

Happy May!

Join us this May for many engaging programs! Campus events include the Covenant Woods' Talent Show, Bees Knees Ball, and a Senior Health & Wellness program!

Keep an eye out for other opportunities, like the TFC recycling presentation, CATIE Tune Up, and an At Home Harmony presentation.



Talent Show

2:00 PM to 3:00 PM in The Commons

Covenant Woods' Got Talent!
Come to The Commons on Wednesday,
May 6th to support employees and residents
showing off their many talents!
This will be a fun and memorable event you
won't want to miss!



May
2026

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MONDAY Evening Programs

7:00 PM in The Commons

Programs will be broadcast on in-house channel 1971 and Boxcast.

The shuttle will run until the end of the program for residents needing transportation to and from The Manor.



Mariachi America

Monday, May 4th - performance by Mariachi America

Celebrate Cinco de Mayo with a live Mariachi performance by the local group Mariachi America.



Petticoat Patriots of the American Revolution

Monday, May 11th - presentation by Libby McNamee

Cheers! Meet the brave female Patriots of the Revolution and “Daughters of Liberty,” including the future First Ladies “Lady President” Martha Washington and Abigail Adams. We will also discuss Mrs. Adams’ friend Mercy Warren and Esther Reed, a wealthy socialite in Philadelphia. Then we will learn about the courageous female midnight-riders: Susanna Bolling of VA, Betsy Dowdy of NC, and Sybil Ludington of CT. Lastly, we will explore the soldier Deborah Sampson of MA and “Molly Pitcher” of NJ.

A Night of Broadway Classics

Monday, May 18th - performance by CW Chorus

The Commons comes alive with the music of Broadway. The Covenant Woods Chorus and The Creaky Crooners join forces to fill the hall with your favorite Broadway hits from the classic shows including *The Sound of Music*, *My Fair Lady*, *Les Miserables*, *Oklahoma*, and *West Side Story*.

Memorial Day Observance

Monday, May 25th - No Program

On this day, we remember the brave men and women who courageously gave their lives for our freedom.



Do you have a speaker or performer suggestion?

Please contact the IL Recreation Coordinator or a member of the Activities Committee.

Independent Living Excursions

To register, call the Registration Line at (804) 569-4201.

Residents must indicate number of participants and preferred method of payment when registering. Each outing has a minimum requirement of 10 people and will depart from the Manor Lobby unless otherwise stated.

***Please note:** House Account will be charged if payment method is not specified at time of registration. If you use a mobility assistive device, you must indicate when making a reservation.



Maymont Mansion Guided Tour (L1)

Thursday, May 14th | 2:00 PM to 4:30 PM | \$30

Maymont is a 100-acre green space in the heart of Richmond, Virginia. They welcome everyone to explore their spectacular Gilded Age mansion, beautiful curated gardens, immersive nature center, interactive farm, and rescued animal habitats and to find moments of wonder while you wander our rolling hills.

A visit to Maymont isn't complete without experiencing the well-preserved Maymont Mansion. Built in 1893 for a millionaire couple, James and Sallie Dooley, the lavishly furnished home is filled with fine art and decorative objects collected on their world travels.

A knowledgeable guide will lead you on a tour through the Maymont Mansion. Ask questions as you marvel at the elegantly appointed rooms and hear tales of soirées hosted by the Dooleys. Climb the stairs to tour the Swan Bedroom and the Morning Room, where the couple and their guests relaxed in style. Continue at your own pace on the belowstairs level, where you can explore the exhibition "In Domestic Service," which illustrates the dynamic interplay between working class and upper class in the Jim Crow era.

This trip involves walking outdoors, wear comfortable shoes, and dress for the weather. Stairs are required to see the top floor of the mansion. Spots are limited; depending on interest, a second tour may be added.

Sign-up deadline: May 6th.

Price includes transportation and guided tour. Escort.



Lunch Bunch to IHOP (L3)

Tuesday, May 19th | 12:00 PM to 2:00 PM | Free



Enjoy a delicious breakfast meal at the classic diner chain, IHOP!

Sign-up deadline: May 12th. Transportation is complimentary. Lunch is on your own. No escort.



Independent Living Excursions

Dinner Group to Hanover Tavern (L3)

Thursday, May 21st | 5:15 PM to 8:00 PM | \$15

Dine at the historic Hanover Tavern, a truly unique Central Virginia dining experience. Enjoy culinary excellence from their scratch-made kitchen, paired with gracious hospitality in a warm and welcoming setting.

