



Lewis Ginter Botanical Garden



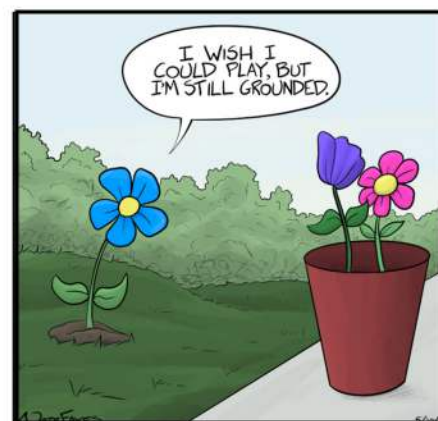
June brings a special kind of happiness. The days are longer, the flowers are in full bloom, and warm sunshine invites us outdoors once again. June offers countless opportunities to enjoy life's simple pleasures and reconnect with family, friends, and community.

One of the greatest joys of June is spending time outside. Whether it's taking a morning walk, tending a garden, relaxing on the porch, or enjoying a picnic at the park, fresh air and sunshine can lift the spirit and improve well-being. Nature seems to slow down the pace of life and remind us to appreciate each beautiful moment.

June is also a wonderful month for gatherings. Our community at St. Mary's Woods always has something happening where we can share stories, laughter, and memories with the people around us. These connections are important at every age and help strengthen the bonds that enrich our lives.

June is a great time to revisit favorite hobbies or discover new ones. Reading in the shade, painting flowers, attending a concert, or joining an exercise class can bring renewed energy and purpose. Even small activities can spark joy and create meaningful experiences.

As summer begins, June reminds us that every season of life has beauty to offer. With gratitude, friendship, and a little sunshine, this month can be filled with warmth, laughter, and cherished moments.



[www.stmaryswoods.com](http://www.stmaryswoods.com)

## STAFF

"JT" Jotanya Belton, LALFA, Administrator

[jotanya.belton@stmaryswoods.com](mailto:jotanya.belton@stmaryswoods.com)

Angela Wood, Front Office Receptionist

[angela.wood@stmaryswoods.com](mailto:angela.wood@stmaryswoods.com)

Rhonda Fogleman, Director of Marketing

[rhonda.fogleman@stmaryswoods.com](mailto:rhonda.fogleman@stmaryswoods.com)

Cheryl Miller, RN, Director of Nursing

[cheryl.miller@stmaryswoods.com](mailto:cheryl.miller@stmaryswoods.com)

Kelly Manshack, Director of Community  
Relations & Marketing

[kelly.manshack@stmaryswoods.com](mailto:kelly.manshack@stmaryswoods.com)

Gail Goare, Business Office Manager

[gail.goare@stmaryswoods.com](mailto:gail.goare@stmaryswoods.com)

Chris Thompson, Director of Maintenance

[chris.thompson@stmaryswoods.com](mailto:chris.thompson@stmaryswoods.com)

Bob Odom, PhD, GC-C, Pastoral Care Counselor

[bob.odom@stmaryswoods.com](mailto:bob.odom@stmaryswoods.com)

Nan Pascal, LALFA, Director of Special Projects

[nan.pascal@stmaryswoods.com](mailto:nan.pascal@stmaryswoods.com)

Curtis Sutphin, Activities Coordinator

[curtis.sutphin@stmaryswoods.com](mailto:curtis.sutphin@stmaryswoods.com)

Sean Lynch, Director of Dining Services

[sean.lynch@stmaryswoods.com](mailto:sean.lynch@stmaryswoods.com)

Michelle Odom, Director of Life Enrichment

[michelle.odom@stmaryswoods.com](mailto:michelle.odom@stmaryswoods.com)

Evelyn Schulman, Life Enrichment Associate

[le@stmaryswoods.com](mailto:le@stmaryswoods.com)

Mary Good, Life Enrichment Associate

[le@stmaryswoods.com](mailto:le@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**

**Nail Technician**  
**Beauty/Barber Salon**  
**Thursday, 6/4**  
**Cell Phone:**  
**(540) 845-0579**  
**Tammy Thornton**



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



**Friday, 6/5/26, 9:45 am  
Petersburg Battlefield/Lunch  
(Sign-up)**

**2:30 pm Ray's Frozen Custard (sign-up)**

**Monday, 6/8/26, 11:00 am  
Lunch at Sunset Grill (sign-up)**

**Wednesday, 6/24/26, 11:00 am  
Lunch at Wendy's  
(Sign-up)**

**Friday, 6/26/26, 2:00 pm  
Dairy Queen Ice Cream  
(Sign-up)**

**\*Everyone pays for their own food by credit card or cash (Please do not bring personal checks).**

Sign-Up Sheet Posted by the Art Studio On the Bulletin Board (2nd Floor) One Week Prior



