

Connections

A news and events bulletin for
Covenant Woods, a Life Plan
Community

Hello, Summer!

Join us this June as we celebrate the start of summer! Campus events include an Ice Cream Pop Up, an evening Loretta Lynn & Patsy Cline performance, and a Summer Social!

Keep an eye out for other programs like a pool party, Europe travelogue screenings, and a presentation on dementia.



Ice Cream Pop Up 3:00 PM to 4:00 PM in Taylor Gallery, Centerpointe, & Lodge Lobby

Enjoy the start of summer with a cool Ice cream pop-up event! Stop by any of the three locations where there will be multiple delicious ice cream flavors available for you to enjoy. A sugar-free flavor will be available at the Manor location. Join in the fun, meet your neighbors, and connect with members of the CW leadership team.

You won't want to miss this sweet event!



June
2026

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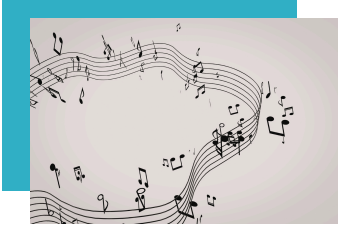
Manor East Announcements

MONDAY Evening Programs

7:00 PM in The Commons

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

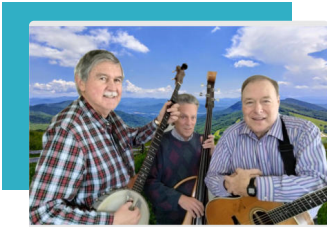
The shuttle will run until the end of the program for residents needing transportation to and from The Manor.



Music Bingo

Monday, June 1st - game with Lisa Wilkerson

Come and play Music Bingo! Hear popular hits from the 1950s through the 1980s during this musical trip down memory lane. Participants will search on a Bingo card for each song title played for a chance to win prizes! All materials will be provided.



Out of Time Band

Monday, June 8th - performance by Out of Time Band

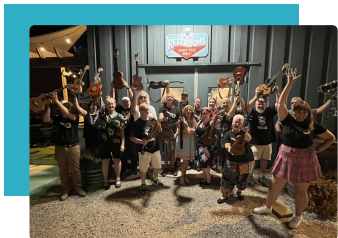
The Out of Time Band performs a variety of songs by the Kingston Trio, John Denver, Glen Campbell, Roger Miller, Kenny Rogers, and upbeat Irish pieces like “Whiskey in the Jar!”



Coleman, Fuller, & Tucker

Monday, June 15th - performance by Coleman, Fuller, & Tucker

Coleman, Fuller, and Tucker are a folk/pop/country trio specializing in vocal harmony across a wide range of musical styles. This performance will feature the acoustic musical trio paying homage to Americana Folk-Rock songs.



Midnight Ukulele Society

Monday, June 22nd - performance by Midnight Ukulele Society

The Midnight Ukulele Society is a ukulele enthusiast and performing group. Come and enjoy the summery sounds of the ukulele.



250th Anniversary Tribute to America

Monday, June 29th - performance by Chesterfield Concert Band

The Chesterfield Concert Band is performing a patriotic program in celebration of the 250th Anniversary of America. The selections take you on a historical trip through the growth and development of the United States, with marches and tribute pieces from wars and significant events that are emotional and grand. It is a compelling hour of music that will leave you feeling proud to be an American!



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.



Richmond Pops Summer Concert (L3)

Sunday, June 7th | 5:15 PM to 8:30 PM | \$13

Celebrate America's 250th with the Richmond Pops! The Richmond Pops Band is a community-based organization that has been providing exciting and dynamic music to the Richmond community for over 45 years. Seating is first-come, first-served.

Sign-up deadline: June 5th. Price includes transportation and admission. No Escort.



Fire Station 17 Guided Tour (L1)

Tuesday, June 9th | 10:00 AM to 12:00 PM | Free

Come meet local firefighters and get a guided tour of this new fire station just across the street! Located on 3.5 acres, the station is the first firehouse built in Hanover County to expand emergency services since 1987. The 14,993-square-foot facility was strategically placed to reduce emergency response times and ease the call burden on neighboring stations, with room to grow as service demands increase. Due to popularity, this trip will prioritize residents who did not get to attend last year.

Sign-up deadline: June 5th. Transportation and guided tour are complimentary. Escort.



