



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

DECEMBER 2024

December Happenings

St. Mary's Church Bell Choir Performance
Tuesday, 12/3 @ 7:00PM

SMW Annual Holiday Bazaar
Thursday, 12/5 @ 10:00AM-2:00PM

Gingerbread House Family Craft
Tuesday, 12/10 @ 3:00PM

Christmas Cookie Decorating
Wednesday, 12/11 @ 2:30PM

Jingle & Mingle Happy Hour
Thursday, 12/12 @ 4:00PM

Annual Resident Christmas Dinner
Thursday, 12/12 @ 5:30PM-6:30PM

Kazuri Designs Traveling Boutique Shop
Friday, 12/13 @ 11:00AM-4:00PM

Apple Pie Act Eating
Tuesday, 12/17 @ 3:30PM

Christmas Pickle Party Scavenger Hunt
Thursday, 12/19 @ 9:00AM-2:00PM

Men's Christmas Eve Lunch
Tuesday, 12/24 @ 12:00PM

Candlelight Service of Remembrance
Tuesday, 12/31 @ 5:00PM

Games & Trivia with Curtis
Tuesdays @ 3:00pm

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

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

Special Outings, Shopping & Lunch Bunches

Van to Ollie's
MON, 12/2 @ 9:30AM

Ovation Christmas Concert
TUES, 12/3 @ 1:45PM

Libbie Market
FRI, 12/6 @ 10:00AM

Lunch Bunch at Riptides
FRI, 12/6 @ 11:15AM

The Jefferson Hotel
MON, 12/9 @ 9:15AM

Tacky Lights Tour
MON, 12/9 @ 5:45PM

Ukrop's Market Hall
FRI, 12/13 @ 12:00PM

Short Pump Towne Center
MON, 12/16 @ 9:45AM

Trader Joe's
MON, 12/16 @ 9:00AM

Tacky Lights Tour
MON, 12/16 @ 5:45PM

Trip to Christmas Mouse
FRI, 12/20 @ 9:30AM

PRESENTATIONS & CONCERTS

Claudia Carawan Lobby
Performance
SAT, 12/7 @ 2:00PM

Encore Dancers Perform
December Birthdays Party
FRI, 12/13 @ 1:00PM

Therapeutic Harp Session
SAT, 12/14 @ 1:00PM

Mary Stella Music Hour
SAT, 12/14 @ 3:45PM

Debrah & Patrick Perform
TUE, 12/17 @ 3:00PM

Resident Sing-Along with
Diane Hart
TUE, 12/17 @ 6:30PM

Country Music Hour with
Brad Spivey
WED, 12/18 @ 2:00PM

Joe Loschiavo Piano
Concert
FRI, 12/27 @ 2:00PM

TRANSPORTATION SCHEDULE

MONDAY, 12/2

9:00AM Ollie's
11:00AM Kroger

TUESDAY, 12/3

1:45PM Van to Ovation Christmas Concert

WEDNESDAY, 12/4

8:45AM Mass
9:00AM Kroger
11:00AM Target
2:00PM Walmart

FRIDAY, 12/6

8:45 AM Mass
10:00AM Libbie Market
11:15AM Lunch Bunch at Riptides

MONDAY, 12/9

9:15AM Van to The Jefferson Hotel
11:30AM Dollar Tree
1:30PM Kroger
5:45PM Tacky Lights Tour

WEDNESDAY, 12/11

8:45AM Mass
9:00AM Kroger
11:00AM Target
1:00PM Walmart

FRIDAY, 12/13

8:45AM Mass
10:00AM Target
12:00PM Ukrop's Market Hall

MONDAY, 12/16

9:45AM Van to Short Pump Towne Center
1:30PM Kroger
5:45PM Tacky Lights Tour

WEDNESDAY, 12/18

8:45AM Mass
9:00AM Kroger
11:00AM Lunch Bunch to Arby's
1:00PM Walmart

FRIDAY, 12/20

9:30 AM Trip to The Christmas Mouse
2:00 PM Kroger

MONDAY, 12/23

9:00AM Trader Joe's
11:00AM Marshall's
1:30PM Kroger

FRIDAY, 12/27

8:45AM Mass
9:00AM Kroger



Be sure to join us in the Community Room on Friday, December 13th, at 1 p.m. for the December Birthdays Party! All are welcome!