St. Mary's Woods  
Cozy Corner Gift Shop  
Please see  
Ralph Pupo for volunteer info  
Apartment #302  
rfplcp@comcast.net

**HOURS:**  
**Mon/Wed/Fri**  
**1:00-3:00 pm**  
**First Floor near Physical**  
**Therapy Office**



**Therapeutic Harp - Healing Melodies for Body/Soul/Spirit**



**Cindy Jennings purpose - to play healing and peaceful music.**



Cindy is a compassionate, experienced, and skilled musician in Richmond, Virginia. She started playing at SMW when her Mom lived here. It's hard to believe that was 10 years ago.

Cindy is certified by the Music for Healing and Transition program to play harp for people who are sick, recovering from an illness, or in palliative or hospice care.

She also performs a blend of Celtic, folk and contemporary music at group events like weddings, funerals, religious services, parties and more.

Don't miss enjoying Cindy's therapeutic harp every 3rd Friday in our Lobby at 2:30 pm.



**Our Community Connection LifeLoop training is available!**

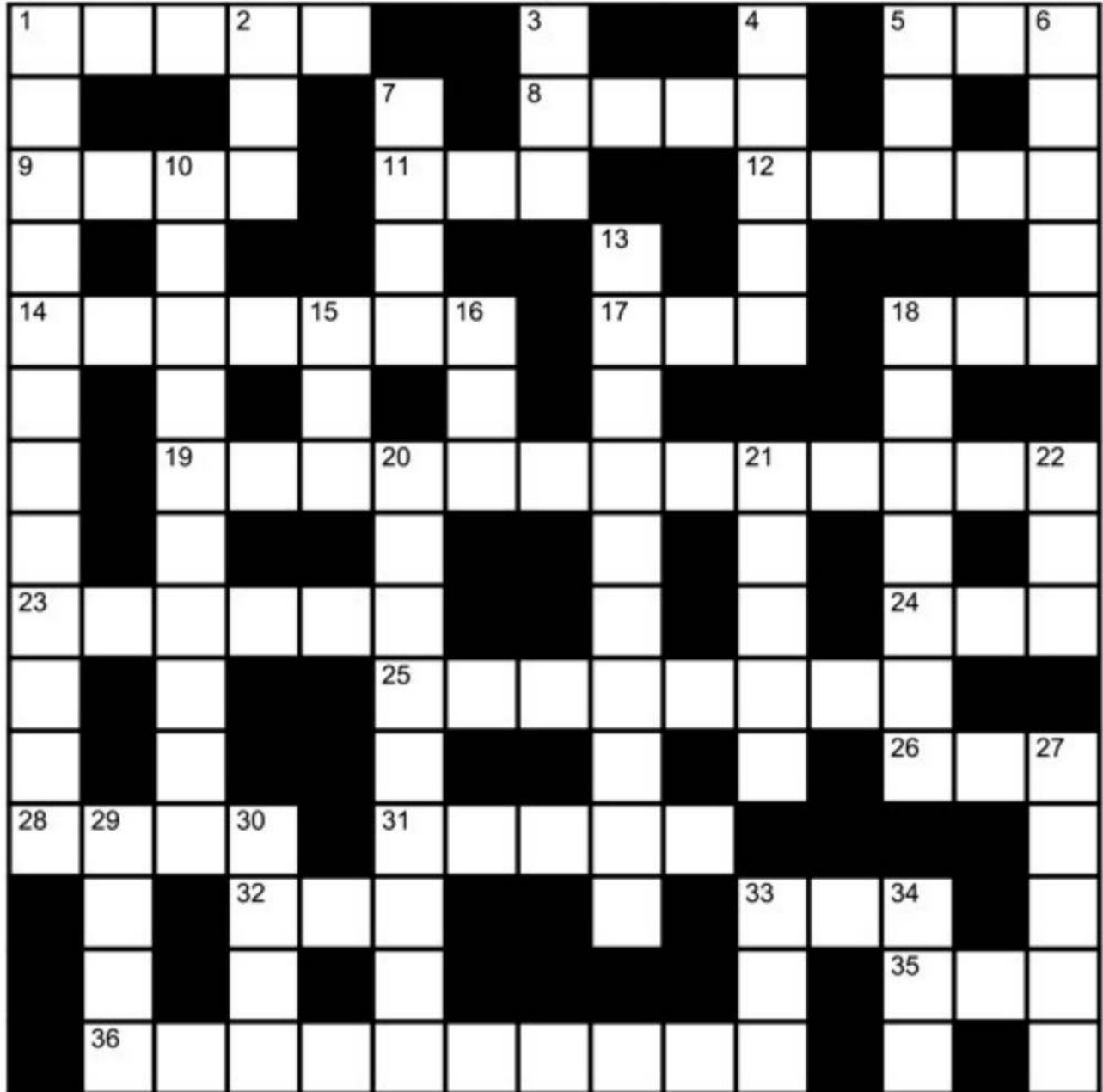
**Please see the Life Enrichment Team for more details.**

