



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

STAFF

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

www.stmaryswoods.com



Sweet Spring Flower Violets are among the first flowers to bloom in the spring, offering cheer to all who see them. The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests. Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face. Violets are said to symbolize love, loyalty, nobility and humility.

Truth or Blarney? Saint Patrick's Day Trivia

Truth or Blarney? St. Patrick's Day Trivia! Test your knowledge of all things Irish! Can you identify which of the following statements are Truth and which are Blarney? Good luck! (Answers can be found somewhere inside the newsletter)



1. Ireland is approximately half the size of Arkansas. Truth or Blarney?
2. If you take your eyes off a leprechaun, he will disappear forever. Truth or Blarney?
3. St. Patrick was born in Ireland. Truth or Blarney?
4. Ireland was the first to have a St. Patrick's Day parade. Truth or Blarney?
5. The national color of Ireland is green. Truth or Blarney?

TRANSPORTATION SCHEDULE

Monday, 3/3

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

Wednesday, 3/5

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

Friday, 3/7

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

Monday, 3/10

9:00 Van to Dollar Tree
11:00 Van to Trader Joes
1:30 Van to Kroger

Wednesday, 3/12

8:45 Van to Mass
9:00 Van to Kroger
11:00 Change of Scenery to: The River Run Estate
1:00 Van to Walmart

Friday, 3/14

8:45 Van to Mass
10:00 Van to Target
1:00 Van to Pole Green Fresh Produce

Monday, 3/17

9:00 Van to Food Lion
10:15 Lunch Bunch to O'Toole's Irish Pub (Sign-up)
1:30 Van to Kroger

Wednesday, 3/19

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

Friday, 3/21

8:45 Van to Mass
10:00 Van to Target
12:15 Van to Channel 6 CBS Tour (Sign-up)

Monday, 3/24

9:00 Van to Fresh Market
11:00 Marshalls
1:30 Van to Kroger

Wednesday 3/26

8:45 Van to Mass
9:00 Van to Kroger
11:00 Scenic Drive to Carytown/Byrd Pk
1:00 Van to Walmart

Friday 3/28

8:45 Van to Mass
10:00 Van to Target
12:30 Van to Ukrops Mkt.
2:00 Van to Dairy Queen (Sign-up)

Monday 3/31

9:00 Van to Food Lion
11:00 Lunch Bunch to Arby's (Sign-up)
1:30 Van to Kroger

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



3/4 Glennie Mueller Apt. 228

3/8 Jane Stockman Apt. 341

3/9 Mary Jo McGill Apt. 314

3/12 Alyce Gere Apt. 303

3/12 Elizabeth Redford Apt. 224

3/15 Anne Schmid Apt. 203

3/26 Andrew Barden, Apt 312

3/27 Marie Uhrig Apt 316

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



Hymn of the Month

Be Thou My Vision

*An Irish Hymn by Mary Byme
(1880-1931)*

*From our Pastoral Counselor—
Sarah Francis*

Be thou my vision, O Lord of my heart,
Naught be all else to me save that thou art—
Thow my best thought by day or by night,
Waking of sleeping, thy presence my light.

Be thou my Wisdom and thou my true
Word,
I ever with thee and thou with me Lord;
Thou and thou only, first in my heart,
High King of heaven, by treasure thou art.

High King of heaven, my victory won,
May I reach heaven's joys, O bright
heaven's Sun!
Heart of my own heart, whatever befall,
Still be my Vision, O Ruler of all.

The hymn "Be Thou My Vision" expresses the Christian's desire to see everything through God's eyes. It is vision that is focused on the Lord and His will. It is the desire to live in God's presence day and night. It is valuing Him as our greatest Treasure. It is acknowledging Him as our King, our Victor, and our ultimate destination for eternity. Is the Lord your vision? Is He your first and best thought? Is Jesus first in your heart? You can simply ask God today to be your vision. It is a prayer He always answers.

