



STAFF

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Michelle Odom, Director of Life Enrichment
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Front Desk & Reception
Open daily, 9:00 am-5:00 pm
804-741-8624

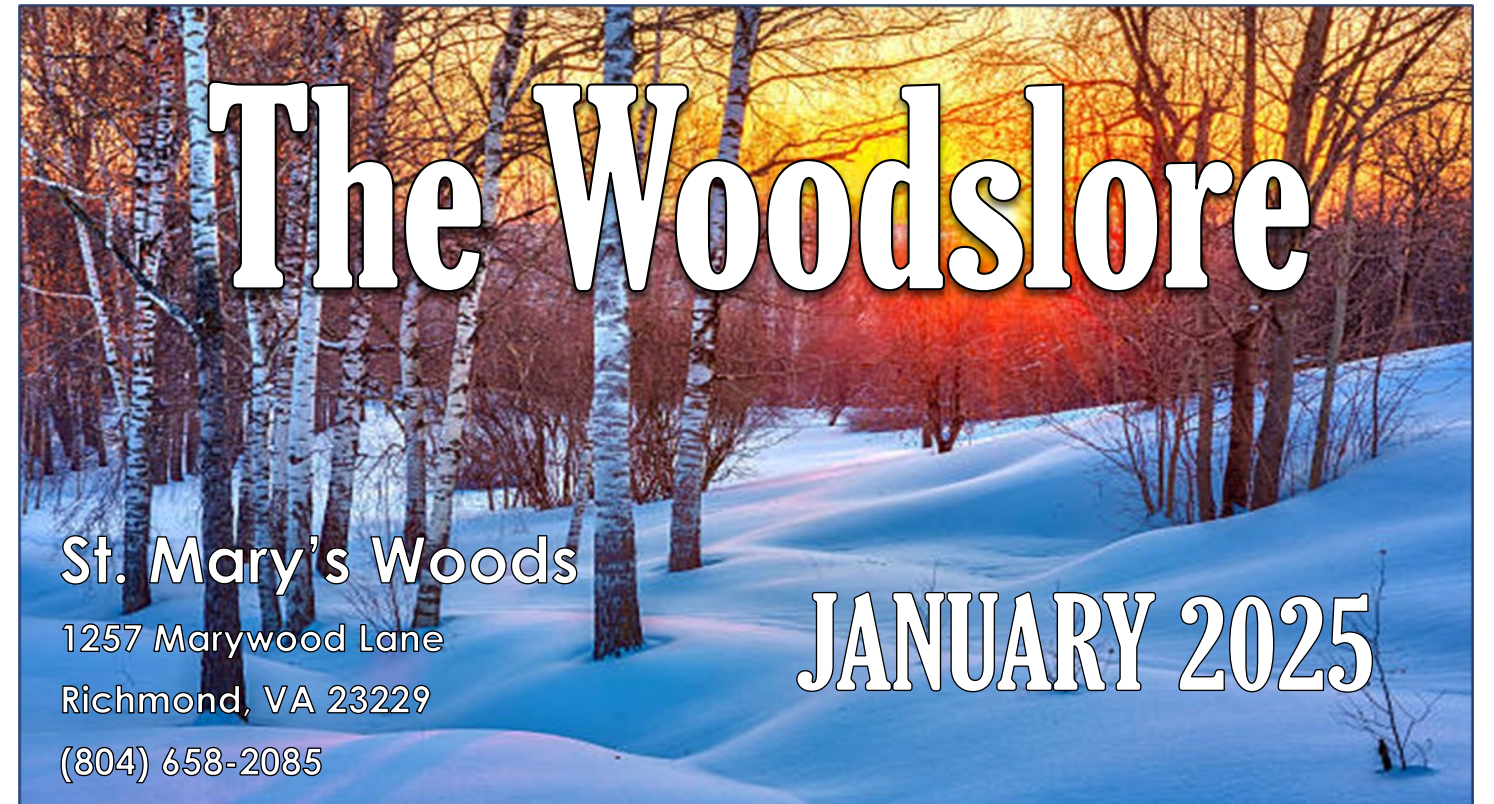
Cozy Corner Gift Shop
Monday, Wednesday,
& Friday
1:00 to 3:00 pm, 1st Floor
Managed by our SMW Volunteers

Powerback Rehab Services
Physical, Occupational,
& Speech Therapy, 1st Floor
Phone: (804) 741-0612
Patti Jo Keeler, LPTA

Beauty/Barber Salon
Tuesday, Wednesday,
Friday, & Saturday
6:00 am to 12:00 pm, 3rd Floor
Phone: (804) 740-1303
John Sanyour

