

Happy Wellness Month!

Join us this August as we celebrate Wellness Month! Campus events include: golf cart rides, a day at the beach, an engagement fair, a pool party, a meet and greet with Metro Richmond Zoo animals, and a carnival!



Carnival

2:00 to 4:00 PM in the Multi-Purpose Room & the Manor East Entrance

Come one, come all to the Covenant Woods Carnival! This event will feature classic carnival games, a juggler, and a stilt walker who will tower over the festivities! Stop by the caricature artist for a personalized sketch, and don't forget to grab some freshly spun sugar from the cotton candy cart!

In the event of inclement weather, all festivities will be moved indoors to the Multi-Purpose Room & Taylor Gallery.



August
2026

IN THIS ISSUE

2

Monday Evening Programs

3

Independent Living
Excursions

5

Campus Announcements

10

Resident Interest Groups

11

Movie Nights

12

Resident Birthdays &
Anniversaries

Insert

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.



• Shower the People - a Celebration of James Taylor •

Monday, August 3rd - performance by Clay Mottley

Live musical performance by Clay Mottley of the songs of James Taylor and the stories behind how the songs came to be.



• Tuesday Hanover Concert Band •

Tuesday, August 11th - performance by Hanover Concert Band

The Hanover Concert Band is a small performance band made up of residents of not just Hanover. They enjoy performing their music for the residents of Hanover County whenever possible!



• Classical Music Block Busters •

Monday, August 17th - presentation by Golden Age Edutainment

Discover the remarkable backstories behind some of the world's greatest musical masterpieces and learn why they continue to captivate audiences centuries after they were composed. Through iconic movie scenes and timeless works by Beethoven, Mozart, Bach, and others, uncover how classical music became an essential ingredient in some of cinema's most powerful and unforgettable moments.



• Out of Uniform •

Monday, August 24th - performance by Out of Uniform

Out of Uniform is best known for their blend of bluegrass, country, rock, and many more genres of music! *This band is brought to you by the Beverly T. Presser Fund at the Community Foundation for a Greater Richmond.*



• An Evening with John Adams •

Monday, August 31st - performance by Steve Holloway

John Adams was a Founding Father, the first vice president, and the second president of the United States. Hear him discuss his life and legacy at this program you won't want to miss!

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.

Lunch Bunch to Wong's Tacos (L3)

Tuesday, August 18th | 12:00 PM to 2:00 PM | Free



Wong's Tacos is the best of both worlds brought together, but never forgetting the sanctity of either. Not just Chinese. Not just Mexican. Burritos, bowls, tacos, and other fun fusion dishes inspired by the flavors of both Chinese and Mexican cuisines!

Sign-up deadline: August 11th. Transportation is complimentary. Lunch is on your own. No escort.



Dinner Group to Hooked Seafood (L3)

Thursday, August 27th | 5:15 PM to 8:00 PM | \$4



Enjoy irresistible flavors of the sea in a culinary journey that will leave you hooked from the very first bite. From succulent oysters to mouth-watering crab cakes, their menu is sure to please seafood lovers of all kinds.

Sign-up deadline: August 13th. Price includes transportation. Dinner is on your own. No escort.



James River Boat Tour (L2)

Wednesday, September 2nd | 1:00 PM to 4:00 PM | \$57



Soak in the sunshine and breathtaking views of the Richmond skyline on a lovely pontoon on the James. In addition to a unique panoramic perspective of Richmond's skyline, passengers will enjoy the ambiance of nearby bike trails, waterfront restaurants, and luxury apartments before cruising further downriver into a wooded oasis that plays home to a vast variety of wildlife, from eagles to sturgeon and many others in between. The ride is 1 hour and 45 minutes long.

Bring your own food and drinks (alcoholic or regular). One bottle of water and a bag of chips will be provided. There is a canopy over the boat as well as a bathroom that requires one step down to access. Most seats are padded bar seats with no back. There will be a cooler available to store beverages in. The event is rain or shine.

Sign-up deadline: August 12th. Price includes transportation, boat tour, and snacks. Escort.