Religious Services

Special Lenten Reflection
At St. Mary's Woods Community Room
Tuesday, March 25th
10:00 am—2:30 pm
Lunch is included
ALL Are Welcome to Attend

SUNDAY

Worship Service is held in the Chapel twice a month on 1st & 3rd Sundays at 1:30 pm 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**



Lunch Bunch—**O’Toole’s Irish Pub, Monday 3/17 @10:15 am** (Sign-up by Art Studio 2nd Floor)

Lunch Bunch—**Arby’s Roast Beef, Monday, 3/31 @11:00 am** (Sign-up by Art Studio 2nd Floor)

Good Food—Good Friends—Good Times!



Sign Up Sheet Posted One-Week Prior

IRISH COFFEE RECIPE

- ¾ cup strong black coffee (or decaf)
- 2 teaspoons light brown sugar
- ¼ teaspoon rum extract
- 2 teaspoons whipped cream
- 2 teaspoons cocoa powder, for garnish (optional)

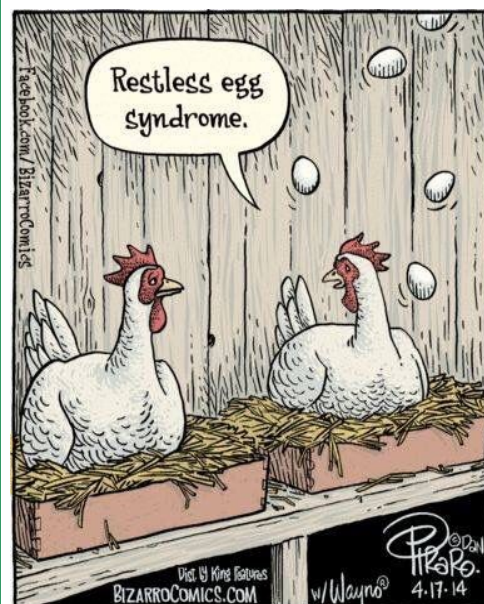


Fill a glass mug with ¾ cup of hot coffee. Add the sugar and rum extract and stir until dissolved. Let the cup stand still until the mixture has completely stopped swirling. Meanwhile, get the whipped cream ready. Spoon the whipped cream over the back of a spoon right in the center of each mug. If desired, dust the cream with cocoa powder using a stencil, and serve immediately.



Listed below are the answers to the Truth or Blarney St. Patrick’s Day Trivia, which can be found on the first page. How did you do?

1. Ireland is approximately half the size of Arkansas. Truth. Ireland’s total land area is 27,135 square miles (70,280 square kilometers). Arkansas is approximately 53,182 square miles. Ireland is about the size of South Carolina.
2. If you take your eyes off a leprechaun, he will disappear forever. Truth. According to legend, once you capture a leprechaun, be sure to keep your eyes on him. If you look away and take your eyes off a leprechaun, he will be gone when you look back.
3. St. Patrick was born in Ireland. Blarney. He was born in Britain and lived there until he was a teenager.
4. Ireland was the first to have a St. Patrick’s Day parade. Blarney. New York City held its first St. Patrick’s Day parade in 1762. Ireland had its first parade in the early 1900s in Dublin.
5. The national color of Ireland is green. Blarney. Although green is associated with Ireland, the official national color of Ireland is blue.



Monday Night Inspirational Movie: 3/3 @6 PM
“The Forge”
 (Popcorn/Beverages) (LER)

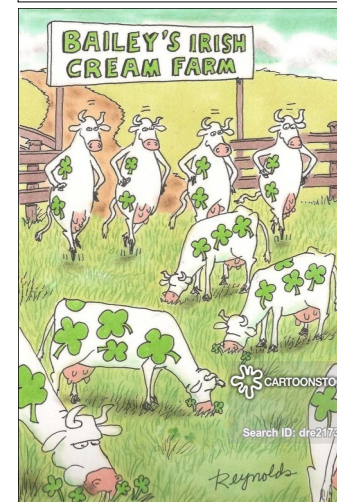
Monday Night Inspirational Movie: 3/17 @6 PM
“I Am Patrick”
 (Popcorn/Beverages) (LER)

