



STAFF

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Front Desk & Reception

Open daily, 9:00am-5:00pm
804-658-2085

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) 658-2066

John Sanyour

www.stmaryswoods.com



The Woodstore

St. Mary's Woods

1257 Marywood Lane

Richmond, VA 23229

(804) 658-2085

NOVEMBER 2024

November Happenings

SMW Annual Tailgate Party
Saturday, 11/9 @ 12:30PM

Veteran's Day Flag Raising Ceremony
Reception to follow
Tuesday, 11/11 @ 9:30AM

Pet Partners Jackie & Satchel Visit
Saturday, 11/9 & 11/23 @ 1:00PM

Resident & Family Happy Hour
Thursday, 11/14 @ 4:30PM

St. Mary's School Student Dining Room Performance
Friday, 11/15 @ 12:30PM

Worship Service with Doc Reed
Sunday, 11/3 & 11/17 @ 1:30PM

St. Mary's Woods Resident Memorial Service
Tuesday, 11/19 @ 1:00PM

Games & Trivia with Curtis
Tuesdays @ 3:00pm

Men's Lunch
Wednesday, 11/12 @ 12PM

Cognition Ignition
Mondays @ 1:15pm & Thursdays @ 3:00PM

Caring Canines Lobby Visit
2nd Wednesday of each month @ 2:30PM

Special Outings, Shopping & Lunch Bunches

Early Voting at Henrico Courthouse
FRI, 11/1 @ 10:00AM

Pole Green Produce Market
FRI, 11/1 @ 1:00PM

Pinchbeck Elementary Voting
TUE, 11/5 @ 10:00AM

Libbie Market
WED, 11/6 @ 11:00AM

Ukrop's Market Hall
FRI, 11/8 @ 12:30PM

Holocaust Museum & Lunch Bunch Outing
MON, 11/11 @ 8:45AM

J.C. Penney Shopping Trip & Lunch @ Chick Fil A
FRI, 11/15 @ 9:45AM

Burlington & TJ Maxx
MON, 11/18 @ 11:00AM

Glen Allen Cultural Arts Center Oliver Twist
THUR, 11/21 @ 12 :15PM

Lola's Farmhouse Bistro
FRI, 11/29 @ 10 :45AM

PRESENTATIONS & CONCERTS

Encore Dancers Perform
November Birthdays Party
FRI, 11/8 @ 1:00PM

Mary Stella Music Hour
SAT, 11/9 @ 3:45PM

Claudia Carawan Lobby
Performance
SUN, 11/16 @ 2:00PM

Resident Sing-Along with
Diane Hart
TUE, 11/19 @ 6:30PM

Me & Martha
Performance
WED, 11/20 @ 2:00PM

National Aviation History
Month Documentary
Presentation
FRI, 11/22 @ 1:00PM

Therapeutic Harp Session
FRI, 11/29 @ 1:00PM

TRANSPORTATION SCHEDULE

FRIDAY, 11/1
 8:45AM Mass
 10:00AM Early Voting Henrico County Courthouse
 11:30 AM Pole Green Produce Market

MONDAY, 11/4
 9:00AM Dollar Tree
 11:00AM Target
 1:30PM Kroger

TUESDAY, 11/5
 10:00AM Voting @ Pinchbeck Elementary

WEDNESDAY, 11/6
 8:4 AM Mass
 9:00AM Kroger
 11:00AM Libbie Market
 1:00PM Walmart

FRIDAY, 11/8
 8:45AM Mass
 10:00AM Target, Hobby Lobby & Kohl's
 12:30PM Ukrop's Market Hall
 1:45AM Dairy Queen

MONDAY, 11/11
 8:45AM Holocaust Museum & Lunch

WEDNESDAY, 11/13
 8:4 AM Mass
 9:00AM Kroger
 11:00AM Target, Hobby Lobby & Kohl's
 1:00PM Walmart

FRIDAY, 11/15
 8:45AM Mass
 9:45AM J.C. Penney's & Chick Fil A

MONDAY, 11/18
 8:45AM Food Lion & CVS
 11:00AM Burlington & TJ Maxx
 1:30PM Kroger