Richmond Sailfest (L1)

Friday, June 12th | 1:30 PM to 4:30 PM | \$13

Kicking off Central Virginia's countdown to America's 250th anniversary, Richmond will host several impressive tall ships along with dockside entertainment and concessions. This monumental event will feature ship tours, live music and performances, historical re-enactors, exhibitions of history and art, and much more!

The visiting ships include:

- Oosterschelde, from Rotterdam, Netherlands. Built in 1918. The only remaining Dutch three-masted topsail schooner.
- Pride of Baltimore II, from Maryland. Built in 1988. "Baltimore Clipper" topsail schooner.
- Virginia, from Norfolk, VA. Built in 2005. Reproduction of an early 1900s sailing vessel.

This event is a public festival at Dock Street Park and the Intermediate Terminal and allows you access to 3 ships where you can take an unguided tour. Access to the ships involves navigating down and back up a small flight of stairs.

Sign-up deadline: June 8th. Price includes transportation, the festival is free. Escort

Independent Living Excursions

Lunch Bunch to Roma Ristorante Italiano (L3)

Tuesday, June 16th | 12:00 PM to 2:00 PM | Free



Roma has been serving great, authentic Italian food to families in the Richmond area. They provide guests with a casual and friendly atmosphere. Enjoy excellent service along with healthy portions of tasty food.

Sign-up deadline: June 9th. Transportation is complimentary. Lunch is on your own. No escort.



Road 2 VA Quilt Showcase (L1)

Thursday, June 25th | 11:00 AM to 3:00 PM | \$23

Come to the Road to Virginia Quilt showcase and see more than 700 quilts on display representing multiple styles and skills, 100 vendors offering fabric, machines, kits, lectures, and hands-on workshops. See landscapes with paint and thread to make the design and artwork, as well as patchwork quilts and antique quilts, provided by the International Quilt Museum. The event includes special exhibits showcasing heritage, innovation, and personal stories that are embedded into each piece, and will also include live demonstrations, trunk shows, and opportunities to meet the makers.

Lunch is available to purchase there. This is a cashless venue.

Sign-up deadline: June 18th. Price includes transportation and admission. Resident Escort.

Ticket Holder Reminders

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.

Wednesday, June 3rd: Guys & Dolls at Riverside Theatre: The bus departs at 9:45 AM. 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.

Grocery Outings	
	3 rd 1:30 PM
	10 th 10:00 AM
	3 rd & 17 th 10:00 AM
	9 th & 23 rd 1:30 PM
	11 th & 25 th 1:30 PM
	1 st , 15 th & 29 th 1:30 PM



Campus Announcements

IL Recreation Survey: Help Plan for 2027

Beginning on Monday, June 1st, the a Recreation Survey will be uploaded to CATIE to give residents who reside in Independent Living an opportunity to give the Recreation Department and residents' Activities Committee feedback and suggestions on resident programs planned at Covenant Woods. This survey is an important tool to help us know what residents would like to participate in for the upcoming year. The survey can be found on your CATIE device under the Survey Icon until Friday, June 19th. Hard copies are available by request at the Concierge desk and should be returned to the Concierge desk. We encourage everyone to take the survey on CATIE vs on paper to allow for quicker processing and interpretation of the data received. The Activities Committee will use the data received at its annual planning meeting in July.

Questions: Hallie Kent, IL Recreation Coordinator at (804) 417-5107 or cwrecreation@covenantwoods.com.

Travel Europe with Rick Steves

Tuesdays in June | 2:00 PM to 3:00 PM | Multi-Purpose Room

Enjoy the beautiful and informative travelogues of Rick Steves as we watch his travels through Europe!

- June 2nd – Paris
- June 23rd – Poland
- June 30th – London

These programs are travel documentaries, not a live presentation.



Worship Services

Vespers | Sundays | 4:00 PM | Multi-Purpose Room & Channel 1973

Catholic Mass | 3rd Monday | 10:30 AM | Multi-Purpose Room

Vespers:

- June 7th: led by Chaplain Andrea Skeens with Communion
- June 14th: led by Fairfield Presbyterian Church
- June 21st: led by Dr. Rich Hall
- June 28th: led by Chaplain Andrea Skeens

Catholic Mass:

- June 15th: Mass led by Father Jim Cowles from Church of the Redeemer.