Independent Living Excursions



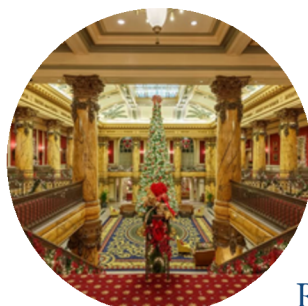
Capitol Fools at Glen Allen Cultural Arts Center (L3)



Friday, September 4th
6:00 PM to 9:00 PM | \$60

If you think politics is no laughing matter, you clearly have never seen a Capitol Fools show! The Fools return to Glen Allen, featuring hilarious song parodies, foolish reflections, over-the-top impressions, and beloved bits that transcend politics-as-usual while inspiring belly-laughter all around. When the Capitol Fools are on stage, neither side of the aisle is safe! Don't miss the mind-boggling backward talking spoonerisms, breakneck costume changes, and wild pop-song parodies as The Capitol Fools take aim at DC and its wacky ruling class!

Sign-up deadline: August 8th. Price includes transportation and admission. No escort.



Holiday Tea at the Jefferson Hotel (L3)



Wednesday, December 16th | 12:00 PM to 4:00 PM | \$85

Dress in your holiday best and enjoy having tea surrounded by the beautiful decorations at the Jefferson Hotel. This is a beloved tradition of many and a Richmond favorite! The Jefferson's Holiday Tea includes delicious sandwiches, scones, pastries, teas, and more! Please indicate if you have any dietary restrictions when registering. Start time may be subject to change depending on availability when booking. Any changes will be communicated to registered participants via CATIE.

Sign-up deadline: September 8th. Price includes transportation, tea, and gratuity. Escort.

Grocery Outings

	5 th 10:00 AM
	
	5 th 1:30 PM
	4 th & 18 th 1:30 PM
	6 th & 20 th 1:30 PM
	10 th & 24 th 1:30 PM
	12 th & 26 th 10:00 AM

Ticket Holder Reminders

Wednesday, August 12th: This is Richmond Driving Tour: The bus departs at 1:00 PM. Escort.



Campus Announcements

Celebrate Wellness Month at Covenant Woods

August is National Wellness Month. To celebrate, Recreation will offer a variety of programs throughout the month.

Golf Cart Rides:

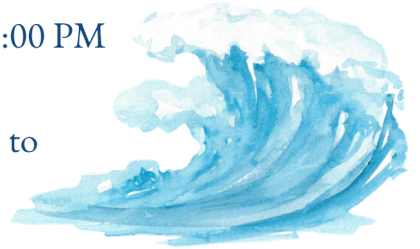
Enjoy a leisurely golf cart ride around the campus! Rides will be around 20 minutes long and are subject to the weather. The following dates are available. Sign up for time slots by calling Hallie Kent. Please indicate where you would like to be picked up: Lodge, Manor, or Cottages. Each slot can have up to 4 participants. Call IL Recreation Coordinator Hallie Kent (804) 417-5107 with questions and to sign up.

- Monday, August 10th | 9:00 AM - 3:00 PM
- Tuesday, August 11th | 2:00 PM - 5:00 PM
- Tuesday, August 18th | 9:00 AM - 3:00 PM
- Wednesday, August 19th | 9:00 AM - 3:00 PM
- Thursday, August 20th | 9:00 AM - 3:00 PM



A Day at the Beach:

Spend a relaxing day at the beach! On Friday, August 14th, from 1:00 PM to 3:00 PM in the Multi-Purpose Room, ocean videos and sounds will be playing on the projector. This is a great opportunity to sit and decompress. You are welcome to come and go as you please. Bring your own snacks and drinks.



Rock Painting:

Get creative with rock painting! On Friday, August 21st, from 1:00 PM to 2:00 PM in the Multi-Purpose Room, small, smooth rocks and paint pens will be available to make decorative painted rocks! No experience necessary. All supplies are provided. RSVP to (804) 417-5107.



Engagement Fair:

Make connections at the Engagement Fair! Learn more about what Covenant Woods offers you on Wednesday, August 26th, from 2:00 PM to 3:30 PM in The Commons. See more details on page 8.

Carnival:

Have fun at the carnival! Let loose and feel like a kid again at the Covenant Woods Carnival on Friday, August 28th from 2:00 PM to 4:00 PM at the Multi-Purpose Room and Manor East Entrance. See more details on the cover page.



