



St. Mary's
WOODS
RETIREMENT
COMMUNITY

STAFF

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Michelle Odom, Director of Life Enrichment
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www.stmaryswoods.com

Front Desk & Reception
Open daily, 9:00 am-5:00 pm
804-658-2085

Cozy Corner Gift Shop
Monday, Wednesday,
& Friday
1:00 to 3:00 pm, 1st Floor
Managed by our SMW Volunteers

**Functional Pathways
Rehab Services**
Physical, Occupational,
& Speech Therapy, 1st Floor
Phone: (804) 658-2085 x125
Patti Jo Keeler, LPTA

Beauty/Barber Salon
Tuesday, Wednesday,
Friday, & Saturday
6:00 am to 12:00 pm, 3rd Floor
Phone: (804) 658-2066
John Sanyour

Location Key:
LER-Life Enrichment Room (2nd Floor)
AS-Art Studio (2nd Floor)
CR-Community Room (2nd Floor)
CH-Chapel (2nd Floor)
TL-TV Lounge (3rd Floor)
DR-Dining Room (1st Floor)
LIB-Library (2nd Floor)
L-Lobby (2nd Floor)

The Woodlore

June 2025

Dad's Favorite Sayings

- 1) When I was your age...
- 2) A little bit of dirt never hurt anyone.
- 3) Go ask your mother.
- 4) Were you raised in a barn?
- 5) You don't know what hard work is.
- 6) It builds character.
- 7) Don't make me stop this car!
- 8) You're grounded till you're thirty.
- 9) Money doesn't grow on trees.
- 10) Because I said so.

ANY MAN
CAN BE
a Father
BUT IT TAKES
SOMEONE SPECIAL
to be a
DAD



St. Mary's Woods Retirement Community
1257 Marywood Lane, Richmond, VA 23229
(804) 658-2085

TRANSPORTATION SCHEDULE

Monday, 6/2
10:00 Van to Walmart
1:30 Van to Kroger

Wednesday, 6/4
8:30 Van to Yorktown Beach & Lunch at Yorktown Pub (Sign-up)
2:00 Van to Kroger

Friday, 6/6
8:45 Van to Mass
10:00 Target
12:30 Van to Libbie Market
2:00 Van to Fresh Market

Monday, 6/9
9:00 Van to Food Lion
11:00 Van to Tuckahoe Creek Park/Bag Lunch provided (Sign-up)
1:30 Van to Kroger

Wednesday, 6/11
8:45 Van to Mass
9:00 Van to Kroger
11:00 Scenic Drive to Historic Scott's Addition
1:00 Van to Walmart

Friday, 6/13
8:45 Van to Mass
10:00 Van to Target
1:00 Van to HomeGoods

Monday, 6/16
10:00 Van to Ollies
11:30 Van to Trader Joes
1:30 Van to Kroger

Wednesday 6/18
8:45 Van to Mass
9:00 Van to Kroger
11:00 Van to Publix
1:00 Van to Walmart

Friday 6/20
8:45 Van to Mass
10:00 Van to Target
12:15 Van to Pole Green Produce & Berry's Produce

Monday 6/23
9:00 Van to Wegmans
11:00 Van to Marshalls
1:30 Van to Rockville Monastery for Mass (Sign-up)

Wednesday 6/25
8:45 Van to Mass
9:00 Van to Kroger
11:00 Scenic Drive to the Town of Goochland
1:00 Van to Walmart

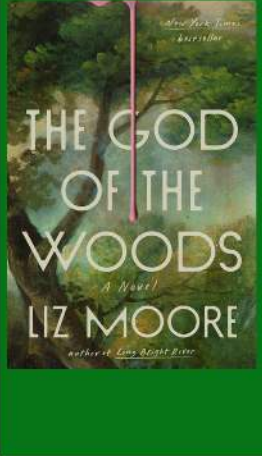
Friday 6/27
8:45 Van to Mass
10:00 Van to Target
12:30 Ukrops Market
2:00 Van to DQ (Sign-up)

Monday 6/30
9:00 Van to Food Lion
10:45 Lunch Bunch-Vinny's Italian Grill (Sign-up)
1:30 Van to Kroger
2:00 Van to OLOH to Support Woodsy Players Perform (Sign-up)