Matinee Movie : Wednesday, 3/26 @2 PM
“The Boy’s In The Boat (TL)

Matinee Movie: Thursday 3/27 @1:30 PM
Back By popular demand “Bonhoeffer” (TL)



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



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 may also Utilize the SMW’s Van to go to the bank. You have any questions, please contact the front desk

March Happenings

(New) Early Bird Exercise w/Gloria
 Tuesday’s @9:30 am (CR)

Music Entertainer: Mary Stella
 Saturday, 3/8 @3:00-3:45 pm (L)

(New) Plant & Garden Club
 2nd Monday of each Month 3/10 @11:00 am (LER)

Entertainers: The Encore Dancers Irish Show
 Friday, 3/12 @1 pm (CR)

Saint Patrick’s Day Happy Hour
 Thursday, 3/20 @4:30 pm (CR)

Singing Our Faith (Open to everyone)
 Every Friday Night 6:30 pm (L)

St Patrick’s Day Bingo & Green Mint Chip Ice cream
 Monday, 3/17 @3:00 pm (LER)

Caring Canines
 Wednesday, 3/12 @2:00 pm (L)

The Soulful Sounds : Claudia Carawan
 Saturday @2pm (L)

Joe Loschiavo Piano Concert
 Tuesday, 3/18 @2 pm (CR)

At The Piano with Cameron Francis
 1st & 3rd Sundays 3/2 & 3/16 @2:30 pm (CR)

Sing-A-Long with Diane
 Tuesday, 3/25 @6:30 pm (L)

Therapeutic Harp— Cindy Jennings
 Friday, 3/28 @1:30 pm (CH)

Music Entertainer: Guitar Billy Mardi Gras & Irish Fun Songs
 Tuesday, 3/25 @3:30 (CR)



**We All
HAVE.....**



**It's Time to Store Away that Winter
Door Wreath and Make A Spring
Grapevine Door Wreath
Tuesday, March 4th @10:30 am LER**



**Plant & Garden Club
Meet the 2nd Monday of each Month
Monday, March 10th @ 11:00 am LER**



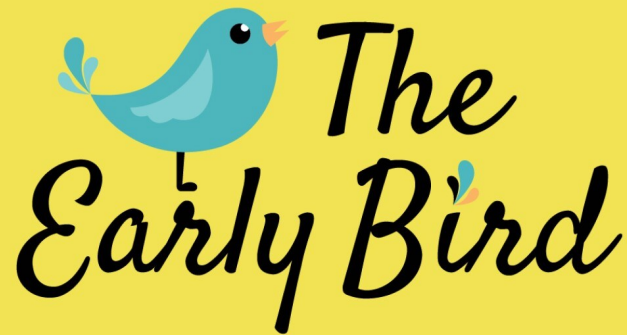
It's A Green Kind of Month

March 6th @3:30 pm Serving Irish Coffee in the Lobby

Monday, March 17th @3:00 pm St. Patrick's Day Bingo & Green Mint Chip Ice Cream

Thursday, March 20th St. Patrick's Day Happy Hour @4:30 pm in the Community Room





**Exercise w/Gloria
Every Tuesday Morning
@9:30 am
In the Community Room
Beginning March 4th !!**

**BETTER
BALANCE
&
STRONGER
LOWER
LEGS**





INTERNATIONAL WOMEN'S DAY

March 8th

Happy International Women's Day! The month of March just so happens to be Women's History Month! And on March 8th we celebrate International Women's Day — a global day celebrating the economic, political, and social achievements of women from the past, present, and future! Needless to say, March is packed with girl power!

To help kick off celebrations, here are just a few inspiring quotes from some of history's most famous women.