**LifeLoop is used on your smart phone, your tablet, or your computer.**

**Please see Michelle Odom to schedule your one-on-one training.**

# Crossword #54

Use the clues to fill in the crossword.



# Crossword #54

(clues)

## Across

1. The entire \_\_\_\_ of judges gave the skater 10s
5. Greek alphabet's 23rd letter,  $\psi$ ; rhymes with *sigh*
8. Feline-inspired athletic shoe brand
9. Double-reeded instrument; clarinet's cousin?
11. Hawaiian dish; rhymes with *soy*
12. Ulysses S. \_\_\_\_; president on the \$50 bill
14. An area of fruit trees
17. Helpful tool when rowing a boat
18. "Long ago and \_\_\_\_ away..."
19. At a right angle; not horizontal
23. \_\_\_\_\_ pancakes; latkes
24. "It's a dog-\_\_\_\_-dog world"
25. Feeling gratitude
26. \_\_\_\_ high: about that tall
28. Pros and \_\_\_\_ of an issue
31. A bee's defense
32. Before shot and after hot
33. "\_\_\_\_ Now or Never" by Elvis Presley
35. \_\_\_\_ up with; tolerate
36. Not planned; unintentional

## Down

1. Extremely keen kind of memory
2. *The Three Faces of \_\_\_\_*, starring Joanne Woodward
3. Prefix for dermis or pen
4. Racetrack bet
5. Parent Teacher Association, abbrev.
6. Lay to rest; entomb
7. Practice with a boxer
10. Job; profession
13. Ostracizing; punishing
15. "Love Is in the \_\_\_\_"
16. Preceded by past or over
18. Untruthfully
20. Complained; raised an objection
21. Embroidery or pottery for example
22. Mickey's larger cousin?
27. Severe; critical
29. Killer whale
30. Blueprint or plan
33. Not well
34. Hot tub or wellness retreat



# Pastor's Corner

## Father's Day

June is the month we celebrate fathers. As I reflected on this, one thought stood out to me: regardless of what people call you—father, dad, grandfather, stepfather, mentor, or friend—you matter. Your life means something to those who love you.

Through strength, wisdom, patience, and love, you help shape families and lives in ways that often go unnoticed.

Your encouragement, guidance, and faithfulness leave a lasting impact.

May God strengthen you, encourage you, and fill your heart with joy as you continue to lead and love well.

Happy Father's Day to all the men who make a difference every day.

Bob Odom, MA, Ph. D., GC-C, CISM  
SMW Pastoral Care Counselor

## Religious Services (Please see the Daily Board for the location)

### Sunday

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

### Monday

Inspirational Movie Night is the 2nd Monday of each month at 6:30.

### Tuesday

Adoration is on the 1st and 3rd Tuesday of each month at 10:15.

Bible Study with Bob Odom every Tuesday at 11:15 am.

### Wednesday

Van to Mass at St. Mary's Church leaves at 8:45.

Resident Prayer Group is at 6:30.

### Thursday

SMW Mass is at 10:00.

Worship Service is at 11:15.

Rosary is at 1:30.

### Friday

Van to Mass at St. Mary's Church leaves at 8:45.

Stations of the Cross meets on the 1st Friday of the month at 3:00.

Confession is on the 3rd Friday of the month at 2:00.

Chaplet of Divine Mercy is on the 4th Friday of the month at 3:00.

### Saturday

Rosary is held every Saturday morning at 11:00.

Mass is held every Saturday evening at 4:00.

## IN SUMMER



## Fun June Trivia

June has its own beetle named after it.

June's birth flowers are roses and honeysuckle.

