



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

STAFF

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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

**New Functional Pathways
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) 658-2066
John Sanyour

New Nail Technician
1st & 3rd Thursday
10:00 am—2:00 pm, 3rd Floor
In the Beauty/Barber Salon
Phone: (804) 869-0540
Itzel Melendez

www.stmaryswoods.com



The Woodslore

St. Mary's Woods

1257 Marywood Lane
Richmond, VA 23229
(804) 658-2085

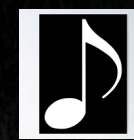
February 2025

National Bird Feeding Month was established in 1994 by John Porter, a man who so cared about the health and welfare of the birds that he read a resolution into the Congressional record. "I would like to recognize February, one of the most difficult months in the United States for wild birds, as National Bird Feeding Month."

Nothing says spring like the singing voices of our favorite wild birds. One-third of the American population feeds birds in their backyards, making sure to fill their feeders to greet these travelers home. Small birds are often running low on resources, and large birds aren't always able to get the food they need to prosper when they arrive to early. Let's help our fine feathered friends during National Bird Feeding Month.



Honoring our **past**
to help shape the **future**.



Celebrating
BLACK HISTORY MONTH

Celebrating
Black Music Artist's
Of the 60's & 70's
in the Lobby
Every Friday
Morning at 11 am

TRANSPORTATION SCHEDULE

Monday, 2/3

10:00 Van to Ollie's
11:00 Lunch Bunch to Wendy's (Sign-up)
1:30 Van to Kroger

Wednesday, 2/5

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

Friday, 2/7

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

Monday, 2/10

9:00 Van to Dollar Tree
11:00 Van to TJ Maxx
1:30 Van to Kroger

Wednesday, 2/12

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

Friday, 2/14

8:45 Van to Mass
10:00 Van to Target
1:30 Van to Goochland Goodwill Thrift Store

Monday, 2/17

9:00 Van to Food Lion
10:45 Lunch Bunch to Capriccio's Italian Restaurant (Sign-up)
1:30 Van to Kroger

Wednesday, 2/19

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

Friday, 2/21

8:45 Van to Mass
10:00 Van to Target
12:15 Van to Cultural Art Center Show: The Wizard of Oz (sign-up)

Monday, 2/24

9:00 Van to Wegman's
10:45 Lunch Bunch to Cook-Out Burgers & Shakes (Sign-up)
1:30 Van to Kroger

Wednesday 2/26

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

Friday 2/28

8:45 Van to Mass
10:00 Van to Target
12:30 Van to Ukrop's
2:00 Van to Dairy Queen (Sign-up)

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

February BIRTHDAYS!

ALL are welcome to join us in celebrating February Birthdays in the Community Room on Wednesday, February 26th at 1 pm
Special Guest: Brad Spivey will performing!

2/5	Susan Gidley	Rm 324
2/6	Jane Gibbs	Rm 320
2/10	Elizabeth Plashal	Rm 216
2/13	Valerie Blake	Rm 313
2/16	Anna Martin	Rm 215
2/17	Kenneth Branum	Rm 129
2/17	Melanie LeBlanc	Rm 116C
2/19	Jasper Hunter	Rm 207
2/26	Marlene McKelvy	Rm 103

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



Age is a matter of mind.
If you don't mind, it doesn't matter!

Some Spiritual

Nuggets:

From our Pastoral Counselor—Sarah Francis

"Oh, the deep, deep love of Jesus"
Hymn by Samuel Trevor Francis
(Born in 1835)

As we celebrate Valentine's Day this month, there is no greater love than the deep deep love that Jesus has for each one of us. The lyrics of this hymn let you experience how great the love of Jesus is for you. Imagine a mighty ocean wave taking you over, pulling you under. Jesus love is overwhelming. It's underneath me and all around me. I cannot escape it. When life here is finished, this deep love will lift me up to glory, up to Jesus.

No doubt, Francis was thinking of Romans 8:38-39 when he wrote this hymn. "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow-not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below-indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

May these words encourage you today!