All Sign-up Sheets Posted One-Week Prior
(2nd Floor near the Art Studio)

The God of the Woods

by Liz Moore




Mobile Library Book Club

Monday

June 23rd

2:30 PM

Meets in the Library



Mobile Library Service
1700 N. Parham Rd., Henrico VA | (804) 501-1953
henricolibrary.org/mobile



Hymn Sing

With Cindy Jennings

Friday, June 13th at 2:15

In the Chapel



HYMN OF THE MONTH—By Sarah Francis
SMW, Spiritual Counselor

Jesus Loves Me


*Jesus loves me this I know, for the Bible tells me so
Little ones to Him belong, they are weak, but He is strong.*

Jesus Loves Me was written in 1860 by sisters, Anna and Susan Warner. It was written as part of a novel called *Say and Seal*. In the story, a little boy named Johnny Fox is dying. His Sunday School teacher visits him and comforts him by holding him in his arms and singing “Jesus loves me, this I know, for the Bible tells me so. Little ones to Him belong. They are weak but He is strong.”

We are all little children at heart. God our Father longs to hold us in His loving arms and sing the greatest truth of all time, “Jesus loves me, this I know.” It may be a children’s song, but if you know Jesus loves you, *you will never lose hope*. You will never despair. You will rest safe in His arms. Keep this song at the forefront of your mind and you will have peace and joy no matter what.

Anna and Susan Warner lived in New York across from the Military Academy at West Point. They wrote their stories to earn money for their poor family. For forty years the girls conducted Sunday School classes for the cadets at West Point and both were buried with full military honors. They are the only civilians buried in the military cemetery.

(Adapted from *Then Sings My Soul*, by Robert Morgan, 2011, Thomas Nelson Publishing)



Religious Services

SUNDAY
Worship Service is in the Chapel twice a month on 1st & 3rd Sundays at 1:30
Doc & Regina lead us in the Word/ Worship.

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

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

WEDNESDAY
Van to Mass at St Mary's Church departs at 8:45
Resident Prayer Group is at 6:30 in the Chapel

THURSDAY
Mass is in the Chapel at 10:00
Worship Service is in the Chapel at 11:15
Rosary is in the Chapel at 1:30

FRIDAY
Van to Mass at St Mary's Church departs at 8:45
Stations of the Cross is the 1st Friday of the month at 3:00 in the Chapel
Confession is on the 3rd Friday of the month at 2 in the Chapel
Chaplet of Divine Mercy is on the 2nd & 4th Friday of the month at 3:00 in the Chapel

SATURDAY
Rosary is held every Saturday morning in the Chapel at 11:00 am
Mass is held every Saturday evening in the Community Room at **4:00 pm**



Lunch Bunch Trips: 6/4 @8:45 Yorktown Beach & Lunch @Yorktown Pub (Sign-up)

6/9 @11:00 Tuckahoe Creek Park & Bag Lunch Provided (Sign-up)

6/30 @10:45 Vinny's Italian Grill (Sign-up)

(Sign-up by Art Studio 2nd Floor)

Everyone pays for their own food by credit card or cash
(Please Do Not Bring Personal Checks)

Sign Up Sheet Posted
One-Week Prior

Good Friends, Good
Food, Good Times

Islets of Humor

by Theresa Garner



St. Mary's Woods
Cozy Corner Gift
Shop
Please see
Ralph Pupo
Rm #302
rlcp@comcast.net

MOVIE NIGHT



Inspiring True Story
6/16 @6:00 PM
"Amazing Grace"
True Story of
William Wilberforce
(TV Lounge)



If you would like to utilize the SMW's Van to get to medical appointments as of January 1st, all medical appointments should be made as follows:

Monday 8 am-10 am
(example: 8 am, 8:30 am, 9 am, 9:30 am, 10 am).

Or **Wednesday 11 am—1 pm**

Making appointments at these times allows enough time for the van driver to get you to your appointment and back.

You may also Utilize the SMW's Van to go to the bank.