Nail Technician Coming in February
Sign-up w/Angela

www.stmaryswoods.com



Auld Lang Syne

How did a Scottish folk song that had nothing at all to do with New Year's Eve become associated with the New Years Eve holiday? Auld Lang Syne's title means "times gone by". It's largely thanks to a Canadian bandleader Guy Lombardo. In 1929, Lombardo and his band played "Auld Lang Syne" as transitional music while performing a song at midnight at a New Year's Eve party in New York City's Roosevelt Hotel. It was played just after midnight, and heard over radio and television airwaves. Today, "Auld Lang Syne" is one of the most recognizable songs around the world, where it's played at funerals, at celebrations, and as a warning that closing time is approaching at stores throughout Japan.



January is National Hot Tea Month! What's your favorite?

- * English Breakfast
- * Chamomile
- * Earl Grey
- * Green
- * Black
- * Raspberry Zinger
- * Oolong
- * Chai
- * Herbal



This & That—Sip & Chat 1/15 in the Lobby @3 pm

TRANSPORTATION SCHEDULE

Wednesday, 1/1—No Van Available

Friday, 1/3

8:45 Van to Mass
10:00 Van to Target
1:30 Van to Libbie Market

Monday, 1/6

9:00 Van to Food Lion
11:00 Change of Scenery Drive
1:30 Van to Kroger

Wednesday, 1/8

8:45 Van to Mass
9:00 Van to Kroger
11:00 Van to Publix
1:00 Van to Walmart

Friday, 1/10

8:45 Van to Mass
10:00 Van to Target
1:30 Van to Burlington & TJ Maxx

Monday, 1/13

10:00 Van to Ollies
11:30 Van to Trade Joe's
1:30 Van to Kroger

Wednesday, 1/15

8:45 Van to Mass
9:00 Van to Kroger
11:00 Lunch Bunch to Jersey Mike's Subs
1:00 Van to Walmart

Friday, 1/17

8:45 Van to Mass
10:00 Van to Target
1:30 Van to Marshall's

Monday, 1/20

9:00 Van to Food Lion
11:15 Lunch Bunch to Yen Ching Chinese Restaurant (Sign-up)
1:30 Van to Kroger

Wednesday, 1/22

8:45 Van to Mass
9:00 Kroger
11:00 Change of Scenery Drive
1:00 Van to Walmart

Friday, 1/24

8:45 Van to Mass
10:00 Van to Target
1:30 Van to HomeGoods

Monday, 1/27

9:00 Van to Dollar Tree
11:00 Van to Historical Dabb's Museum (Sign-up)
1:30 Van to Kroger

Wednesday 1/29

8:45 Van to Mass
9:00 Van to Kroger
11:00 Van to Libbie
1:00 Van to Walmart

Friday 1/31

8:45 Van to Mass
10:00 Van to Target
12:30 Van to Ukrop's
1:45 Van to Dairy Queen

JANUARY BIRTHDAYS!

ALL are welcome to join us in celebrating January Birthdays in the Community

Room on Wednesday, January 22nd at 2 pm

Special Guest: John Loschiavo will performing!

1/1	Elaine Porter
1/1	Frances Ankofski
1/4	Rose Marie Jorgensen
1/4	Barbara Thornton
1/9	Arnulfo Ramirez
1/10	Tom Sampson
1/11	Barbara Alford
1/11	Sarah Holzgreffe
1/15	Amelia Benito
1/20	Ben Scafidi
1/21	Marcy Gillespie
1/23	Carole Wade
1/25	Philip Frederick
1/27	Virginia Wessells
1/30	Mary Murphy
1/31	Marian Dolliver

Happy Birthday to All of You from all of us at St. Mary's Woods!!!



St. Mary's Woods is thrilled to have Michelle Odom joining our team as the Director of Life Enrichment.

Michelle has experience working in the Life Enrichment environment, and we are very excited about what she'll bring to SMW's community.

Michelle resides in Short Pump, Virginia with her husband, Bob. Michelle brings a lot of energy, creativity, and humor to everything she does.....please make sure to welcome her the next time you see her!



THE DRAMA TEAM NEEDS:

A Dress covered in sequins - Size Small for an upcoming Performance. Please see Michelle if you have one to donate or let us borrow.

Thank you!

