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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

MAY 2024

May Happenings

Technology for Seniors
TUE, May 7 @ 11:15AM

Manicures
WED, May 8 from 11AM-4PM

Resident & Family Happy Hour
THUR, May 9 @ 4:30PM

Mother's Day Makeovers
SAT, May 11 from 10AM-2PM

Mother's Day Brunch
SUN, May 12 from 11AM – 2PM

Mother's Day Flower Bar
MON, May 13 @ 2PM

Drama Club
TUES, May 14 & 28 @ 11AM

Cooking with Erin
WED, May 15 @ 2PM

Rollator & Walker Cleaning Party
FRI, May 17 @ 9AM

Dash of David Cooking Demo
WED, May 29 @ 1:30PM

Special Outings, Shopping & Lunch Bunches

Libbie Market
WED, May 1 @ 11AM

Pole Green Produce Market
FRI, May 3 @ 1PM

Antique Shops & Lunch Bunch
MON, May 6 @ 9:30AM

Picnic in the Park at Deep Run
FRI, May 10 @ 10AM

Richmond Flying Squirrels
Baseball Game
FRI, May 17 @ 10:45AM

Cookout Burgers & Shakes
MON, May 20 @ 11AM

Prince George Police Dept Tour
& Lunch at Luca's Italian
Restaurant
FRI, May 24 @ 9AM

Ukrop's Market Hall
FRI, May 31 @ 12:30PM

PRESENTATIONS & CONCERTS

Jeff Farrier Piano Concert
SAT, May 4 @ 3PM

Flute Concert with Tom May
TUE, May 7 @ 2pm

Encore Dancers Perform for
the May Birthdays Party
FRI, May 10 @ 1PM

Mary Stella Performs
SAT, May 11 @ 3:30PM

Claudia Carawan
SAT, May 18 @ 2PM

Stewart School of Music
Piano Recital
SUN, May 19 @ 3PM

Mark Twain Performance
TUE, May 21 @ 2PM

Fay Barss Music School
Piano Recital
THUR, May 23 @ 4:30PM

Richmond Cadet Alumni Band
SAT, May 25 @ 2PM

TRANSPORTATION SCHEDULE

WEDNESDAY, May 1

8:45 am Mass
 9:00 am Kroger
 11:00 am Libbie Market
 1:00 pm Walmart

FRIDAY, May 3

8:45 am Mass
 10:00 am Target
 1:00 pm Pole Green Produce Market

MONDAY, May 6

9:30 Antique Shopping and Lunch Bunch Outing

WEDNESDAY, May 8

8:45 am Mass
 9:00 am Kroger
 11:00 am Target
 1:00 pm Walmart

MONDAY, May 13

1:30 pm Kroger

WEDNESDAY, May 15

8:45 am Mass
 9:00 am Kroger
 11:00 am Target
 1:00 pm Walmart

FRIDAY, May 17

8:45 am Mass
 10:45 am Flying Squirrels Home
 Baseball Game

MONDAY, May 20

9:00 am Food Lion
 11:00 am Cookout Burgers and Shakes
 1:30 pm Kroger

WEDNESDAY, May 22

8:45 am Mass
 9:00 am Kroger
 11:00 am Target
 1:00 pm Walmart

FRIDAY, May 24

9:00 Tour and Lunch Bunch Outing

WEDNESDAY, May 29

8:45 am Mass
 9:00 am Kroger
 11:00 am Publix
 1:00 pm Walmart

FRIDAY, May 31

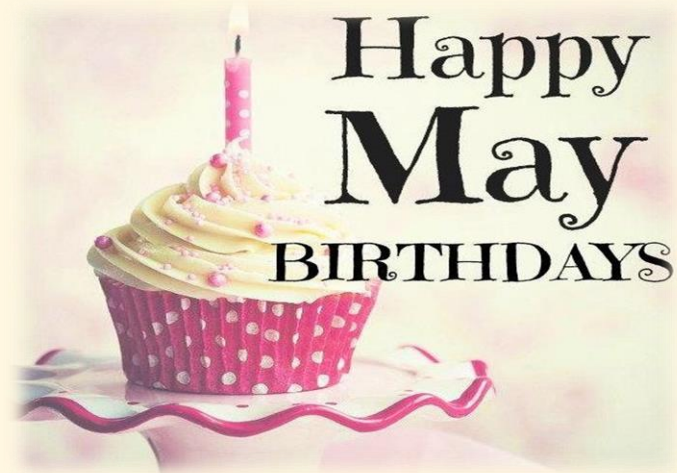
8:45 am Mass
 10:00 am Target
 12:30 pm Ukrop's Market
 1:45 pm Treat Trip to Dairy Queen