If you have any questions, please contact the front desk **804-658-2085**

Jazzy June Meet-Ups

- Therapy Alpacas Meadowgate Farms
Tuesday, 6/3 @9:30 (FP)
- New Aerobics Exercise
Tuesdays @3:30 (TL)
- Happy Hour & Live Band
Thursday, 6/5 @4:30 (CR)
- New Poker w/Tony
Sunday 6/8 & 6/22 @3:00 (TL)
- Guest Musician Cameron Francis
Sunday 6/8 & 6/22 @2:30 (CR)
- Guest Acting Company: BIFOCALS
Wednesday, 6/11 @1:00 (CR)
- ENCORE Dancers
Friday, 6/13 @ 1:00 (CR)
- Hymn Sing w/Cynthia Jennings
Friday, 6/13 @ 2:15 (CH)
- Guest Singer: Mary Stella
Saturday, 6/14 @3-3:45 (L)
- Guest Barbershop Quartet
Wednesday, 6/18 @1:00 (CR)
- Guest Pianist: Joe Loschiavo
Thursday, 6/19 @1:30 (CR)
- Guest Musician/Singer Mike Sisler & Ice Cream Social
Friday, 6/20 @1:00 (CR)
- Guest Musician/Singer Patrick & Debra
Tuesday, 6/24 @2:00 (CR)
- Therapeutic Harp w/Cindy Jennings
Friday, 6/27 @1:30 (CH)
- SMW WOODSY PLAYERS Perform A New Play "Who Stole Ziggy". Friday, 6/27 & Sunday, 6/29@2:30

Vacation THE Nation

The
United
"Plates"
Of
America



Join us in the Main Dining Room on a culinary road trip across the United States! We're featuring signature food items from states across the nation. Take a look at the monthly Woodslore for these special dining experiences!

5/28 We head south and cross the border into **North Carolina**! Heading over to Route 12 all the way down to the Outer Banks scenic highway, passing through prime North Carolina style barbecue country!

6/4 Staying on the east coast & traveling down into **South Carolina**, stopping by Myrtle Beach, Hilton Head & finally Charleston!

6/11 Continuing down 195, crossing over the Savannah River onto the cobblestone roads of downtown Savannah, **Georgia**!

6/18 Still heading south, through the swamps and the everglades, we finally make it to the Sunshine State; 195 until it ends in Miami, **Florida**!

6/25 From the everglades and through the swamps, we arrive on the Gulf, in the city of New Orleans, **Louisiana**!



Every week we are vacationing to another State.

Come and see our map in the Lobby as we enjoy this *Summer Adventure*

Together!!!



Wednesday,
June 4TH

SOUTH CAROLINA

Breakfast

Carolina Pride Smoked Sausage Links

Lunch

Okra & Tomato Stew
St. Helena Island Battered Fried Clam Strips
Walterboro Farms Tomato Sandwich with Chips
Manning County Baked Mini Potatoes
Lake Murray Mixed Greens
Sumter Sweet Fried Funnel Cake Fries
NSA Yellow Cake

Dinner

Okra & Tomato Stew
Columbia Corn Bread Muffins
Duke's Mayonnaise Macaroni Salad
Beaufort Low Country Sausage Boil
Hilton Head Blue Deviled Crab
Charleston Stewed "Hoppin' John"
Florence Farmers Market Steamed Medley
Rock Hill Roasted Red Potatoes
Santee Strawberry Float Cake
NSA Strawberries & Cake



Wednesday,
June 11TH

GEORGIA

Breakfast

Mary Mac's Tea Room Cinnamon Rolls

Lunch

Georgia Born Coca-Cola Soda Pop
Chilled Georgia Peach Soup
Buttermilk Fried Chicken Tenders with a Sweet Honey Mustard
Tybee Island Crusted & Broiled Cod with a Tangy Tartar Sauce
Macon Farmers Market Steamed Squash
Savannah Famous Fried Okra
Georgia's Famous Blueberry Cobbler
NSA Blueberry Cobbler

Dinner

Chilled Georgia Peach Soup
Peach & Raspberry Salad with Poppyseed Dressing
Chattahoochee Cheddar Biscuits
Atlanta Deli & Market Famous Chicken & Dumplings
Marietta Marinated & Molasses Glazed BBQ Pork Loin
Whistle Stop Station Fried Green Tomatoes
Macon's Mac & Cheese with Bacon
St. Simons Island Fresh Produce Sauté
Georgia's Famous Peach Cobbler with Peach Ice Cream
NSA Peach Cobbler



