

Connections

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

Happy 25th Anniversary Covenant Woods!

Happy 4th of July! Join us as we celebrate the birth of our nation and the anniversary of Covenant Woods! Campus events include: a Red, White, & Blue Social, a patriotic chorus performance, and a 25th Anniversary Casino Night!

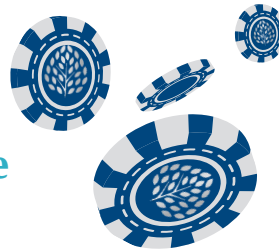


25th Anniversary Casino Night

4:00 to 6:00 PM in The Commons & Fireside
& the Multi-Purpose Room & Traditions

Celebrate Covenant Woods' 25th Anniversary in style at Casino Night! Enjoy classic casino games like blackjack, roulette, craps, poker, and more! No money is required to play, and raffle prizes will be available for the winners. Live music, food, and beverages will be at both locations in place of the evening meal. Each location will feature similar games with instructions for those who would like to learn. **This event is for residents only.** Formal dress is optional but encouraged! More information coming soon to your in-house mailbox!

1 Call (804) 569 - 4201 to register by July 10th.



July
2026

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Manor East Announcements
& Jennifer Knight Flier

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.



The Liberty Dolls

Monday, July 6th - performance by The Liberty Dolls

Celebrate America's 250th Anniversary and step back in time with The Liberty Dolls! The Liberty Dolls are a delightful vintage vocal trio that brings the golden era of music to life. With their entertaining charm, glamorous style, and rich three-part harmonies, these talented performers will transport your audience straight to the 1940s, 50s, & 60s! *This performance is brought to you by the Beverly T. Presser Fund at the Community Foundation for a Greater Richmond.*

Jimmy Buffett Tribute

Monday, July 13th - performance by Dave McKenney

Dave McKenney is a local musician who specializes in all things Jimmy Buffett! Join us for a great time and listen to fun, tropical tunes!



Abigail Adams

Monday, July 20th - reenactment by Debbie Phillips

The wife of second U.S. President John Adams, Abigail Smith Adams is famous for her admonition to her husband to "remember the Ladies," and was a woman well ahead of her time. Essentially self-taught from her prestigious parents' expansive library, Adams was an early proponent for women's education and rights as well as the abolition of slavery. This program will explore the fascinating, intelligent woman behind two U.S. Presidents.



An Evening with Antique Melody Show

Monday, July 27th - performance by Antique Melody Show

Antique Melody Show specializes in music that draws from the Great American Songbook, including popular jazz standards, as well as a few contemporary surprises.



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.



Jolene Family Winery Wine Tasting (L3)

Friday, July 10th | 2:00 to 4:30 PM | \$40 

Located in New Kent, Virginia, near Pocahontas Trail, Jolene Family Winery is one of the best wineries in Richmond. It is beautifully placed overlooking Tom Brooks Lake on one side and the vineyard on the other. The mission at Jolene Family Winery is to provide their customers with delicious, award-winning, hand-crafted wines and to create an experience that leaves everyone feeling like they are family. This event includes an unguided tasting of nine delicious wines. Bring your own snacks and enjoy a lovely afternoon! If the weather is nice, you are welcome to walk around the grounds. Dress for the weather and wear comfortable footwear.

Sign-up deadline: July 6th. Price includes transportation and wine flight. Escort.



Richmond Flying Squirrels Baseball & Fireworks (L2)

Saturday, July 18th | 6:15 to 10:30 PM | \$33

Come see the Flying Squirrels play the Erie Sea Wolves at the new CarMax Park!

The theme of this game is the Richmond 34. The annual Richmond 34 Legacy game will honor members of the Richmond 34, their stories, and their families. Players will wear Richmond 34 jerseys on-field that will be auctioned off to benefit the Richmond 34 Legacy Scholarship Fund.