Mary Malecky	May 11	Apt 211
Jean Radford	May 14	Apt 209
Murielle Caron	May 21	Apt 208
Vera Lane	May 24	Apt 111
Ed Malesich	May 27	Apt 105
Marie Aalseth	May 29	Apt 217
Joan Mackay	May 30	Apt 327

**Have we missed your birthday?
 Please leave a note with the front
 desk for the Activities Dept.**

**Be sure to join us in the
 Community Room on Friday, May
 10th at 1PM for the May Birthday
 Party! All are welcome!**



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 at 1:00PM

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 unless otherwise designated.



BOOK CLUB

Join Phil Ford for the Henrico County Mobile Library Book Club! We meet in the Library at 2:30pm. Check calendar for the May date.



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

2nd Annual Plant Swap!



LET'S SWAP



Saturday, May 18

8:00 AM - 9:00 AM

With special guest Steve Sawyer,
Master Gardener.

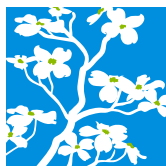
Calling all plant lovers! Join us for our second annual plant swap and then stick around for a complimentary, chef-prepared breakfast.

THE DETAILS:

Each participant should bring three labeled plants to swap.
Perennials preferred; annuals 4-inch pot or larger.

This is a free event, but registration required!

Email Ashley.Phillips@stmaryswoods.com or call Angela at 804.741.8624.



**St. Mary's
WOODS**
RETIREMENT
COMMUNITY

INDEPENDENT & ASSISTED LIVING

804.741.8624

stmaryswoods.com
1257 Marywood Lane
Richmond, VA 23229



Coordinated Services Management, Inc. - Professional Management of Retirement Communities since 1981





CALLING ALL BASEBALL FANS!

We are planning a trip to go see the Richmond Flying Squirrels, on Friday May 17th. The bus departs at 10:45AM. Be sure to sign up on the board across from the library! Admission is \$15 per person, and lunch will be available to purchase at the stadium.

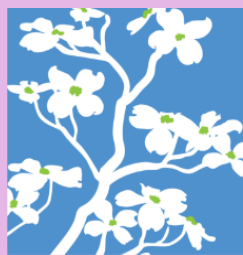


Mother's Day Happy Hour

Thursday, May 9th
4:30pm – 5:30pm

Join us in the Community Room for a special Mother's Day Happy Hour! We will be serving our signature hors d'oeuvres & an assortment of wine!

Call the front desk to RSVP!
804-741-8624



St. Mary's
WOODS
RETIREMENT
COMMUNITY

Caring Canines

The caring Canines come for a visit on **Wednesday, 8th** at 2:30pm 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.



THE RICHMOND CADET ALUMNI BAND

Grab your neighbor and come join us in the Community Room on **Saturday, May 25th at 2pm** for an amazing performance by our friends, The Richmond Cadet Alumni Band!!



Mother's Day Flower Bar

Come create your own flower bouquet or arrangement! Join us in the Activity Room on Monday, May 13th from 2PM to 3PM for a Mother's Day Flower Bar!

Family & friends are welcome!



MEN'S LUNCH GROUP

FOOD, FUN, FELLOWSHIP

WED, MAY 22ND @ 12PM ACTIVITY ROOM

Cooking with Erin

Come join Erin in the Activity Room on Wednesday, May 15th 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!



MOTHER'S DAY MENU

MID-DAY MEAL, SUNDAY, MAY 12TH

SHE CRAB SOUP

FRESH CUT SPRING FRUIT SALAD

HONEY BUTTER BRUSHED YEAST ROLL

ROSEMARY & HERB CRUSTED BEEF TENDERLOIN

GINGER SOY GLAZED FRESH CHILEAN SALMON

MAPLE ROASTED CARROT MEDLEY

CHEDDAR & CHIVE SLICED POTATO BAKE

PARMESAN CROWNED ASPARAGUS

VANILLA POUND CAKE WITH BLUEBERRY COMPOTE

NSA CAKE WITH FRESH BERRIES



May is a month when Speech-Language Pathologists and Audiologists are recognized for their work to better their clients hearing, speech, communication and swallow function.