Sign-up deadline: May 12th. Price includes transportation. Dinner is on your own. No escort.



Guys & Dolls Riverside Dinner Theatre (L3)

Wednesday, June 3rd | 9:45 AM to 4:30 PM | \$125

Join us at a Covenant Woods favorite, Riverside Center for the Performing Arts, for a spectacular lunch and performance! As America's 250th birthday celebration continues, enjoy an all-American classic, considered by many to be the perfect musical comedy.

Originally opening on Broadway in 1950, the show ran for 1,200

performances and won five Tony Awards, with its 1992 revival earning four more. This beloved oddball romantic comedy is celebrated for its humor and storytelling, taking audiences on a journey from the heart of Times Square to the cafés of Havana, Cuba, and even into the sewers of New York City.

Sign-up deadline: May 6th. Price includes transportation, lunch, and show. Escort.

Grocery Outings	
 CVS <i>Walgreens</i>	1 st 10:00 AM
	6 th 1:30 PM
	12 th & 26 th 2:00 PM
	14 th & 28 th 1:30 PM
	4 th & 18 th 1:30 PM
	6 th & 20 th 10:00 AM

Ticket Holder Reminders

Friday, May 8th: Arts District Food Tour: The bus departs at 11:00 AM. Escort

Saturday, May 16th: Richmond Symphony: The bus departs at 6:00 PM. No escort.

Saturday, May 30th: Richmond Symphony: The bus departs at 1:30 PM. No escort.

Sunday, May 31st: Glenn Miller Orchestra: The bus departs at 2:00 PM. No escort.

If you are unable to attend a performance, please contact Hallie Kent at (804) 417-5107 to reassign your seat to a resident on the waiting list and to update the Trip Roster.

Campus Announcements

Volunteer Appreciation: “Take A Seat”



Thanks to all who registered to attend our Volunteer Appreciation event on Friday, May 1st at 11:00 AM in The Commons. We are in the final planning stages and look forward to celebrating your AMAZING service at Covenant Woods!

If you would like to confirm your registration, a list of registered attendees is available in the In-House Registration book located in the Manor Parlor. Didn't register, but interested in attending? Although the RSVP deadline was April 16, you may still have the opportunity to join the celebration. “Take a Seat” is now open and available in the In-House Registration Sign-Up Book.

Here's how “Take a Seat” works:

1. If you did not register, but would now like to attend, please add your name and phone number to the “Take a Seat” sign-up sheet.
2. A registered participant who is no longer able to attend can review the form and contact you personally to give you his/her seat.
3. Once you have been assigned a seat, please write the name of the participant who gave you their seat on the sign-up sheet. This information will be required at event check-in so staff can acknowledge the registration change for admission.

Registered but no longer able to attend on May 1? Take a peek at the “Take a Seat” sheet and contact a resident to bestow him/her your seat. The giving of a seat is between volunteers and not managed by Covenant Woods.

“Take a Seat” will close on Thursday, April 30th, at 12:00 PM.

Worship Services

Vespers | Sundays | 4:00 PM | Multi-Purpose Room & Channel 1973
Catholic Mass | 3rd Monday | 10:30 AM | Multi-Purpose Room

Vespers:

- May 3rd: led by Chaplain Andrea Skeens
- May 10th: led by Fairfield Presbyterian Church
- May 17th: led by SC Intern Briana Windhausen
- May 24th: led by Chaplain Andrea Skeens
- May 31st: led by Chaplain Andrea Skeens



Catholic Mass:

- May 18th: Mass led by Father Jim Cowles from Church of the Redeemer.



Bible Study on Ecclesiastes led by SC Intern Briana Windhausen:

- Mondays | 1:00 - 2:00 PM | The Club Room

Campus Announcements

Kentucky Derby Viewing Party

Saturday, May 2nd | 4:00 PM to 8:00 PM | Multi-Purpose Room

Come watch the Kentucky Derby with your friends and neighbors to cheer on your favorite horse! Light snacks will be provided; you are welcome and encouraged to bring your own food.



Questions: Hallie Kent (804) 417-5107 or cwrecreation@covenantwoods.com.