Campus Announcements

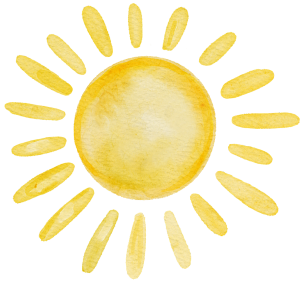
Chalk the Walk

Thursday, June 4th | The Spring



On June 4th, LeafSpring School students (ages 10-12 yrs.) will volunteer on campus, sharing some “artful joy” with sidewalk chalk along the paved trail to The Spring. Feel free to take a stroll late afternoon to see what fun creations they make for you! (Rain date: June 11).

Questions: Dianne Melia at dianne.melia@covenantwoods.com.



Summer Social

Wednesday, June 10th | 2:30 PM - 3:30 PM | Multi-Purpose Room

Savor summery snacks while enjoying the company of your friends and neighbors! Socials are a great way to meet other residents at Covenant Woods, and all are encouraged to come!

June Pool Party!

Wednesday, June 17th | 1:30 PM - 2:30 PM



Come gather with friends for poolside fun! The Fitness Team will host games to help residents get active and relax. Grab your suit and join us in the water for a great time!

Questions: Connie & Tracy in the Fitness Office at (804) 569-8043.

Engaging Brain Change: Supportive Communication Presentation by Missy Harden

Wednesday, June 24th | 3:00 PM - 4:00 PM | The Commons



Join Missy Harden, a Dementia Care Consultant and Trainer, as she shares practical communication strategies from the Positive Approach to Care method. You'll discover new ways to truly reach your loved one and strengthen your connection, even as dementia changes how they experience the world. This isn't just about talking; it's about understanding and being understood in ways that go beyond words.

Missy Harden believes deeply in helping families find joy and dignity throughout the dementia journey. When it comes to connecting with someone who has dementia, what we say is just the tip of the iceberg.



Campus Announcements



The Friendship & Music of Loretta Lynn & Patsy Cline Performance

Thursday, June 25th | 7:00 PM - 8:30 PM | The Commons

As Patsy Cline's most successful musical disciple and dear friend, no person was better suited to record a tribute to the late country legend than Loretta Lynn. Lynn used her clout at MCA to record the tribute LP, *I Remember Patsy*. Released on April 4, 1977, 14 years after Cline's death, the album features nine of Cline's biggest hits.

This stage production is an homage to both country legends. It tells the story of their friendship and features 22 songs including "Crazy", "She's Got You", "Back in Baby's Arms", "Sweet Dreams", "You're Lookin' at Country", "You Ain't Woman Enough to Take My Man" and "Coal Miner's Daughter." Starring Shannon Gibson Brown and Jenny Fralin, accompanied by Joshua Wortham. *This performance is brought to you by the Beverly T. Presser Fund at the Community Foundation for a Greater Richmond.*

June Fitness Classes Updates



LATE RISERS J.I.M. CLASSES 🕒

To make room for more variety during our peak hours (9-11 AM), we're shifting the Late Risers J.I.M. class to 11:00 AM Monday through Friday.

AQUA FITNESS CLASSES 💧

To escape the afternoon heat and avoid conflicts with popular activities, we're moving Aqua Fitness to Tuesday and Thursday mornings at 9:30 AM.

BETTER BODY & BALANCE CLASS ⚖️

To better support residents' goals of improving balance and to accommodate our Aqua Class schedule, we're moving Better Body & Balance class to a new peak time: Tuesdays at 10:15 AM.

BRAIN BODY FITNESS CLASS 🧠

To accommodate our Aqua Class schedule, and bring cognitive/exercise training to residents, we're moving Better Body & Balance class to a new peak time: Thursdays at 10:15 AM.

PILATES YOGA STRETCH

To adjust for the class time changes, Pilates Yoga Stretch will be returning to 8:00 AM on Tuesday mornings.

Questions: Connie & Tracy in the Fitness Office at (804) 569-8043.

Campus Announcements



A heartwarming day was shared at our Volunteer Appreciation Event last month! A huge thank you to all of our STAR volunteers who make Covenant Woods a wonderful place to live, visit, and serve. In addition, we want to sincerely congratulate our volunteers of the year:

Katherine Thompson Award
Helen Singleton and Janet Rickman



Jim Love Award
Angela Beckman



Your CW Library has added these 12 new non-fiction books to our shelves for all of our non-fiction readers to enjoy!