Religious Services

SUNDAY

Worship Service is held in the Chapel twice a month on 1st & 3rd Sundays. Doc & Angie lead us in the Word/Worship.

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
Chaplet of Divine Mercy is held the 2nd & 4th Friday of the month at 3 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 Community Room at **4:00 pm**



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

We LOVE Saturday & Sundays
Open— Board Games In The Life Enrichment Room

Invite a Friend To play a game!



Lunch Bunch—**Capriccio's Italian Restaurant, Monday 2/17 @10:45 am** (Sign-up by Art Studio 2nd Floor)
Lunch Bunch—**Cook-Out Burgers & Shakes, Monday, 2/24 @10:45 am** (Sign-up by Art Studio 2nd Floor)
Good Food—Good Friends—Good Times!

Sign Up Sheet Posted One-Week Prior

#OurHearts

Join us on National #WearRedDay. Support heart disease prevention and make heart health a part of your self-care routine in 2025!

National Wear Red Day®
February 7, 2025

February Movie Schedule:

Monday Night Inspirational Movie: 2/3 6 PM
"Bonhoeffer"
(Popcorn/Beverages) (LER)

Monday Night Inspirational Movie: 2/17 PM "Gifted Hands the Ben Carson story"
(Popcorn/Beverages) (LER)

Matinee Movie Celebrating Black History: Wednesday, 2/26 2 PM "42 The Jackie Robinson story. (TL)

Matinee Movie Celebrating Black History: Thursday, 2/27
"Pursuit of Happiness" (TL)

Quotes about Birds

"I would like to paint the way a bird sings."
— Claude Monet

"No bird soars too high if he soars with his own wings."
— William Blake

"A heart without dreams is like a bird without feathers."
— Suzy Kassem

"A bird does not sing because it has an answer, it sings because it has a song."
— Maya Angelou

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.

February Happenings

Chair YOGA (New Time)
Thursdays @10:30 am (CR)

(New) Coffee & Daily Chronicles w/Barry
2nd & 4th Wednesdays @3 pm (L)

Music Entertainers: The Encore Dancers
Wednesday, 2/5 @1pm (CR)

National Wear RED Day Heart Disease Awareness
Friday, 2/7

Musician Guest: Tom the Flutist
Friday, 2/7 @2 pm (CR)

Mary Stella Performs
Saturday, 2/8 @3:30 pm (L)

Super Bowl Par-tay!
Sunday, 2/9 @5:00 pm (CR)

Resident Council
Tuesday, 2/11 @2:30 (CR)

Caring Canines
Wednesday, 2/12 @2:30 pm (L)

Sweetheart Happy Hour
Thursday, 2/12 @4:30 pm (CR)

Valentine's Day Tea Party
Friday, 2/14 @3:30 pm (CR)
Please bring a tea cup with you

Joe Loschiavo Piano Concert
Tuesday, 2/18 @2 pm (CR)

Therapeutic Harp— Cindy Jennings
Friday, 2/21 @2 pm (CH)

Sing-A-Long with Diane
Tuesday, 2/25 6:30 pm

Spaghetti Dinner (Space is Limited)
Thursday, 2/27 4:30 or 5:30 pm (CR) Call the Front Desk to RSVP a seat!

SWEETHEART Happy Flour



THURSDAY, FEBRUARY 13

♥ 4:30 P.M. ♥

Join us for fun drinks,
charcuterie snacks, and
Erin's Chocolate-Covered Strawberries!

Free event • Guests welcome!

RSVP to kelly.manshack@stmaryswoods.com
or call the front desk at 804-658-2085.



INDEPENDENT & ASSISTED LIVING



804.658.2085

stmaryswoods.com
1257 Marywood Lane
Richmond, VA 23229



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





Functional Pathways

Therapy that exceeds expectations

We are so happy to have our entire Powerback Physical Therapy Team partners with Functional Pathways as of 2/1 to enhance the rehabilitation care we offer to our residents. Functional Pathways is renowned for its commitment to high-quality, compassionate care and innovative therapy approaches. Their experienced team of physical, occupational, and speech therapists will collaborate closely with St. Mary's Woods Retirement Community to ensure that each resident receives therapy services tailored to their individual needs. We look forward to the positive impact that Functional Pathways will bring to our community and to continuing to provide the highest standard of care to our residents.