Wednesday,
June 18TH



Breakfast

Fresh Florida Grown Orange Sections

Lunch

Iced Arnold Palmer with Lemon
St. Augustine's Minorcan Clam Chowder
Broward Broiled Grouper served over Black Beans & Rice with Mojo Sauce
Fritas Cubana Sandwich
Miami Mini Julienne Fried Potatoes
Key Lime Pie
NSA Lime Cake

Dinner

Iced Arnold Palmer with Lemon
St. Augustine's Minorcan Clam Chowder
Shrimp Ceviche Salad
Baked & Buttered Cuban Bread
Fried Seafood Platter Cilantro Slaw
Pollo Tropical Marinated Roasted Chicken
Black Beans over Rice with Mojo
Key Largo Blend Vegetables
Sweet Sautéed Cinnamon Plantains
Key Lime Pie
NSA Lime Cake



LOUISIANA

Wednesday,
June 25TH

Breakfast

Louisiana Waffle Biscuit with Fried Chicken

Lunch

Louisiana Native Bard's Root Beer
LaFayette Crawfish Gumbo
New Orleans Old Bay Catfish
Cajun Fried Chicken PoBoy with a Paprika Aioli
Baton Rouge Andouille Sausage Jambalaya
French Quarter Farmers Market Vegetables
Layered Banana Toffee Bourbon Street Cake

Dinner

Louisiana Native Bard's Root Beer
LaFayette Crawfish Gumbo
Cajun Shrimp & Corn Salad
Spearsville Sweet Potato Roll
Mardi Gras Shrimp Etouffee
Bourbon Street Grillades with Tomato Sauce over Cheesy Grits
Bayou Cheesy Grits
Lake Charles Louisiana Style Dirty Rice
Leeville Market Vegetables
French Quarter Powdered Sugar Beignets



The Alpacas Are Coming! ***The Alpacas Are Coming!***



Meadowgate Farms -Therapy Alpacas



Tuesday, June 3rd
9:30 am
Front Porch
(Weather Permitting)

The Phillip's Family has been working hard to bring together quality, friendly animals whose fiber and dispositions are the foundation of their breeding and agritourism programs.

Together, Stephen and Nicole are developing superior alpaca who are bright contributions to any farm.

Welcome to Summer

Friends and Family Happy Hour



Thursday, June 5 • 4:30-6:00 PM

Summer Appetizers • Beer and Wine
And music by the Charles and Sarah Arthur Trio!
Rain or shine event.

Let us know you're coming!
Email RSVP@stmaryswoods.com or call 804-658-2085.



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1257 Marywood Lane
Richmond, VA 23229



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





BIFOCALS

SENIOR ACTORS presents

Bard in a Five-Piece Band

*A Musical written by
Dr. Patricia
Walker*



**Wednesday, June 11th
@ 1:00
In The Community Room**



St. Mary's Woods

Father's Day Lunch

Tuesday, June 17th at 12PM

Please call the front desk to RSVP for this fun family event!

804-658-2085

Ice Cold Soda Pop

Grilled Bacon Cheddar Burgers

Golden French Fried Potatoes

Chocolate Cake a la Mode

Barbershop Quartet



**Wednesday, June 18th
@1:00
In the Community Room**



Hit a *Home Run*
with St. Mary's Woods
and the Richmond



CLAIM YOUR
Free TICKETS!

Enjoy an evening at the ball park
as Richmond takes on the Reading
Fightin Phils on Tuesday, June 24.

We are gifting a limited number of
tickets to residents and their families.

**To claim yours, contact Kelly Manshack by
Monday, June 9.** *Hurry—these will go fast!*



Contact Kelly at 804-658-2085 or kelly.manshack@stmaryswoods.com.



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804.658.2085

stmaryswoods.com
1257 Marywood Lane
Richmond, VA 23229



CSM Senior Living Management • Professional Management of Retirement Communities Since 1981



The Woodsy Players Proudly Present

“Who Stole Ziggy?”



Friday, June 27th @2:30

Sunday, June 29th @2:30

St. Mary's Woods Retirement Community
1257 Marywood Lane, Richmond, VA 23229
(804) 658-2085 www.stmaryswoods.com



75+ Rating