Game Highlight:

- First pitch: 7:05 PM
- In-Your-Face Fireworks! Stick around following the game for fireworks up close and inside the fences!
- Seating may not be wheelchair accessible; call Hallie Kent (804) 417-5107 with questions or for more information.
- Game is rain or shine; dress for the weather.
- Please note: This is a cashless venue, all personal purchases must be made using a credit card.

Sign-up deadline: July 2nd. Price includes transportation and admission. Escort

Independent Living Excursions

Lunch Bunch to Chicken Salad Chick (L3)

Tuesday, July 21st | 12:00 to 2:00 PM | Free 



Chicken Salad Chick offers delicious, scratch-made, Southern-style, craveable favorites served from the heart. You will find fresh, healthy fare and gracious hospitality!

Sign-up deadline: July 14th. Transportation is complimentary. Lunch is on your own. No escort.



This is Richmond Driving Tour with The Valentine Museum (L3)

Wednesday, August 12th | 1:00 to 4:00 PM | \$45

Join us for a bus tour through Richmond's history, exploring the iconic sites, neighborhoods, and stories that shaped the River City. We'll visit the view that named Richmond in Church Hill, Jackson Ward and the Maggie Walker House, Monument Avenue and the Fan, and other remarkable historic sites. Hear from Valentine tour guides who have a story for every corner, and learn about some of the exciting new developments taking shape in Richmond today. Sites include: Church Hill, Libby Hill, St. John's Church, Broad Street, Jackson Ward, Monument Ave, Tredegar, and the James River.

Sign-up deadline: July 20th. Price includes transportation and tour. Escort.

Grocery Outings

 1st
1:30 PM

 8th
 10:00 AM

 7th & 21st
1:30 PM

 9th & 23rd
1:30 PM

 13th at 1:30 PM
27th at 10:00 AM

 1st, 15th, & 29th
10:00 AM

Registration Reminder:

The Richmond Forum 2026-2027 Season
See June 2026 Connections for more details.

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

Celebrating 25 Years of Mission at Covenant Woods

Thom Wright, President and CEO

As we celebrate the 25th anniversary of our mission at Covenant Woods, we pause with gratitude and pride for the remarkable journey that has brought us here—and with renewed commitment to the future ahead.

For 25 years, our mission has guided everything we do: to provide exceptional care, enhance quality of life, and offer security and comfort to those we serve. Rooted in our faith traditions that value dignity, compassion, and purpose, our work continues to honor the vision of those who came before us while embracing the needs of today's residents and tomorrow's community.

This milestone is not just about time—it is about people. It reflects the lives enriched, relationships built, and moments of meaning created across our campus. It is the result of the dedication of our staff, the trust of our residents and families, and the generosity of all who support our mission.

At Covenant Woods, we believe in more than care, we believe in helping individuals live life to the fullest extent possible, fostering belonging, and creating a community where every person is valued.

As we look ahead, we remain steadfast in our commitment to excellence, innovation, and compassionate service. Together, we will continue to build a community where people can truly be part of something more.

Happy 25th Anniversary to Covenant Woods' mission—past, present, and future.

The Parlor in 2001



Building the Manor



Red, White, & Blue Social

Thursday, July 2nd | 2:00 to 3:00 PM | Multi-Purpose Room

Happy 4th of July!

Enjoy light refreshments and the company of your friends and neighbors at this patriotic social. Red, white, and blue attire encouraged!



Campus Announcements



Creaky Crooners Patriotic Performance

Friday, July 3rd | 4:30 to 5:30 PM | Fireside

Celebrate America's 250th Anniversary with a special patriotic performance by the Creaky Crooners!



Worship Services

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

Vespers:

- July 5th - led by Chaplain Andrea Skeens, with Communion
- July 12th - led by Fairfield Presbyterian Church
- July 19th - led by SC Intern Briana Windhausen
- July 26th - led by Chaplain Andrea Skeens



Catholic Mass:

- July 20th: Mass led by Father Jim Cowles from Church of the Redeemer.