New Lodge Gallery Exhibit Opening & Reception

Monday, May 4th | 1:00 PM to 2:00 PM | Lodge Gallery

Featured Artist: Scott Tilghman

Exhibit Length: May - June

Light refreshments



Scott Tilghman is an artist, based in Church Hill, Virginia, who received a BA in Fine Arts Management with a Studio Art minor at Randolph Macon College in 1986. In 2014, he rededicated himself to art, creating regularly, and encouraging others to do the same, by founding the Hillians Art League for artists to meet, work, and exchange ideas. Scott has developed a mosaic style that translates the colors that mingle in his imagination into bright tesserae, forming still-life's, landscapes, nudes, portraits, and abstract compositions. Bold color combinations command attention, and the works compel viewers to enjoy multiple perspectives.

Recycling with TFC's Rob Immig

Thursday, May 7th | 2:00 PM to 3:00 PM | Multi-Purpose Room

Do you have questions about recycling at Covenant Woods? Then you won't want to miss this informative presentation by TFC's representative, Rob Immig. Topics will include an overview of all recyclable materials, covering the five core categories: paper, plastic, aluminum, steel, and glass. We will also review recent changes—such as updates involving paper cups and batteries, which are hot topics in 2026.



Film Fest with Miles McCrimmon:

Noir in the Afternoon

Fridays | 2:30 PM to 5:30 PM | The Commons



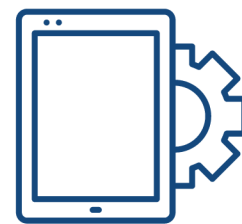
- May 8th - *Lured* (1947) d. Douglas Sirk; starring George Sanders, Lucille Ball, and Charles Coburn.
- May 29th - *Sorry, Wrong Number* (1948) d. Anatole Litvak; starring Barbara Stanwyck & Burt Lancaster.

Campus Announcements

CATIE Tune Up

Monday, May 11th | 2:00 PM–3:00 PM | The Commons

Wednesday, May 13th | 10:00 AM–11:00 AM | Multi-Purpose Room



This program is available to all IL residents who have questions about their CATIE tablet. Stop by one of the sessions for one-on-one CATIE training and troubleshooting.

Please bring your CATIE tablet to this event.



Dinner With Directors

Dinner with Directors will take a break until more servers and cooks are hired. See future Connections for updates.

The Bee's Knees "Ball"

Hosted by the Health & Wellness Committee of the Residents' Council

Friday, May 15th | 2:30 PM to 4:00 PM | The Commons

Join your neighbors, colleagues, residents and staff to celebrate the residents and staff who have been busy bees, showing up for others and 'Bee'ing Present, not just Available. This social is a chance to come together to recognize and celebrate these special bees and have a 'ball' mingling, connecting and enjoying sweet and savory refreshments.



Can't stay? That's ok, we would love for you to still buzz on by to say hello and grab a few snacks to-go.

Door Prize Drawings for our Bee recipients at 3:00 PM!

We hope to see you there, it's going to be the Bee's Knees!



Alzheimer's Awareness Webinar

Tuesday, May 19th | 2:00 PM - 3:00 PM | The Commons

During Alzheimer's Awareness Week in May, NaCCRA is sponsoring a Caregiving Webinar. This presentation will open with Dr. Matthew Barrett, Professor of Neurology at VCU, discussing some of the clinical presentations families deal with. The keynote presentation is by former Wisconsin Governor Marty Schreiber, who wrote a book describing his 20-year experience caring for his wife, who developed Alzheimer's. A quarter of the U.S. population is involved in caregiving, so you won't want to miss this informative and helpful presentation!



Campus Announcements

Ashland Train Club

Wednesday, May 27th | 10:00 AM - 6:30 PM | Multi-Purpose Room

Are you interested in model trains? The Ashland Train Club, also known as the Richmond Freelance & Prototype Model Railroaders, will have a display on campus for you to enjoy! This club is focused on N Scale (1:160 scale) modeling. They have been meeting and running trains in Ashland, Virginia since 1997. Newcomers to model railroading or N Scale are always welcome, whether or not you have trains, modules, or equipment already!



Presentation by Sonya Almond

Thursday, May 28th | 2:00 PM - 3:00 PM | Multi-Purpose Room

At Home Harmony is a medical practice that specializes in treating seniors with complex health needs in their home. Sonya Almond is the main provider at Covenant Woods and will give a presentation on At Home Harmony's medical services.

“Move a Little... Live a Lot!”

Friday, May 29th | 10:00 AM to 12:00 PM | The Commons

Celebrate with informative presentations on metabolic health, bone health, portion control, anxiety, and loneliness. Enjoy healthy snacks, games, exercise demos, and win prizes.