1. "In politics, if you want anything said, ask a man. If you want anything done, ask a woman." — *Margaret Thatcher*
2. "I have yet to hear a man ask for advice on how to combine marriage and a career." — *Gloria Steinem*
3. "I've learned that people will forget what you said and what you did, but people will never forget how you made them feel." — *Maya Angelou*
1. "Nothing in life is to be feared. It is only to be understood." — *Marie Curie*
2. "Remember, Ginger Rogers did everything Fred Astaire did, but backward and in high heels!" — *Faith Whittlesey*
3. "A woman is like a teabag — you can't tell how strong she is until you put her in hot water." — *Eleanor Roosevelt*
4. "You are the one that possesses the keys to your being. You carry the passport to your own happiness." — *Diane von Furstenberg*
5. "What you do makes a difference, and you have to decide what kind of difference you want to make." — *Jane Goodall*
6. "Spread love everywhere you go. Let no one ever come to you without leaving happier." — *Mother Teresa*

Look for a young woman and encourage her!!!





REMEMBER TO

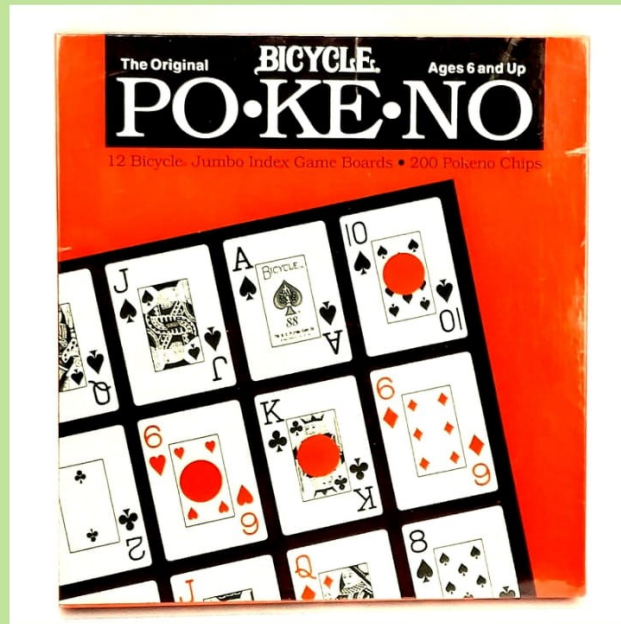
WEAR GREEN

Saint
PATRICK'S
DAY
Happy Hour

Community Room
4:30PM, Thursday, March 20th

Families & friends, please call the front desk
to RSVP @ 804-658-2085

It's Time for POKENO!



Every 4th Thursday

@6:30 PM

The Community Room

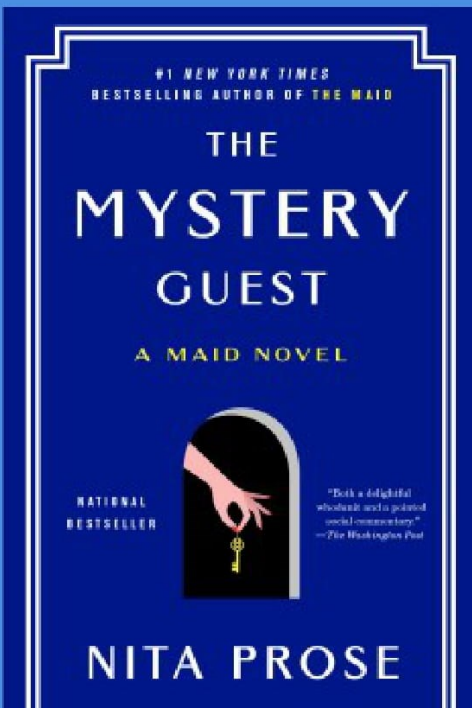
With Robbie & Tracy

The Mystery Guest

by
Nita Prose



Mobile Library Book Club



Monday

March
24th

2:30 PM



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