Campus Announcements

Worship Services

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

Vespers:

- August 2nd - led by Chaplain Andrea with Communion
- August 9th - led by First Presbyterian Church
- August 16th - led by Chaplain Andrea
- August 23rd - led by Dr. Rich Hall
- August 30th - led by Chaplain Andrea



Catholic Mass:

- August 17th: Mass led by Father Jim Cowles from Church of the Redeemer.

Back-to-School Deodorant Drive



*The humble stick, the soothing spray,
To keep school halls and lockers at bay.
For every student, friend, and neighbor,
A little boost for daily labor.*

*Cleanliness is a dignity we share -
Consider donating to show we care.*

*With every roll-on, gel, or scent,
Is a drop of hope and good intent!*



Perhaps not our traditional back-to-school drive, but this school supply is in high demand and on wish lists to support local students-in-need this coming year. This simple self-care item supports confidence, self-esteem, and comfort in adolescents, which greatly impacts their social, wellness, and academic success.

Collection bins will be available in The Lodge Lobby and The Manor Taylor Gallery from **July 28th through August 11th**. All kinds of deodorants/anti-perspirants are welcome!

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



Campus Announcements

Zoo to You African Safari

Thursday, August 13th | 2:00 to 3:00 PM | Multi-Purpose Room

Join the Metro Richmond Zoo on an African Safari! During this event, you will discuss different habitats found on the continent of Africa and the adaptations of animals that live in those regions. There will also be hands-on experiences featuring biofacts and live animals from the Metro Richmond Zoo.



Learn About Our New Visitor Management System

Thursday, August 20th | TBD | Multi-Purpose Room

We're excited to introduce a new visitor management system that will soon be implemented at Covenant Woods.

This new system is designed to:

- Streamline the visitor sign-in process
- Support emergency preparedness
- Create a smoother experience for residents and guests

Residents will receive a memo and guest registration form in their in-house mailboxes this month. Please return the form to the concierge desk upon completion to help support a quicker check in process for your frequent guests.

If you're interested in learning more about the Visitor Management System, a sign-up form will be available at the registration table in The Manor Parlor Room to attend a meeting later this month.

Time: Will be announced via Communique and CATIE.

Whether you regularly welcome family, friends, caregivers, or service providers, we encourage you to attend. We will explain how the concierge team will use this system to enhance our approach to visitor management and how you can utilize the system to your benefit.

Questions: Concierge Supervisor Haley Wu-Pong at (804) 569-8092 or Haley.Wupong@covenantwoods.com.



Campus Announcements

Engagement Fair

Wednesday, August 26th | 2:00 PM to 3:30 PM | The Commons

Are you interested in learning more about what Covenant Woods offers residents? Then you won't want to miss the Covenant Woods Engagement Fair! This fair will feature representatives from Resident Interest Groups, Resident Council, the IL Resident Liaison, and more! This is a great opportunity to learn something new, meet other residents, get involved, and connect with your neighbors.

Questions: contact IL Recreation Coordinator Hallie Kent (804) 417-5107 or hallie.kent@covenantwoods.com

Grand Pal Program Interest Call

At Covenant Woods, many of our residents have enjoyed being a part of the "Grand Pal" program, which has been going on for the past eight years. This program involves writing a letter once a month, during the school year, to a local fourth-grade student. The student then writes a return letter to their Pal each month. We would like to continue this program this upcoming school year. We do not yet know how many students will need Pals.

If you would be interested in continuing or becoming a Grand Pal, please contact Helen Singleton or Janet Rickman and put your name on our list of interested persons. You may call either of us or just drop a note in our mailbox. Thanks so much for considering this. More information will be provided once we hear from you and our school's teachers.

Contact: Helen Singleton 7122 MCD (804) 357-5995 or Janet Rickman K307 (804) 338-9014.

Library News

Do you like to read books by best-selling authors? Our library has a great collection of best sellers by David Baldacci, Janet Evanovich, John Grisham, James Patterson, Louise Penny, and Nora Roberts. Look for your favorite author. If you should have any books by these authors, or other best sellers, please consider donating them to the library.

