. Friends know to call you when they need advice or a shoulder to cry on. You always see the good in people.

April 7–15: Navy

You have strong feelings about almost everything. People might say you are opinionated, but you have great taste. You love your life, but you can be easily distracted.

April 16–23: Silver

You are imaginative and like to try new things. You can be shy, but you like to challenge yourself. You are attracted to romantic partners who make you laugh.

April 24–30: Red

You are highly respected and most people think of you as being very unique. You like to dream big. You are always prepared and rarely surprised by what comes your way.



No Foolin’

Its exact beginnings are a mystery, but some historians link April Fools’ Day to the 16th century, when New Year’s Day moved from April 1 to January 1. Those who continued to celebrate the new year on April 1 were called fools.

April Zodiacs

Aries (The Ram)
April 1–19

Taurus (The Bull)
April 20–30

April is the fourth month of the year in the Gregorian calendar. It was originally the second month of the Roman calendar, before the addition of January and February. No one knows for sure how April got its name. Some say it comes from the Latin *aperire*, meaning “to open,” alluding to the opening of buds in springtime. Others say April was named after Aphrodite or the goddess Eostre. Whatever the case, the onset of April means that spring has arrived.

Submarine Day

Celebrate America’s maritime history with National Submarine Day on April 11. This holiday commemorates the day the United States got its first modern commissioned submarine and honors the service and sacrifice of those who have served aboard submarines. America’s current submarine fleet includes 53 fast-attack subs, 14 ballistic-missile subs, and four guided-missile subs.

What’s Lucky in April?

Lucky Color: Yellow
Lucky Animal: Goat
Lucky Letter: *H*
Lucky Day: Thursday
Lucky Plant: Tulip



April Birthdays

Edgar Wallace (novelist) – April 1, 1875
Charlemagne (emperor) – April 2, 747
Jane Goodall (primatologist) – April 3, 1934
Maya Angelou (poet) – April 4, 1928
Bette Davis (actress) – April 5, 1908
Billie Holiday (singer) – April 7, 1915
Sonje Henie (figure skater) – April 8, 1912
Dennis Quaid (actor) – April 9, 1954
Tom Clancy (author) – April 12, 1947
Frank Woolworth (businessman) – April 13, 1852
Joni Evans (publisher) – April 20, 1942
Roy Orbison (musician) – April 23, 1936
Al Pacino (actor) – April 25, 1940
Harper Lee (writer) – April 28, 1926