You Are Invited To SMW's

Valentine's Tea

Friday, February 14th

At 3:30 pm

In the Community Room

**Please bring a special
Tea cup to use**

**Special Music*

**Wonderful Tea*

**Light Tea Accompaniments*



SENIOR NAIL SERVICES

CARING FOR OUR SENIORS: PRIORITIZING SAFETY AND COMFORT

At Nails of Eden, we understand the unique needs of our elderly clients. Our mobile senior services are designed with care and compassion, ensuring a safe and enjoyable experience. Here's what we prioritize:

Sanitation and Cleanliness:

We adhere to strict hygiene protocols to ensure a clean environment and services.

Safety with Chemicals:

Our products are chosen with consideration for your health and medications.

Gentle Care:

Our team is trained to provide loving and attentive care throughout your service.

Inclusive Services:

We offer specialized treatments, such as deep cleaning pedicures, to ensure all areas are thoroughly cared for.

Your comfort and well-being are our top priorities. Thank you for trusting us with your nail care!

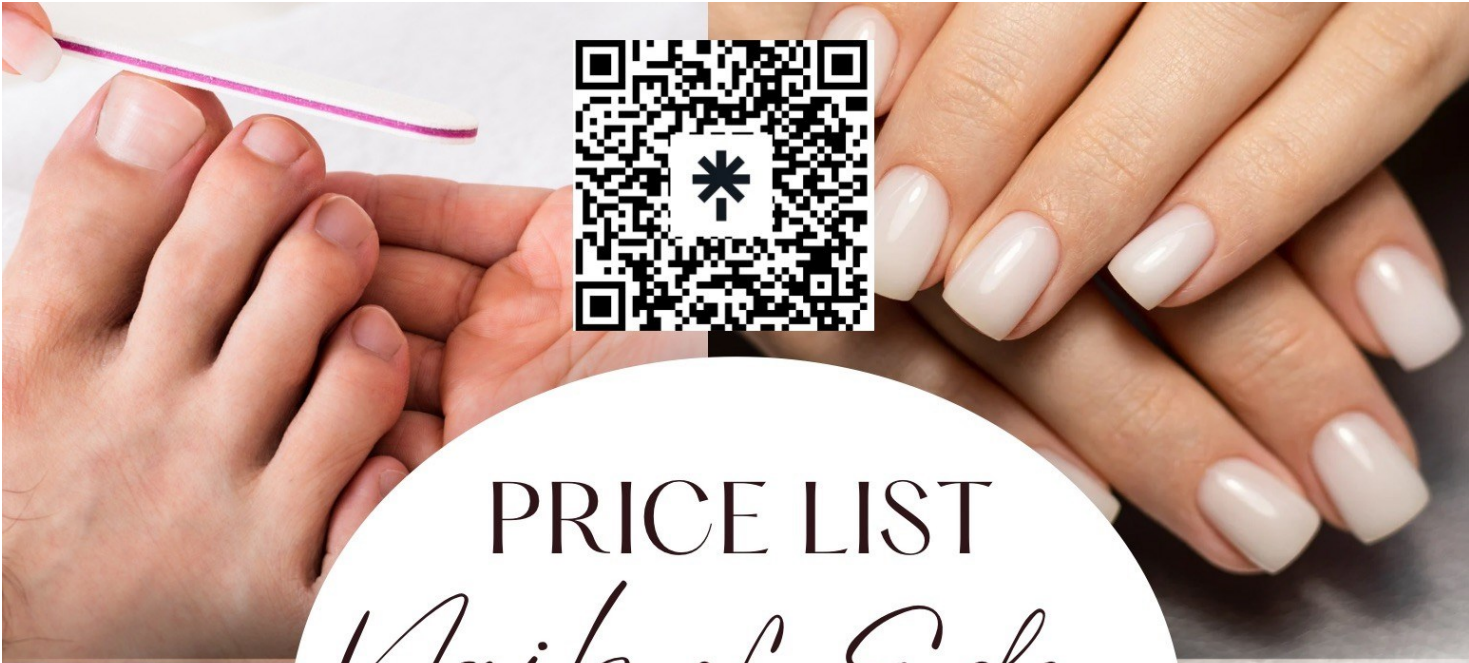


BOOK NOW



804.869.0540

**First & Third Thursdays 10am-2pm
3rd Floor in the Salon**



PRICE LIST

Nails of Eden

Manicure Services

• Basic Manicure	\$35.00
• Spa Manicure	\$55.00

Pedicure Services

• Basic Pedicure	\$55.00
• Spa Pedicure	\$75.00
• Deep Clean - Add on		\$15.00

Add-ons

• Gel polish	\$15.00
• Nail Thinning	\$20.00
• French Tip	\$10.00

SUPER BOWL PAR-TAY!

Sunday, February 9th

In the Community Room

5:00 pm

(Kick-off is 6:30 pm)

***FOOD & FUN**

Come Cheer for your Team!!



St. Mary's Woods is thrilled to have Gloria Francis joining our team as the Life Enrichment Assistant. Many of you have met Gloria already. Please welcome her here the next time you see her!



Valentine's Tree

**Write an encouraging word about someone at SMW's
(Hang it on the Tree)**