Famous people born in June: Marilyn Monroe, Anne Frank, George W. Bush.

National chocolate ice cream day June 7th.



# SHREDDING EVENT



**Saturday, June 6 • 9 am - 12 pm**

OPEN TO THE PUBLIC • LIMIT 3 BOXES PER VEHICLE

the truck fill up before 12p.m.,oureventwillendearly.  
(No drop-offs prior to the event date.)

**First come, first served basis!** Please be aware that should

This is a free community event.  
For more information, contact St. Mary's Woods at 804-658-2085.



St. Mary's  
WOODS  
COMMUNITY  
RESOURCES



35  
YEARS

804.658.2085  
stmaryswoods.com  
1257 Marywood Lane  
Richmond, VA 23229

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# Summer Happy Hour Concert



**Thursday, June 11 • 4:30-6:00 PM**

LIGHT FARE • CRAFT BEER • WINE  
And music by Prabir!  
Rain or shine event.

Kindly RSVP by calling 804-658-2085  
or email [kelly.manshack@stmaryswoods.com](mailto:kelly.manshack@stmaryswoods.com)



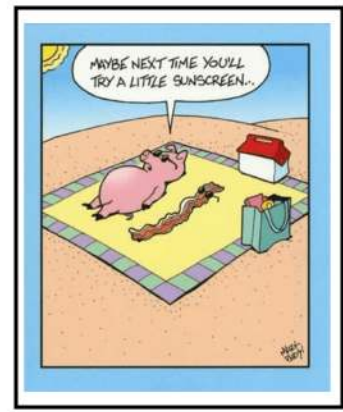
St. Mary's  
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## Chef Sean Demonstration

### Skillet Peach Bread Pudding



Chef Hat & Apron Provided



**Sunday, June 28th**  
**3:00 pm (Sign-up)**  
**Life Enrichment Room**



## Happy FATHER'S DAY Month!


**Front Porch Corn Hole – Men's Movie Matinee – Men's Lunch/Beer Trip to Hardywood – Men's All You Can Eat Blueberry Pancakes – Men's Brew Crew**

**Check out all the fun on the June Calendar!**

## JIGSAW JUNKIES PUZZLE CONTEST

**TUESDAY JUNE 16 1:00-3:00**

Sign-up



## Wine & Cheese Pairing

**Tuesday, June 2nd**  
**3:30 pm**

Bob Odom is preparing delicious pairings to enjoy & a wine tasting  
**(Please Sign-up to Reserve A Seat)**



**BRIDGE**

**Bridge Card Games:**  
Ben's Groups  
Tuesday – 1:00-3:30 pm (LIB)  
Wednesday 1:00-3:30pm (LIB)  
Friday 10:00am -12:00 pm (LIB)  
(Last Friday of month meet in TL)

Betty's Group  
Friday—10:00-12:00 pm (DR)

Judy's Groups  
Sunday – 1:00-3:00 pm (LIB)  
Monday – 12:30-2:30 pm (LIB)  
Tuesday – 1:00-3:00 pm (LIB)  
Wednesday 1:00-3:00 pm (LIB)  
Friday 3:00 – 5:00 pm (LIB)  
Friday 3:00-5:00 pm (TL)  
Saturday 1:00 – 3:00 pm (LIB)