12/4	Marilyn Packard
12/6	Janice Shaughnessy
12/7	Ralph Pupo
12/12	Jim Spain
12/13	Joanne Hale
12/13	Charlotte Sarantopoulos
12/15	Marcia Phelon
12/16	Carol Lane
12/20	Joanie Wilson
12/22	Blanch Elise Coghlan
12/26	Judy Seversen



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.

henricolibrary.org
Henrico
County
Public
Library

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. 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.



**JINGLE &
MINGLE**

Join us for our Holiday
Happy Hour Celebration!

Piano playing and Christmas
Carols with Cameron Francis!

4:00pm - 5:00pm

Thursday, December 12
Community Room

Family and friends are welcome!
Call the front desk to RSVP for this holiday party

St. Mary's Woods
1257 Marywood Ln, Richmond, VA 23229
804-658-2085





St. Mary's
WOODS
RETIREMENT
COMMUNITY



Holiday Cheese-Ball

St. Mary's Woods Dining Services will be whipping up and selling their famous homemade cheese balls this holiday season! Give us a call and sign up for the perfect holiday family treat!

Our homemade cheese balls serve approximately 12 people and come with assorted crackers for \$30

Call 804-658-2085 to place your order by Friday, 12/13. Pick-up will be Monday, 12/23 from 10am – 3pm. Pay by card, cash or check (checks payable to St. Mary's Woods).



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

GINGERBREAD

FAMILY CRAFT DAY



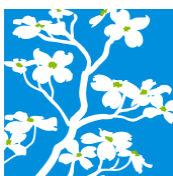
Tuesday, December 10th at 3 p.m.

Join us in the Activity Room for loads of family fun as we make and decorate gingerbread houses!

All supplies will be provided—all you need to bring is your imagination!

Great for kids and adults of all ages.

Space is limited. **Please sign up at the front desk by December 4th for this exciting (and delicious) holiday tradition!**



St. Mary's
WOODS
RETIREMENT
COMMUNITY

INDEPENDENT & ASSISTED LIVING



804.658.2085

stmaryswoods.com
1257 Marywood Lane
Richmond, VA 23229



Coordinated Services Management, Inc. • Professional Management of Retirement Communities Since 1981



The Christmas Pickle



Featuring Mr. Brad Spivey!

Christmas Pickle Scavenger Hunt

Wednesday
December 18th
9am - 2pm

There will be dozens of Christmas pickle ornament pictures scattered around the inside of the building ready to be found! Start collecting as many as you can starting at 9am and bring your findings to the Community Room Pickle-Party at 2pm to see who wins the big prize!

POP UP SHOP



Kazuri Designs Traveling Boutique

December 13th • Friday • 11AM-4PM

Discounts will be offered on select Handbags plus 20% off all jewelry!

Scarves (2 in 1 scarves & classy Pashmina's will also be available), Handcrafted Beaded Jewelry, Stone & Crystal Jewelry, Turquoise Jewelry, Fashion Handbags, Mini cross-body bags, clip-on earrings, Fashion Pin's & much more.

THE MONTHLY GAZETTE

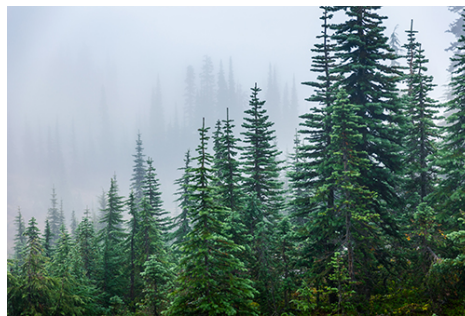
*“Holly and mistletoe, candles and bells,
I know the message that each of you tells.”*

~ Leland B. Jacobs



Tree of the Month – Pine

Pines are conifer trees or shrubs that are prized for their crisp, refreshing scent. They are the largest type of conifer, with 187 different species. These hearty trees can survive in a wide range of climates, from deserts to rainforests, and do well in subpar soil. However, they thrive best in mountainous areas with ample rainfall and favorable soil. Not only are pines flexible enough to bend with and endure large snowfalls but they also are resistant to fire. Pinecones protect the plant’s seeds from harsh weather conditions. Pines are fast-growing, long-lived trees that are a popular



choice for landscaping, timber, and Christmas trees. These trees are especially good at preventing soil erosion and providing windbreaks. Pines can live between 100 to more than 1,000 years. The oldest living pine, a Great Basin bristlecone named Methuselah, lives in Inyo National Forest in eastern California and is over 4,800 years old.