Braiding Sweetgrass – Kimmerer: A botanist and indigenous scientist describes our relationship with living things, plants.

I Didn't See It Coming – Falcone: Lewy Body Dementia – caregiving, finding invaluable resources.

The Unexpected Journey – Emma Heming Willis, wife of Bruce Willis: Finding strength, hope, and yourself on the caregiving path.

Medicine River – Pember: Survival and legacy of Indian boarding schools.

Campus Announcements

Non-Fiction Library Additions Cont.

A Marriage at Sea – Elmhurst: Biography, reads like fiction – boat sank, couple alone on a rubber raft for months.

Miracles and Wonders – Pagels: Historical mystery of Jesus – reads like a historical mystery.

The Fifth Season – Nepo: The rhythm of aging in second half of life – Chinese call it Fifth season – when the glare of the sun fades so we can see clearly the true colors around us.

Rocket Dreams – Davenport: Musk, Bezos and the inside story of the new trillion dollar space race

Mary and Lou and Rhoda and Ted – Armstrong – Mary Tyler show

Future Boy – Michael J Fox

Anonymous Male: A Life Among Spies – Whitcomb

Truly – Lionel Ritchie

Richmond Forum 2026-2027 Season Transportation

Bus will depart from the Manor Lobby at 7:00 PM | \$65

November 21st, 2026: Cher - *Turning Back Time*

- Turn back time with an unstoppable icon who has spent her life proving that no one gets to define you but yourself.

January 16th, 2027: Dr. Laurie Santos - *Why We're So Bad at Being Happy*

- Rewire your instincts for happiness with scientific insights from the psychologist behind Yale's most popular course in history.

February 13th, 2027: Sal Khan - *Classroom Reboot*

- Reimagine the future of learning with a digital education pioneer who sees AI not as a threat to human curiosity, but as its greatest amplifier.

March 20th, 2027: Baroness Dambisa Moyo - *Tectonic Shifts in Global Trade*

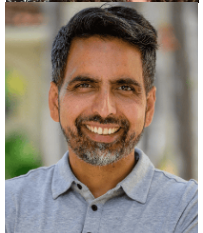
- Navigate the fault lines of a fracturing global economy with the economist and geopolitical strategist who has spent her career mapping exactly where the tremors lead.

April 17th, 2027: PM Justin Trudeau- *Oh, Canada!*

- Hear a candid reflection on what leadership in trying times entails from the 23rd Prime Minister of Canada.

Sign up deadline: August 3rd. Price includes transportation for all Forums. No escort. Call (804) 569-4201 to register.

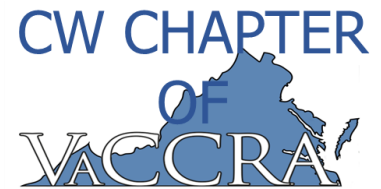
To sign up for Richmond Forums, contact their Box Office at (804) 330-3993.



Resident Interest Groups

CW Chapter of VaCCRA Presents: Stephanie Stevens, Director of Rehabilitation Tuesday, June 16th | 10:30 AM | The Commons

- What are your responsibilities?
- Who is on the CW Rehabilitation team?
- Why are there 2 locations for Rehab?
- What is the process to obtain services?

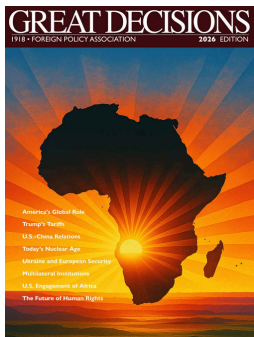


Bring your questions! Everyone is Welcome!

Don't Miss the Next Election!

CW Chapter of VaCCRA will be available to help residents update their Voter Profile on Tuesday, June 9th. Tables will be set at the Lodge Fireplace and Manor Living Room from 10:00 AM - Noon and 1:00–3:00 PM. We can help change your address and/or sign up for absentee ballots.