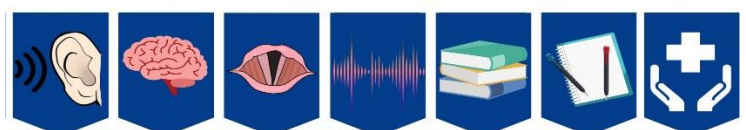
Speech-Language Pathologists (SLPs) work in schools, clinics, hospitals, nursing homes, Assisted and/or Independent Living Facilities and even their patient's homes.

SLPs evaluate adults for communication and swallowing disorders that can impact their ability to remember events, speak with caregivers and family and even take medications. SLPs can help people with understanding questions, directions, conversations; express thoughts and help with word finding and reading and writing. If clients are having difficulty communicating, SLPs work to restore the ability to communicate but are also experts in finding other suitable ways to communicate. These often include visual aids, gesturing, or the use of technology to get the message across.

There are many adults that develop swallowing difficulties, called dysphagia, in their lifetime which can affect the way people eat, drink and even take medications. SLPs diagnose and treat dysphagia and can help a person with this difficulty strengthen swallowing musculature, develop strategies that make it easier and safer to swallow as well as make recommendations on certain textures to avoid and what to consume. SLPs are considered experts in various areas, and can help treat clients with various diagnoses including: Parkinson's, Multiple Sclerosis, strokes, dementia and even helping older adults maintain their cognition with brain fitness techniques.

If you or someone you know is experiencing any difficulty with any aspects of communication: voice, speech, word finding, recall, problem solving or any difficulty chewing or swallowing please reach out to your physician or your Powerback Rehab Department at 804-741-0162.

Patti Jo Keeler DOR





Manicures with Erin

Must Sign-Up!

WED, 5/8

11am – 4pm

The Mobile Library is coming!

We will visit St. Mary's Woods on the
1st & 3rd Thursdays of the month at 2pm

You can browse our collection of books, audiobooks, movies,
and magazines. If we don't have what you are looking for, let
us know. We can (probably) bring it the next time we visit.

We take requests too! Call us at 804-501-1954 to order items
that we can (probably) bring next time we visit. Please call at
least a week before our visit to give the item time to get to us.

Want to place your own requests? Our online catalog is always
available at henricolibrary.org/catalog. Be sure to select
"Bookmobile".

Need a library card? We can make one during our visit.

MAY

Thursday, 2
Thursday, 16

JUNE

Thursday, 6
Thursday, 20



henricolibrary.org/mobile

Mobile Library Service

1700 N. Parham Rd., Henrico VA | (804) 501-1953



Safer Driving May Save You Money

You could save on your auto insurance with AARP's Smart Driver™ classroom course.*

- Refresh your driving skills and knowledge of rules of the road.
- Learn techniques for handling left turns, right-of-way, and roundabouts.
- Discover proven driving methods to help keep you and others safe on the road.

Register today for the next class hosted by St. Mary's Woods.

2 dates from which to choose!

**Tuesday, May 28
9 am to 5 pm**

**Tuesday, June 25
9 am to 5 pm**

Includes a complimentary lunch.

Cost: \$20 for AARP members; \$25 for non-members.

Registration is required. Call 804-741-8624 to reserve your spot!

*Upon completion, you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



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THE MONTHLY GAZETTE

*“The world’s favorite season is the spring.
All things seem possible in May.”*

~ Edwin Way Teale



Tree of the Month – Elm

Elm trees encompass a wide variety of plants in the elm family, the majority of which grow in the northern hemisphere. Some types include the American elm, red elm, cedar elm, English elm, and Chinese elm. These gorgeous, hardy, adaptable trees are favored in cities, parks, and backyards because they grow quickly with a wide canopy and provide excellent shade. Unfortunately, a 1930s outbreak of Dutch elm disease killed many elms in American and European cities. Efforts to breed disease-resistant varieties are ongoing, with some success in developing



trees that can withstand the devastating effects of Dutch elm disease. These beautiful trees typically grow between 50 and 70 feet tall, but some species can top 100 feet. Elm trees have jagged (or “toothed”) leaves, petal-less flowers, and fruit called samaras, which each contain one seed. Elm wood is a popular choice for building projects and furniture. traditions.