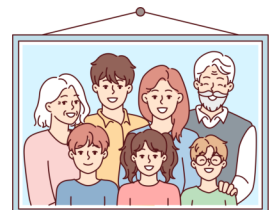
More information and schedule to come!

Questions: Call the Fitness Team at (804) 569-8043 or email fitness@covenantwoods.com,



Family Photo Display

To celebrate Mother's Day & Father's Day, residents' family photos will be on display from May to June in the Taylor Gallery!



Campus Announcements



Covenant Woods' 25th Anniversary Party

To celebrate our 25th Anniversary, we will be having a Casino Night party on Friday, July 24th, from 4:00 - 6:00 PM. More details to come, you won't want to miss this party!



The 2026 Fitness Survey Results Your Voice: Empowered Independence



92% satisfaction! Our 2026 Fitness Survey confirms the Covenant Woods Fitness Team is successfully empowering your independence and lifelong vitality. We are acting on your valuable feedback to shape future fitness offerings.

See the Results: Review results on your CATIE device under the 'Wellness' icon, 'Fitness' folder or request a copy from the Fitness Team.

Questions: Call the Fitness Team at (804) 569-8043 or email fitness@covenantwoods.com

News from the CW Library

We have added 4 brand new non-fiction books to the spiritual section (200's) of the Library:

- Miracles and Wonder: The Historical Mystery of Jesus
- Twelve Ordinary Men
- The Promise of Heaven
- The Miracles Among Us

We have also added a book to our Brain Health section:

- The 36-Hour Day

If you would like an instructional tour on using the Library, contact Diane Richardson at (804) 569-4297.

Apple Answers Update



Apple Answers has completed a four-week class. Going forward, Joe Willey and Naomi Willey will answer questions about iPhones, iPads, and iMacs via their new email: cw.apple.answers@gmail.com.

Resident Interest Groups

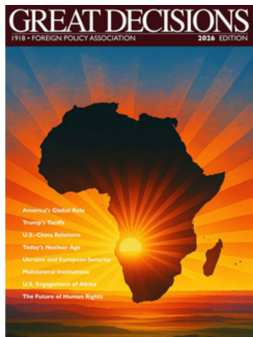
History Study Group: Healing Our Heros

Wednesday, May 13th | 2:00 PM | Multi-Purpose Room

Outnumbered three to one, Confederate General Thomas J. Jackson led a brilliant campaign up and down the Shenandoah Valley in the spring of 1862, defeating three separate Union armies. Jackson's actions engaged 50,000 Union troops in the Valley, preventing them from joining McClellan's forces around Richmond. Join CW resident Tom Hobbs as he explores Stonewall Jackson's use of speed, deception, and knowledge of terrain in a strategic campaign considered so audacious and successful that it remains a staple of military training around the world to this day.



All Covenant Woods residents are welcome to attend History Study Group presentations.
For more information, contact resident organizer Rick Richardson at (804) 569-4297.



Great Decisions 2026

#5: Ukraine and the Future of European Security

Tuesday, May 26th | 10:00 AM - 12:00 PM

The Commons & Channel 1971

Speaker: Chris Burdett, Ph.D. Associate Professor, VCU Department of Political Science, Special Assistant to the Dean, College of Humanities & Sciences

With reduced U.S. support for NATO and Ukraine, Europe faces strategic uncertainty. The Trump administration has signaled an intention to reduce its security role in Europe. What are America's stakes in NATO and Europe's strategic dilemmas, and how might Europe respond? Chapter 5 by Thomas Wright. Pages 49-58.

If you wish to join the series or would like more information, contact the resident organizer, Dr. Penny Jez at pjez@comcast.net or (804) 389-1124.

CW Chapter of VaCCRA Presents:

Michael Scheff, Director of Dining

Tuesday, May 19th | 10:30 AM | The Commons

- What are the responsibilities of Dining Director?
- Who is on your team?
- What changes did you plan for in the new budget?



Bring your questions! Everyone is Welcome!

Questions: Naomi Willey (407) 433-3400 or Chuck Webb (757) 880-7558.



Movie Nights



Every Friday at 7:00 PM

Multi-Purpose Room & broadcast on channel 1973 & Boxcast.

Seating is first come, first served. Popcorn & beverages will be provided in person.