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



Great Decisions 2026

#6: Debating America's Global Role: America First versus Liberal Internationalism

Tuesday, June 23rd | 10:00 AM - 12:00 PM

The Commons & Channel 1971

Speaker: Bill Newmann, Professor, VCU Department of Political Science

Trump's return has marked a break from 80 years of U.S foreign policy leadership, embracing an "America First" approach. This chapter explores the risks of isolation and diminished influence in relation to Trump 2.0 foreign policy. Chapter by G. John Ikenberry. Chapter 1: pgs. 5-14.

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.

The Activities Committee Needs New Members!

The Activities Committee is looking for new members and new ideas! Whether you are interested in socials, music performances, speakers/presentations, outings, resident interest groups, art galleries, classes, or if you want to get a better idea about what the committee does before committing, you are welcome to come to the monthly meetings on the 2nd Thursday at 10:00 AM in Treetops. New residents are encouraged to join and all are welcome!

Questions: contact IL Recreation Coordinator Hallie Kent at (804) 417-5107 or

hallie.kent@covenantwoods.com



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.

June 5th *Tootsie* (1982): Michael Dorsey, an unsuccessful actor, disguises himself as a woman in order to get a role on a trashy hospital soap. **Cast: Dustin Hoffman, Jessica Lange, & Terri Garr. Director: Sydney Pollack (1h 56m; PG for mild profanity).**

June 12th *The Lost City* (2022): A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure. **Cast: Sandra Bullock, Channing Tatum, & Daniel Radcliffe. Director: Aaron & Adam Nee (1h 52m; PG-13 for violence and some bloody images, suggestive material, partial nudity, and language).**

June 19th *Steel Magnolias* (1989): A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold. **Cast: Shirley MacLaine, Olympia Dukakis, & Sally Field. Director: Herbert Ross. (1h 57m; PG for mild profanity and smoking).**

June 26th *Bohemian Rhapsody* (2018): With his impeccable vocal abilities, Freddie Mercury and his rock band, Queen, achieve superstardom. However, amidst his skyrocketing success, he grapples with his ego, sexuality, and a fatal illness. **Cast: Rami Malek, Lucy Boynton, & Gwilym Lee. Director: Bryan Singer (2h 14m; PG-13 for thematic elements, suggestive material, drug content, and 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, June 4th at 10:00 AM in the Multi-Purpose Room & Ch. 1973.

Activities | Thursday, June 11th at 10:00 AM in Treetops.

Dining Services | Wednesday, June 17th at 10:30 AM in Vistas.

Campus Grounds | Wednesday, June 17th at 3:00 PM in Vistas.

Health & Wellness | Thursday, June 18th at 10:00 AM in Vistas PDR.

New Resident | Thursday, June 18th at 11:00 AM in The Club Room.

Facilities | Monday, June 22nd at 2:00 PM in The Club Room.

Finance | Tuesday, June 23rd at 1:30 PM in The Club Room.

Library | No meeting this month.



Ruth Shoppe Hours

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

Located at the
Manor Lower Level

Welcome to Covenant Woods!

Martha Bragg F202

Freda McIver E307



Happy Birthday!

- 2nd: Patsy Verreault
- 3rd: Carol Fitzgerald
- 3rd: Richard Gibbons
- 3rd: Spottswood Taliaferro
- 4th: Doris Kelley
- 6th: Mimi Fox
- 6th: Steve Lux
- 6th: Stephen Wesby
- 7th: Robert Passmore
- 9th: Margaret Barlow
- 9th: Lee Conner
- 9th: Roberta Ingrassia
- 10th: Donald McLaughlin
- 11th: Ward Hildreth
- 13th: Don Nye
- 14th: June Kramer
- 16th: Lois Belsches-Hylton
- 17th: Suzanne Harman
- 18th: Dee Ober
- 24th: Dave Cordes
- 25th: June Sears
- 26th: Sara Jo Williams
- 27th: Ron Hill
- 28th: Marguerite Buckely
- 29th: Barbara Davison
- 29th: David DeBarger
- 29th: Bill Jones

Happy Anniversary!



- 2nd: Van & Sara Williams
- 2nd: Glen & Kathleen Hart
- 5th: Joe & Minnie Reamy
- 6th: Rick & Diane Richardson
- 9th: Steve & Sarah Thimmesch
- 14th: Tom & Mary Deaner
- 17th: Bob & Jean Wildbore
- 20th: Dave & Gretchen Bronson
- 21st: Steve & Julie Lux
- 24th: Bob & Karen Sage

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.