(The Tree is
In the Lobby)

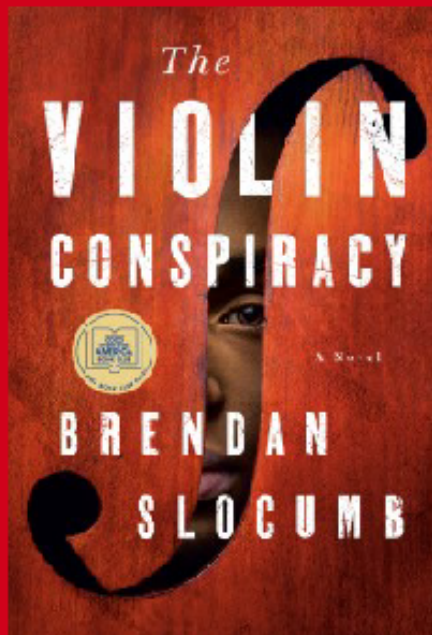


Come Join Our Monthly Book Club!

w/Phil Ford in the Library

**The
Violin
Conspiracy**

by
Brendan Slocum



**Mobile Library
Book Club**

Monday

February
24th

2:30 PM



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

All you
need is love.
But a little
chocolate
now and then
doesn't hurt.

CHARLES M. SCHULZ

BH&G



"Sisterly love brings wealth
that no money buys."
- Emily Dickinson



"To love and be loved
is to feel the sun
from both sides."

- DAVID VISCOTT



RD

Your eyes are the
sweetest stars
I've ever seen.

- Moulin Rouge



"
Love has nothing to do
with what you are
expecting to get - only
with what you are
expecting to give - which
is everything.

KATHARINE HEPBURN

GH

"
Where there is
love, there is life.

MAHATMA GANDHI

Southern Living

"It's great to find
that one special
person you want to
annoy for the rest
of your life."

RITA RUDNER



Life is the flower for which
love is the honey.

VICTOR HUGO

"
Take my hand,
take my whole life too,
but I can't help
falling in love with you.

ELVIS PRESLEY

GH



"
Love yourself first and
everything else falls
into line. You really have
to love yourself to
get anything done in
this world.

LUCILLE BALL

GH

"
I hope you don't mind
that I put down in words
how wonderful life is
while you're in the world.

ELTON JOHN

GH



Spaghetti

DINNER

Join us for a delicious meal complete with a hearty pasta, fresh salad, and sweet dessert! You'll experience the wonderful dining that our residents enjoy every day.

Thursday, February 27

Two seating times: 4:30 p.m. or 5:30 p.m.

St. Mary's Woods Dining Room

COMPLIMENTARY | RSVP TODAY | SPACE IS LIMITED

Email Kelly (kelly.manshack@stmaryswoods.com) or call the front desk.



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