A number of puzzle magazines are donated to the library each month. These are free and can be taken at any time. They are located on the corner above biographies.

The library committee will be at the Engagement Fair, stop by with any questions about our library.

Campus Announcements

Fitness Offerings

Hybrid Aerobics Class: Every Wednesday

Starting August 5th | 10:00 AM - 10:30 AM | Aerobics Studio



Boost Strength and Cardiovascular Health: Hybrid Aerobics blends heart-pumping cardio and strength moves to build endurance.

Boost Metabolic Function: Your muscle cells will burn energy at rest, which helps you burn fat and build muscle.

Improve Balance and Coordination: Incorporates stability exercises and quick movements for better balance.

Add'l Chair Volleyball Class: 1st Wednesdays

Starting August 5th | 1:30 PM - 2:15 PM | Aerobics Studio



More fun and laughter are coming your way! Due to popular demand, we are adding another monthly chair volleyball class every first Wednesday from 1:30 PM to 2:15 PM. Come catch the excitement!

August Pool Party!

Wednesday, August 19th | 1:30 PM - 2:30 PM | Aquatic Center

The Fitness Team is hosting a high-energy pool party packed with games, floats, and great music. Come dive into the fun and connect with friends.



Young at Heart: Cardio Health Workshop

Thursday, August 27th | 1:15 PM - 2:15 PM | MPR



Cardio Basics: Learn how endurance training strengthens your heart muscle and improves lung capacity.

Building Stamina: Discover the benefits of consistency and how to gradually increase your workout intensity.

Fueling Your Body: Understand how proper nutrition and hydration support your cardiovascular system

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

Resident Interest Groups

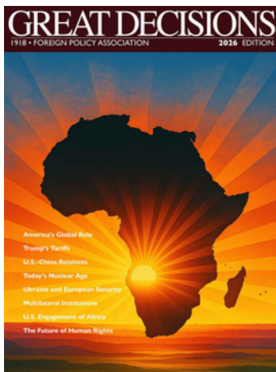
Appreciation Luncheon for VaCCRA Members

Join other VaCCRA members for lunch
and an interactive afternoon

Tuesday, August 18th | 12:00 PM | The Commons



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



Great Decisions 2026

#8: Multilateral Institutions in
a Changing World Order

Tuesday, August 25th | 10:00 AM - 12:00 PM
The Commons & Channel 1971

Speaker: Chris Saladino, Associate Professor, Virginia Commonwealth University (VCU)
Department of Political Science

Can multilateralism survive amid shifting global power and rising nationalism? This chapter examines the future of global cooperation across trade, health, and finance. Chapter by Scott Bessent and Betul Yuruk. **Chapter 6: pgs. 59-66.**

Note: Sign up for Great Decisions 2027 at this session or by email to pjez1122@gmail.com by October 1st.

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.



Movie Nights

Every Friday at 7:00 PM

Multi-Purpose Room & broadcast on channel 1973

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

August 7th *Hamnet* (2025): In late 16th-century England, Agnes, a healer sensitive to the world around her, builds a home with William, a local tutor and aspiring playwright. As their lives fracture, they are tested by distance, silence, and grief. **Cast:** Jessie Buckley, Paul Mescal, & Zac Wishart. **Director:** Chloe Zhao (2h 5m; Rated PG-13 for thematic content, some strong sexuality, and partial nudity).

August 14th *The Sheep Detectives* (2026): Every night, a shepherd reads aloud a murder mystery, pretending his sheep can understand. When he is found dead, the sheep realize at once that it was a murder and think they know everything about how to go about solving it. **Cast:** Hugh Jackman, Bryan Cranston, & Julia Louis-Dreyfus. **Director:** Kyle Balda. (1h 49m; PG for thematic material, some violent content, and brief language).

August 21st *Pretty Woman* (1990): A prostitute and a wealthy businessman fall for one another, forming an unlikely pair, while on a business trip in Los Angeles. **Cast:** Richard Gere, Julia Roberts, & Jason Alexander. **Director:** Garry Marshall. (1h 59m; R for sexuality and some language).