Special Days

May Day
May 1

Cinco de Mayo
May 5

Mother’s Day
May 12

Armed Forces Day (U.S.)
May 18

Victoria Day (Canada)
May 20

Memorial Day
May 27

Flower – Lily of the Valley



Lily of the valley, the birth flower for May, got its name from early Christian monks. The flower’s Latin name, *Convallaria majalis*, means “valley” (*Convallaria*) and “the month of May” (*majalis*), which probably refers to where it thrives and when it blooms. These delicate, white, bell-shaped perennials are very fragrant. They signify purity and innocence and also are said to bring luck in love. For these reasons, they are often the choice for bridal bouquets.

Birthstone – Emerald



The emerald is the birthstone for May. This stone’s name was derived from the Greek word *smaragdus*, which is a term that was applied to several kinds of green stones. In the Middle Ages, the stone was thought to foretell the future. It was also believed to cure epilepsy and fever and to protect the wearer from panic. Emeralds frequently occur inside shale, a fine-grained sedimentary rock. They are found in many parts of the world, but Colombia is known to mine the largest and highest-quality emeralds.

Take Care in May

Spring is synonymous with rejuvenation and starting anew. This month is dedicated to several key elements of living well and is the perfect time to focus on self-care.

Get Those ZZZs

May is Better Sleep Month, so take time to revitalize your sleep habits. Experts suggest sleeping in a cool, dark room and going to bed and waking up at the same times daily.

Maximize Those Steps

In honor of National Walking Month, schedule a daily stroll or two with friends or family. Research shows that taking

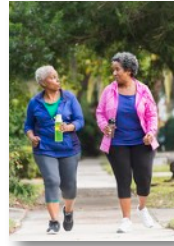
walks is one of the best things you can do for your health.

Feel Good

May is also Mental Health Awareness Month, so now is a great time to take stock of your emotional well-being. Be kind to yourself, reach out for help if you need it, and offer support to those in your community who may need a friend.

Joint Care

Arthritis Awareness Month is in May each year. Contact your doctor if you have any untreated aches and pains in your joints.



ABCs and 1, 2, 3s

Legend has it that Confucius was the world's first teacher, and millions have followed in his footsteps. Teachers educate and shape young minds. Honor them on May 7 (and year-round!) for National Teachers Day.

May Zodiacs

Taurus (The Bull)
May 1–20

Gemini (The Twins)
May 21–31

May is the fifth month of the year on the Gregorian calendar and one of seven months with 31 days. May is a special month for just about every culture. What's not to love? May signals the height of spring, and summer's just around the corner! For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate the month's namesake, Maia, goddess of the life cycle.

The Good Old Days

In 1943 (over 80 years ago), the average annual income was \$2,043. Today, it's around \$60,000. The average cost of a new house was \$3,600. A loaf of bread was 9¢, and a gallon of milk was 62¢. Stamps were 3¢ each. A car cost \$1,100, and gas was just 21¢ per gallon. According to the Consumer Price Index calculator, \$1 in 1943 is equivalent to over \$14 in today's money.

What's Lucky in May?

Lucky Color: Yellow
Lucky Animal: Squirrel
Lucky Letters: B and S
Lucky Day: Friday
Lucky Plant: Rose



May Birthdays

Calamity Jane (frontierswoman) – May 1, 1852
Dwayne Johnson (actor) – May 2, 1972
Robert Browning (poet) – May 7, 1812
Don Rickles (comedian) – May 8, 1926
Harriet Quimby (aviator) – May 11, 1875
Stevie Wonder (musician) – May 13, 1950
Madeleine Albright (diplomat) – May 15, 1937
Janet Jackson (singer) – May 16, 1966
Cool Papa Bell (baseball player) – May 17, 1903
Tina Fey (comedienne) – May 18, 1970
Raymond Burr (actor) – May 21, 1917
Sonia Rykiel (fashion designer) – May 25, 1930
Bob Hope (comedian) – May 29, 1903
Brooke Shields (actress) – May 31, 1965