New Lodge Gallery Exhibit Opening & Reception

Friday, July 17th | 3:00 to 4:00 PM | Lodge Gallery

Featured Artist: Metro Richmond Artists Association

Exhibit Length: July - August

Light refreshments

The Metropolitan Richmond Artists Association (MRAA) is a not-for-profit professional association whose purpose is to promote and encourage the creation of all forms of the visual arts and to foster information sharing through group sponsored workshops, programs, and outstanding art exhibitions.

New Taylor Gallery Exhibit Opening

Featured Artist: Backdoor Neighbors

Title: 250th Birthday Bash

Exhibit Length: July - September



This exhibit showcases handwork that helped form 250 years of American history, including rug hooking, quilting, knitting, crochet, embroidery, and counted cross stitch.

Backdoor Neighbors meets on the 2nd Friday of each month in The Club Room, all are invited to join!

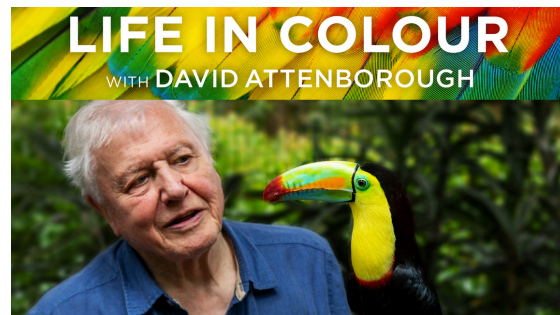


Campus Announcements

Life in Color with David Attenborough Documentary Screening

Tuesdays, starting July 14th | 2:00 to 3:00 PM | Multi-Purpose Room

David Attenborough explores the vital role that color plays in the daily life of various species. For us humans, it is a source of aesthetic beauty and expression, but for animals, it is an essential tool used for survival, and without it, there would be catastrophic consequences. Colors help animals to win a mate, to fight off rivals, and to warn enemies. Attenborough explores nature's use of color using technological advancements in camera equipment to reveal the world, as seen by animals.



- **Tuesday, July 14th: Seeing in Color**

- In this first episode, David explores how animals use colour in the wild for survival and attracting a mate and even for warning off predators. Along the way, he gets up close to peacocks in India and mandrill baboons in the rainforest.

- **Tuesday, July 21st: Hiding in Color**

- In this second episode, David explores how animals use colour to hide and disappear into the background when they need to camouflage. Along the way, he looks at Bengal tigers in the Indian sub-continent and at how zebras confuse potential predators in the Masai Mara.

- **Tuesday, July 28th: Chasing Color**

- The crew shares how they captured views of a hidden world across various habitats and challenging conditions using a pioneering camera system.



Monthly Parkinson's Support Group

Fourth Tuesday Each Month

1:00 to 2:00 PM

Arts & Crafts Room

Beginning on July 28th, Covenant Woods will host an on-site Parkinson's Support Group for residents living with Parkinson's disease. Each month, participants will have time for conversation, connection, and mutual support. Educational materials provided by the Parkinson's Foundation will be shared and discussed. Derek Russell from the Parkinsons Foundation will present at the first meeting.

For more information or to be added to the invitation list, please contact Sara Gandhi at (804) 569-8175 or sara.gandhi@covenantwoods.com.



Campus Announcements

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.



Spiritual Care Welcome Reception

Wednesday, July 29th | 1:30 to 3:30 PM | The Commons

Come meet our new Chaplain at this welcome reception!

Light refreshments will be provided, come and go as you please.

All are welcome!

Library News

Summer is the perfect time for easy reading and exploring all that the Covenant Woods library has to offer. The library features a new selection of brain health books available to checkout, along with a great selection of popular fiction authors. Residents can also enjoy a wide variety of popular magazines that may be borrowed, read, and returned. For those who enjoy staying current on the news, the library offers one copy each of USA Today, The Wall Street Journal, The Washington Post, as well as two copies of the Richmond Times-Dispatch, all available for reading in the library. **Please Note:** Newspapers must remain in the library for all residents to enjoy.

Happy Reading!