August 28th *Project Hail Mary* (2026): A science teacher wakes up alone on a spaceship. As his memory returns, he uncovers a mission to stop a mysterious substance killing Earth's sun, and realizes that an unexpected friendship may be the key. **Cast:** Ryan Gosling, Sandra Huller, James Ortiz. **Director:** Phil Lord & Christopher Miller (2h 36m; PG-13 for some thematic material and suggestive references).

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



Residents' Council Committees

Residents' Council | Thursday, August 6th at 10:00 AM in the Multi-Purpose Room and Ch. 1973.

Activities | Thursday, August 13th at 10:00 AM in Treetops.

Library | Thursday, August 13th at 11:00 AM in The Club Room.

Facilities | Monday, August 17th at 2:00 PM in The Club Room.

Dining Services | Wednesday, August 19th at 10:30 AM in Vistas.

Campus Grounds | Wednesday, August 19th at 3:00 PM in Vistas.

Health & Wellness | Thursday, August 20th at 10:00 AM in Vistas PDR.

New Resident | Thursday, August 20th at 11:00 AM in The Club Room.

Finance | Tuesday, August 25th at 1:30 PM in The Club Room.



Ruth Shoppe Hours

Open Every Tuesday

12:30 PM - 2:30 PM

Summer BOGO Sale August 18th
& 25th with Fall Grand Opening
September 1, 2026

Located at the
Manor Lower Level

Welcome to Covenant Woods!

Lynda Hawkins K205

Vicki Beahm K103

Lois Wagner M300



Happy Birthday!

- 2nd Jean May
- 6th Louis Hannen
- 8th Faye Miller
- 8th Carol Bousseilaire
- 9th Teila Jenkins
- 9th Jean Stumbaugh
- 10th Beckwith Fidler
- 10th Gary Price
- 11th Bette Burch
- 12th Joan Whitlock
- 14th Maggie O'Neal
- 15th Calvin Pearson
- 15th Helen Singleton
- 16th Al Michaels
- 17th Treadwell Davison
- 17th John Riddell
- 21st Peggy Hildreth
- 21st Nancy Walden
- 24th Jane Conner
- 24th Sandy Pence
- 29th Wilber Fry
- 29th Betty Courte
- 29th Robert Smith
- 30th Angela O'Connor
- 31st Donna Beck
- 31st Keith Dugan

Happy Anniversary!



- 7th Darrell & Carolyn Meadows
- 10th Richard & Anne Haas
- 10th Buddy & Sara Jo Williams
- 14th John & Susan Riddell
- 17th Larry & Sunny Reed
- 18th Bob & Betty Thompson
- 19th Tom & Martha Edmonds
- 19th Ward & Peggy Hildreth
- 19th Hank & Genevieve Chenault
- 20th Larry & Jeanne Cessna
- 23rd Layne & Judith Watson
- 25th Nick & Cindy McDowell
- 28th Hal & Jill Wallof

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.



Manor East Announcements



Meet and Greet with Katie Carboni

Monday, August 3rd | 10:00 AM |
Manor East Central

Come and meet our additional
Chaplin Katie Carboni. Light
breakfast refreshments will be served.

Manor East Talent Show

Friday, August 14th | 2:00 PM |
Manor East Central

Enjoy the Covenant Woods staff
showing off some of their wonderful
talents.



Music with Andrew Magruder
Wednesday, August 19th | 2:30 PM |
Manor East Central

Sing along while Andrew plays the
guitar.



Manor East Announcements

Gospel Music with The James Family

Friday, August 21st | 2:30 PM |
Manor East Central

Enjoy some of your favorite hymns
performed by The James Family.



Summer Luau with Happy Hula Band

Wednesday, August 26th | 2:00
PM | Multi-Purpose Room

Celebrate Summer with a Hawaiian
Luau.



Manor East Excursions

Trips depart from the Manor East Lobby



- Friday, August 7th : Joyride. Bus departs at 1:30 PM.
- Tuesday, August 11th: Joyride, Bus departs at 1:30 PM
- Monday, August 17th : Outing to Wendy's. Bus departs at 11:45 AM.
- Wednesday, August 19th : Joyride, Bus departs at 1:30 PM

For questions and/or to register, contact Tina Abate, AL Recreation Coordinator at
(804) 417-9189. Fees will be billed to your House Account for Lunch Outings.