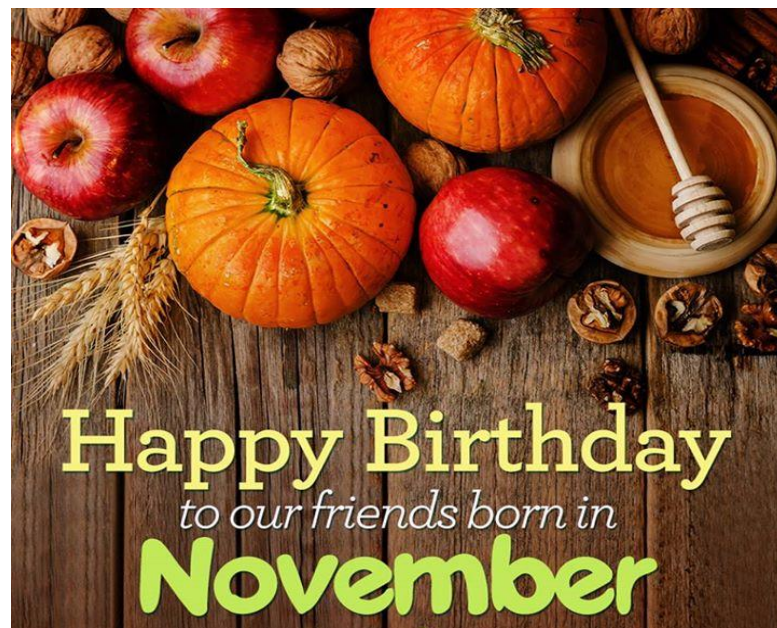
WEDNESDAY, 11/20
 8:4 AM Mass
 9:00AM Kroger
 11:00AM Target, Hobby Lobby & Kohl's
 1:00PM Walmart

THURSDAY, 11/21
 12:15PM Glen Allen Cultural Arts Center

MONDAY, 11/25
 10:00AM Ollie's
 11:30AM Change of Scenery
 1:30PM Kroger

WEDNESDAY, 11/27
 8:45 AM Mass
 9:00AM Kroger
 11:00AM Target, Hobby Lobby & Kohl's
 1:00PM Walmart

FRIDAY, 11/29
 8:45AM Mass
 10:45AM Lola's Farmhouse Bistro



Willo Newton	11/11
Anne Burnley	11/14
Zerna Felts	11/15
Patricia Costello	11/16
Elizabeth Uhrig	11/16
Susie de Castro	11/27
Linda Cameron	11/30

Be sure to join us in the Community Room on Friday, November 8th, at 1 p.m. for the November Birthdays Party! All are welcome!



Exercise Programs

Exercise Class: Exercise Class is held Monday & Wednesday mornings at 10:15 a.m. in the Community Room with Curtis.

Ageless Grace Certified instruction leader, Janie Peterson, teaches this exercise class every Friday morning at 10:30 a.m. in the Community Room.

Balance & Action is taught once a week at 10 a.m. on Tuesday mornings in the Community Room led by the Powerback Rehab Services Staff, Patti Keeler.

BOOK CLUB

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



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 2:30 p.m. every Monday in our Chapel with Pastoral Counselor, Sarah Francis

TUESDAY

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

WEDNESDAY

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

Resident Prayer Group is at 6:30 p.m. in the Chapel

THURSDAY

Mass is held in the Chapel at 10 a.m.

Worship Service is held in the Chapel at 11:15 a.m.

Rosary is held in the Chapel at 1:30 p.m.

FRIDAY

Van to Mass at St Mary's Church departs at 8:45 a.m.

Stations of the Cross is held the 1st Friday of the month at 3 p.m. in the Chapel

Confession is held on the 3rd Friday of the month at 2:00 p.m. in the Chapel

SATURDAY

Rosary is held every Saturday morning in the Chapel at 11:00 a.m.

Mass is held every Saturday evening in the Community Room at 5:00 p.m.



St. Mary's Woods THANKSGIVING BAKE SALE

We will be selling desserts for families to enjoy together this Thanksgiving, call the front desk today to place your order for one of St. Mary's Woods homemade desserts! **All orders must be placed by Friday, November 15th.**



Pumpkin Pie	\$12
Pumpkin Cheesecake	\$16
Classic Cheesecake	\$16
Turtle Cheesecake	\$18
Strawberry Cake	\$18

All Thanksgiving desserts will be available to pick up on
Wednesday, November 27th from 10am-4pm.

804-804-658-2085
1257 Marywood Ln
Richmond, VA 23229



St. Mary's
WOODS
RETIREMENT
COMMUNITY



Christmas BAZAAR

Please join us for a holiday bazaar!

Shop for your holiday gifts!

WARM SCARVES • HATS • JEWELRY • CARDS
HANDMADE SOAPS • STOCKING STUFFERS
ART & **MUCH MORE!!**

Thursday, December 5th

10AM – 2PM

St. Mary's Woods

COMMUNITY ROOM

For more information about this event or to learn more about
St. Mary's Woods, call us today at 804-658-2085



St. Mary's
WOODS
RETIREMENT
COMMUNITY

ELECTION DAY: NOVEMBER 5, 2024

VOTE FOR A VIRGINIA FOR ALL



The St. Mary's Woods bus will be making a trip to the Henrico County Courthouse on Friday, November 1st at 10:00AM for early voting. This is the last day that early voting is available.

The St. Mary's Woods bus will be departing at 10:00AM on Tuesday, November 5th for voting. We will be taking residents to the Pinchbeck Elementary Voting polls. Please be sure to have a photo identification and your

SING-ALONG



Grab a neighbor and come on down to the Lobby on Tuesday, November 19th at 6:30pm for our Sing-Along with Diane Hart!

The Mobile Library is coming!

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.