May 1st *Dances With Wolves* (1993): A lieutenant assigned to a remote Civil War outpost starts questioning his purpose after making contact with a neighboring Sioux settlement. **Cast:** Kevin Costner, Mary McDonnell, & Graham Greene. **Director:** Kevin Costner (3h 1m; PG-13 for moderate violence).

May 8th *Always Be My Maybe* (2019): Everyone assumed that Sasha and Marcus would wind up together, except for Sasha and Marcus. Reconnecting after 15 years, the two start to wonder--maybe? **Cast:** Ali Wong, Randall Park, & Michael Golamco. **Director:** Nahnatchka Khan (1h 41m; PG-13 for sexual content, drug references, and language).

May 15th *Wake Up Dead Man* (2025): A baffling death inside a quiet church draws Benoit Blanc into a tense investigation where faith, secrets, and suspicion blur as a close community turns against itself.. **Cast:** Daniel Craig, Josh Brolin, Josh O' Connor, & Glenn Close. **Director:** Rian Johnson. (2h 24m; PG-13 for violent content, bloody images, strong language, some crude sexual material, and smoking.).

May 22nd *Nonnas* (2025): After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas—grandmothers—as the chefs. **Cast:** Vince Vaughn, Susan Sarandon, & Lorraine Bracco. **Director:** Stephen Chbosky (1h 51m; PG for suggestive material, language, and thematic elements).

May 29th *Jumanji: Welcome to the Jungle* (2017): Four high school kids discover an old video game console and are drawn into the game's jungle setting, literally becoming the adult avatars they chose. What they discover is that you don't just play Jumanji - you must survive it. **Cast:** Dwayne Johnson, Jack Black, & Karen Gillan. **Director:** Jake Kasdan (1h 59m; PG-13 for adventure action, suggestive content and some language).

*Not all movies have a closed captioning option.
Every effort will be made to provide captioning when available.



Residents' Council Committees

Residents' Council | Thursday, May 7th at 10:00 AM in the Multi-Purpose Room & Ch. 1973.

Activities | Thursday, May 14th at 10:00 AM in Treetops.

Library | Thursday, May 14th at 11:00 AM in The Club Room.

Dining Services | Wednesday, May 20th at 10:30 AM in Vistas.

Campus Grounds | Wednesday, May 20th at 3:00 PM in Vistas.

Health & Wellness | Thursday, May 21st at 10:00 AM in Vistas PDR.

New Resident | Thursday, May 21st at 11:00 AM in The Club Room.

Facilities | Monday, May 18th at 2:00 PM in The Club Room.

Finance | Tuesday, May 26th at 1:30 PM in The Club Room.



Ruth Shoppe Hours

Open Every Tuesday
12:30 PM - 2:30 PM

Located at the
Manor Lower Level

Welcome to Covenant Woods!

Roger and Nancy Heflin K-208



Happy Birthday!

- 1st Carolyn Meadows
- 2nd Betty Lee
- 5th Martha Schneider
- 5th Connie White
- 6th Marshall Northington
- 6th Shirley Rose
- 6th Wanda Billingsley
- 7th Marie Edwards
- 7th Margaret Milby
- 8th Eugene Flematti
- 9th Barbara Kammeter
- 11th Roy Price
- 12th Bob Wildbore
- 13th John Gamble
- 14th Evelyn Kelley
- 15th Kathleen Nye
- 15th Jean Wildbore
- 17th Jim Grier
- 18th Leila Gidley
- 20th Brenda Reid
- 22nd Ronald Heinz
- 22nd George McCabe
- 22nd James Bond
- 22nd Janet Cordes
- 24th Claudius Daniel
- 25th Steph Jewell
- 26th Emma Lou Fidler
- 29th Robert Pafford
- 31st Betti Small
- 31st Stephen Sykes

Happy Anniversary!



- 1st Robert Carneal and Connie White
- 24th Steve and Beverly Bray
- 26th Don and Donna Beck

If you do not want your birthday or anniversary published in the future, please contact the IL Recreation Coordinator at (804) 417-5107.

Published by the Covenant Woods Department of Recreation

Our Vision:

Wellness through Purposeful Living.



Mission Statement:

Covenant Woods, a not-for-profit Life Plan Community, provides exceptional healthcare, quality of life, security, and comfort where all can thrive, in keeping with the benevolent vision of our founders of faith in 1883.



Our Core Values:

Wholeness of Life, Equality, Quality of Service, Integrity, Stewardship of Resources.