Special Days

Cyber Monday
December 2

Winter Solstice
December 21

Christmas
December 25

**Hanukkah Begins
at Sundown**
December 25

Boxing Day
(UK and Canada)
December 26

Kwanzaa Begins
December 26

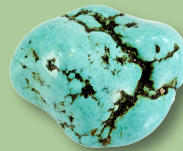
New Year’s Eve
December 31

Flower – Holly



December’s flower is the hearty, vibrant holly plant. Its bright red berries and glossy, deep green leaves have come to symbolize the winter holiday season, and particularly Christmas. Holly also symbolizes truth, protection, fertility, and eternal life. In fact, some holly trees live up to 400 years. Holly grows in temperate and subtropical climates. Its berries are slightly toxic to humans but can be eaten by birds. Some types of holly leaves are used to make tea.

Birthstone – Turquoise



Turquoise has been valued for its tremendous beauty for thousands of years. Archaeologists have discovered turquoise jewelry on the mummified bodies of queens in Egyptian tombs and in ancient burial sites in Argentina, Peru, and Mexico. The Inca used the stone to craft beads and figurines, while the Aztecs used it to make pendants and ritual masks. The Chinese were carving it for decorative art over 3,000 years ago. Turquoise is also often used as a love charm.

Birthday Sweets

December 1–7: Bread Pudding

You are practical, organized, and reliable. But it's your sly sense of humor and tender side that make you the belle of the ball. Your friends count on you to throw epic parties, and you always make your loved ones feel special.

December 8–13: Pie

A natural leader, you have confidence and charisma in spades. The key to your success is always listening to and caring about others. While you enjoy socializing, you also love a quiet afternoon with a book or a bubble bath.

December 14–22: Cheesecake

Spiritual and intuitive, friends call on you for guidance and comfort. You are careful with your words; when you speak, your wisdom shines through. You are also known for your elegance, bravery, and charm.

December 23–31: Cookie

Sweet, loving, and fun, you have more friends than you can count. You are responsible, smart, and bookish but also have a silly side that makes everyone smile.



The Long Night Moon

December's full moon aligns with the winter solstice, the longest night of the year. It is known as the cold moon, the long night moon, or the wolf moon, and is a prime time for reflection and gratitude for the wonders of life.

December Zodiacs

Sagittarius (The Archer)
December 1–21

Capricorn (The Sea Goat)
December 22–31

December is the 12th month of the year in the Julian and Gregorian calendars. The ancient Romans initially made December the tenth month, but later, when January and February were added, December became the final month. In the northern hemisphere, this month has the shortest daylight hours of the year. Did you know that December starts on the same day of the week as September and ends on the same day as April every year?

Around the World

How do you say *December* in different languages?

- Spanish – Diciembre
- Portuguese – Dezembro
- Icelandic – Desember
- German – Dezember
- Hindi – Disambar
- French – Décembre
- Polish – Grudzień
- Danish, Norwegian, Swedish, Flemish, Dutch, Hungarian, and English – December
- Italian – Dicembre
- Hawaiian – Kekemapa

What's Lucky in December?

Lucky Color: Green

Lucky Animal: Coyote

Lucky Letters: L and M

Lucky Day: Wednesday

Lucky Plant: Narcissus



December Birthdays

- Andy Williams (singer) – December 3, 1927
- Joan Didion (writer) – December 5, 1934
- Eli Whitney (inventor) – December 8, 1765
- John Milton (writer) – December 9, 1608
- Sarah Chang (violinist) – December 10, 1980
- Rita Moreno (actress) – December 11, 1931
- Archie Moore (boxer) – December 13, 1913
- Viola Wells (gospel singer) – December 14, 1902
- Jane Austen (novelist) – December 16, 1775
- Ty Cobb (ballplayer) – December 18, 1886
- Lenny White (drummer) – December 19, 1949
- Annie Lennox (singer) – December 25, 1954
- Johannes Kepler (astronomer) – December 27, 1571
- Patti Smith (poet/singer) – December 30, 1946