2:00PM

NOVEMBER
Thursday,
21th

DECEMBER
Thursday,
19TH



henricolibrary.org/mobile

Mobile Library Service

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

THE MONTHLY GAZETTE

"Fallen leaves lying on the grass in the November sun bring more happiness than the daffodils."

~ Cyril Connolly



Tree of the Month – Cedar

Cedar trees are tall ornamental conifers native to the Himalayas and the Mediterranean region. They are often used in landscape design due to their beauty. Cedars are evergreen, meaning they keep their leaves year-round. Some popular types include the northern white cedar, Alaska cedar, incense cedar, Lebanon cedar, and Cyprian cedar. They thrive in temperate climates, prefer direct sunlight, have a spicy scent, and grow needle-like leaves that are arranged in a spiral pattern. Male cedar trees produce flowers and pollen, while the



female trees produce seeds and berries. The seeds contain a foul-tasting resin to deter squirrels from eating them. Cedar is a frequent choice for building closets, as the oil and wood of cedar trees are a natural moth repellent. Over a third of conifer trees like cedars face extinction due to issues like habitat loss and climate change.

Special Days

All Saints' Day
November 1

Election Day
November 5

World Freedom Day
November 9

Veterans Day
November 11

National Hiking Day
November 17

National Cake Day
November 26

Thanksgiving
November 28

Flower – Chrysanthemum



The cheerful chrysanthemum is November's birth flower. This lovely perennial, called a mum for short, is a favorite of gardeners. *Chrysos* is Greek for "gold."

Although mums can be found in a rainbow of colors today, their wild ancestors were limited to a fine golden-yellow hue. These flowers are native to subtropical and temperate areas of the world. They are used in teas, wine, and herbal medicines, and they can be planted indoors to remove air pollutants.

Birthstone – Yellow Topaz



Yellow topaz, known as "precious topaz," is one of November's birthstones. Topaz was named for the ancient Red Sea island Topasos, now called St. John.

Topaz is most commonly found in shades of yellow and gold. However, it also comes in blue, pink, red, orange, green, brown, and even black. In the ancient world, yellow topaz was the symbol of Ra, the Egyptian sun god, because of its golden glow. A gift of a yellow topaz symbolizes friendship and is said to give the wearer strength and smarts.

Birthday Critters

November 1–7: Fox

You're sly, stylish, and quick—and always up for a night on the town. You are a fan of adventures of all kinds, from trying a new dish to visiting a new city. Friends routinely rely on you for emotional support and guidance.

November 8–16: Crow

Your mind is as sharp as your tongue. You are known for your quick wit, cheerful demeanor, and contagious laugh. Organization, leadership, and diplomacy are some of your many talents. You are extremely thoughtful.

November 17–23: Turtle

You are warm and caring but tend to be tight-lipped with your feelings, except with your closest pals. You are a reliable, empathetic friend who loves a party and always remembers birthdays, anniversaries, and other special occasions.

November 24–30: Squirrel

You're agile, energetic, and hilarious. Always there for your friends and family, you sometimes forget to give yourself enough rest—but you wouldn't have it any other way! You're a social animal who thrives in community.



Toot Toot

Get out your conductor hats! November is Model Railroad Month. This popular pastime gained even more fans during the pandemic and is dubbed “the greatest hobby in the world” by model train enthusiasts.

November Zodiacs

Scorpio (The Scorpion)
November 1–21

Sagittarius (The Archer)
November 22–30

November was the ninth month on the early Roman 10-month calendar, taking its name from the Latin word *novem*, meaning “nine.” It became the eleventh month when the Roman senate adopted January and February. Legend has it that the Roman senate proposed naming the month after Tiberius Caesar, born November 16, 42 BC. However, Julius Caesar rejected this idea, saying, “What will you do if you have thirteen emperors?”

A Month for Remembering

Take time this month to remember those you love and those you've lost. In many faiths and cultural traditions, November is known as a month for remembrance and gratitude. In the U.S., we celebrate both Veterans Day and Thanksgiving. All Saints' Day, celebrated on November 1, honors all the saints without a special feast day.

What's Lucky in November?

Lucky Color: Teal

Lucky Animal: Panther

Lucky Letters: T and B

Lucky Day: Friday

Lucky Plant: Aster



November Birthdays

Walter Johnson (pitcher) – November 6, 1887

Bram Stoker (writer) – November 8, 1847

Jonathan Winters (comedian) – Nov. 11, 1925

Ryan Gosling (actor) – November 12, 1980

Whoopi Goldberg (comedian) – Nov. 13, 1955

Georgia O'Keeffe (artist) – November 15, 1887

Lauren Hutton (actress) – November 17, 1943

Gene Tierney (actress) – November 19, 1920

Goldie Hawn (actress) – November 21, 1945

Arundhati Roy (novelist) – November 24, 1961

Eddie Shore (hockey player) – November 25, 1902

Jimi Hendrix (guitarist) – November 27, 1942

Louisa May Alcott (writer) – November 29, 1832

Jonathan Swift (author) – November 30, 1667