**Canasta**

**Canasta Card Games:**  
Tuesday—10-12:00 (LIB)



**MAHJONG**

Thursday—1:30 TL

LIB—Library  
DR—Dining Room  
TL—TV Lounge

## Delicious Columbian Coffee



## Demonstration by Sonia

**Tuesday, June 9th**  
**2:00 pm**

**Make Sure You Reserve A Seat**

## TRANSPORTATION SCHEDULE

|                |   |
|----------------|---|
| Monday 6/1     | 9:00 Food Lion<br>11:00 Libbie Market<br>1:30 Kroger  |
| Wednesday 6/3  | 8:45 Mass<br>9:00 Kroger<br>11:00 Ukrop's Market Hall<br>1:00 Walmart   |
| Friday 6/5     | 8:45 Mass<br>9:45 Trip to Petersburg National Battlefield<br>and lunch at Chick-fil-A (sign-up)<br>2:30 Rays Frozen Custard (sign-up) |
| Monday 6/8     | 9:00 Ollie's and Dollar Tree<br>11:00 Lunch at Sunset Grill (sign-up)<br>1:30 Kroger  |
| Wednesday 6/10 | 8:45 Mass<br>9:00 Kroger<br>11:00 Target<br>1:00 Walmart  |
| Friday 6/12    | 9:00 Wegmans<br>11:00 Target<br>1:00 Pole Green Produce   |
| Monday 6/15    | 10:00 Food Lion<br>11:30 Trader Joes<br>1:30 Kroger   |
| Wednesday 6/17 | 8:45 Mass<br>9:00 Kroger<br>10:15 Walmart<br>12:00 Men's Trip to Hardwood Brewery<br>and lunch (sign-up)                              |
| Friday 6/19    | 8:45 Mass<br>10:00 Target<br>1:00 Goodwill  |
| Monday 6/22    | 9:00 Publix<br>11:00 Marshalls<br>1:30 Kroger   |
| Wednesday 6/24 | 8:45 Mass<br>9:00 Kroger<br>11:00 Lunch at Wendy's (sign-up)<br>12:30 Walmart   |
| Friday 6/26    | 8:45 Mass<br>10:00 Target<br>12:30 Ukrop's Market Hall<br>2:00 Dairy Queen (sign-up)  |
| Monday 6/29    | 9:00 Food Lion<br>11:00 Whole Foods<br>1:30 Kroger  |



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**



**St. Mary's Woods Provides The Following Services—Managed by your Nursing Department**



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

**www.stmaryswoods.com**



**Men's Brew Crew  
With Bob Odom  
Tuesday, June 23rd  
3:00pm  
TV Lounge**



**Gail Slattery - 2nd  
Father Koury - 7th  
Linda Taney - 13th  
Colleen Peterson - 17th  
Harold Hollar - 20th  
Patti Staub - 27th  
Martha Britton - 29th**



**Navigating Life's Difficult Seasons**

**Sunday, June 14th (Sign-up to reserve a seat)**



**3:00 PM  
The Community Room  
Led by Bob Odom,  
Pastoral Counselor**

An uplifting time of reflection and support for those facing grief, loss, or major life changes.

**Everyone is welcome to attend, family, friends, and SMW Staff**

~Light Refreshments Will Be Served~



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stmaryswoods.com  
1257 Marywood Lane  
Richmond, VA 23229

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**Ruthie Wood  
Mary Awad**

**MOVIE NIGHT**



This inspirational movie is about a young singer getting the break of a lifetime and her faith is put to the test.  
Based on the producer's real-life-experiences

**Inspirational Monday Night  
June 15th- 6:30 pm  
Life Enrichment Room**



[www.stmaryswoods.com](http://www.stmaryswoods.com)

# Look At All The Opportunities To Meet Friends & Get Stronger Too!

Exercise with Curtis  
Mondays & Wednesdays



Stretch Bands & Hand Weights  
To Maximize Your Work-out  
At 10:15  
In the Community Room

**Pain Relief:  
Reduces  
Stiffness in Back,  
Knees, Hips, &  
Shoulders**

Tai Chi Exercise Class  
Guest Instructor: Steve Sawyer



Improves balance, flexibility, and strength,  
while also reducing the risk of falls.

Meets Every Tuesday  
10:00 am  
Standing & Sitting Tai Chi  
In The Community Room

**Mobility Support:  
Flexible Muscles  
& Joints for  
Walking, Bending,  
& Reaching**

Chair YOGA Exercise Class  
Guest Yoga Instructor: Mary Beth Ansell



*Journey through the  
Joints of the Body  
Meets Every Thursday  
At 11:00 am  
Community Room  
Family, friends, & SMW Staff  
Welcome*

**Fall Prevention:  
Improves Balance &  
Stability**

## BODY HEALTH Exercise

With Guest Instructor: Janie Peterson



Body Health is a brain fitness program that  
keeps everyone moving and thinking.

Janie makes it fun every time!

Every Friday Morning  
10:30 am  
Community Room

**Regular Activity  
Lifts  
My Mood!**

Seated Morning Stretch  
with Evelyn



Sunday, June 7th, 10:30  
Sunday, June 21st, 10:30  
The Community Room

# Men's Breakfast

Bring a friend  
for breakfast!



Friday, June 19 • 8:30 - 9:30 am



Join us for fellowship and a delicious breakfast in the St. Mary's Woods Community Room.  
**Free** for residents, friends, and guests!

Please **RSVP** to Kelly at 804-658-2085 or [kelly.manshack@stmaryswoods.com](mailto:kelly.manshack@stmaryswoods.com) by Wednesday, June 17 to reserve your spot.



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

INDEPENDENT & ASSISTED LIVING



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