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 pm every Monday in our Chapel with Pastoral Counselor, Sarah Francis

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

Van to Mass at St Mary's Church departs at 8:45 am
Stations of the Cross is held the 1st Friday of the month at 3 pm in the Chapel
Confession is held on the 3rd Friday of the month at 2 pm 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 Chapel at 5:00 pm



YEN CHING

Lunch Bunch—Jersey Mike's Wednesday,
1/15 @11 am (Sign-up)

Lunch Bunch—Yen Ching Chinese, Monday,
1/20 @11:15 am (Sign-up)

Good Food—Good Friends—Good Times!



**Thanks
for
Recycling**



Tuesday & Friday are our recycling days. Thank you for putting your recycling at your door no later than 9:30 am. If you choose to take your recycling to the trash room, you will need to take your recycling to the first-floor trash room. Please remember pizza boxes are not acceptable recycling materials.

*Volunteers
NEEDED*



Cozy Corner Gift Shop
Please see Ralph Pupo
Rm #302
rfplcp@comcast.net

*Welcome
2025*

JANUARY 19TH
**NATIONAL
POPCORN
DAY**



**Popcorn Party in
the Lobby—Sunday,
1/19
@2 PM YUM!**

**Happy Birthday
Elvis—Jan. 8th**

Elvis Trivia:

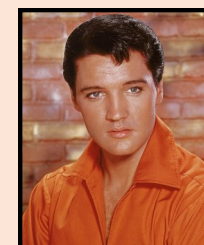
Karate black belt: Elvis achieved his black belt in karate in 1960 and eventually earned an eighth-degree rank .

Diet: Elvis was known for his love of peanut butter and bacon, and his diet included fried peanut butter, bacon, and banana sandwiches, and the "Fool's Gold" sandwich, which was a white bread loaf filled with peanut butter, bacon, and banana.

Pet chimpanzee: Elvis had a pet chimpanzee named Scatter .

Never learned to read music: Elvis didn't learn to read music and didn't write or compose any songs.

Graceland: Elvis purchased Graceland Mansion in Memphis in 1957 for 102,500 .



**January
NFL Games**

Wild Card: Jan. 10-12

Divisional Playoffs: Jan 17-18

Conference Championship
Jan 25

Super Bowl: Feb 9th

**Join us next month for our
Super Bowl Party on Feb 8th!*

**DOCTOR'S
APPOINTMENT**

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. If

You have any questions, please contact the front desk.

January Happenings

New Fresh Flower Arranging
Tuesdays @10:30 am (AR)

Come Learn Sign Language
Tuesdays @1:30 pm (AR)

New Chair YOGA
Thursdays @10:15 am (CR)

New OPEN Board Games Invite a Friend!
Saturdays @12-5 (AR)

Fun Drums w/Terri
Tuesday, 1/7 @2 pm (L)

Caring Canines
Wednesday, 1/8 @2:30 pm (L)

Resident Town Hall
Wednesday, 1/8 @3 pm (CR)

Winter Warm Up Happy Hour
Thursday, 1/9 @4 pm (CR)

Mary Stella Performs
Saturday, 1/11 @3:45 pm (L)

National Wear A Hat Day
Wednesday, 1/15

New This & That Sip & Chat Tea
Wednesday, 1/15 @3 pm (L)

Claudia Carawan Performing
Saturday, 1/18 @2 pm (L)

National Popcorn Day—Popcorn Party!
Sunday, January 19 @2 pm (L)

Men's Corn-Hole Competition (Sign-up)
Tuesday, 1/21 @1:30 pm (CR)

Joe Loschiavo Concert & -Celebrating January Birthdays!
Wednesday, 1/22 @2 pm (CR)

SMW Woodsy Players Performing @Our Lady of Hope
Friday, 1/24 @1 pm

Diane Hart—Sing-a-long
Tuesday, 1/28 @6:30 pm (L)

Food Committee Meeting
Wednesday, 1/29 @2 pm (DR)

Men's Breakfast
Friday, 1/31 @8:30 am (CR)

Therapeutic Harp
Friday, 1/31 @2 pm (CH)

MEN'S WINTER BREAKFAST



FRIDAY, JANUARY 31ST

8:30 AM-9:30 AM

Bring a friend and join us for fellowship and a delicious breakfast in the **Community Room!**

Thank you Kathleen for becoming SMW's Resident Photographer for our social media!



PRESS

Resident
Photographer
Kathleen
McSweeney



Did You Ever Want to Learn Another Language?

SIGN LANGUAGE FOR BEGINNERS



L O V E

Come Join Us each Tuesday in the Activity Room @1:30 pm

ALL ARE WELCOME TO COME!!!



HAPPY HOUR

Thursday, January 9th
Serving 2 Signature Drinks
BY CHEF ERIN
4 pm in the Community Room