Campus Announcements

Fitness Offerings



Stronger Bones Fitness Class

Every Wednesday beginning July 1st
10:30 to 11:00 AM | Fitness Aerobics Studio

Build Density: Weight-bearing exercises using body weight, bands, and weights.

Protect Your Spine: Core and hip workouts for an upright posture.

Stay Independent: Targeted balance and coordination drills for fall prevention.

Mindful Eating Workshop

Tuesdays, July 7th, 14th, 21st | 1:00 to 2:00 PM | The Club Room

Registration is required

End overeating, enjoy food, & stop feeling guilty.

Limited spots available.

To sign-up, please call the Fitness Office at (804) 569-8043.

July Pool Party!

Wednesday, July 15th | 1:30 to 2:30 PM

Make a splash with the Fitness Team! We'll bring the beach vibes with floats, games, and beach music. Join us poolside for a splashing good time.

Fitness Center Open House

Wednesday, July 29th | 9:00 to 11:00 AM & 12:00 to 2:00 PM

Instructor-led, hands-on demonstrations and new illustrated guides for medicine and stability balls, cardio and circuit machines, the rowing machine, resistance bands, and more!

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

OPEN
HOUSE

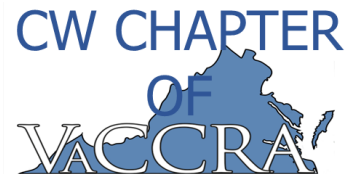
Resident Interest Groups

CW Chapter of VaCCRA Presents:

Hanover Fire & EMS Department

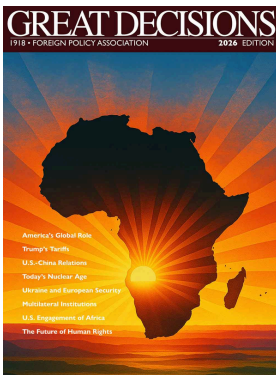
Tuesday, July 21st | 10:30 AM | The Commons

- Background on the department, including its size and distribution of responses by the nature of emergency calls (fires vs EMS).
- How are their paramedics trained?
- What can a resident expect when EMS is called?
- What information should the resident have available when they arrive?
- How is Station 17 staffed? What is a typical response time to CW?



Bring your questions! Everyone is Welcome!

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



Great Decisions 2026

#7 The Third Nuclear Age:
Trump, the Order, and The Bomb

Tuesday, July 28th | 10:00 AM - 12:00 PM
The Commons & Channel 1971

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

U.S. alliance skepticism may drive countries like Japan and South Korea to reconsider nuclear options. What are the implications of the Trump administration's rethinking of the U.S. alliance system for regional and global security? Will this new uncertainty alter the way allies and rivals in various regions make decisions about security and nuclear weapons? Chapter by: Gideon Rose. Chapter 4: pgs. 39-48

Note: Sign up for Great Decisions 2027 at this session

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 & Boxcast.

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

July 3rd 9 to 5 (1980): 9 to 5 is an office satire about three female secretaries who decide to get revenge on their tyrannical, sexist boss by abducting him and running the business themselves. **Cast:** Jane Fonda, Dolly Parton, & Lily Tomlin. **Director:** Colin Higgins (1h 49m; PG for mild profanity).

July 10th Remarkably Bright Creatures (2026): Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again. **Cast:** Sally Field, Lewis Pullman, & Colm Meaney. **Director:** Olivia Newman (1h 51m; PG-13 for thematic material, some strong language, suggestive references and brief drug use).

July 17th Song Sung Blue (2025): Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together. **Cast:** Hugh Jackman, Kate Hudson, & Ella Anderson. **Director:** Craig Brewer. (2h 12m; PG-13 for thematic material, some strong language, some sexual material and brief drug use).

July 24th : No Movie due to Casino Night.

July 31st A Man Called Otto (2022): Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. **Cast:** Tom Hanks, Hannes Holm, & David Magee. **Director:** Marc Forster (2h 6m; PG-13 for mature thematic material involving suicide attempts, 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 | Private meeting this month.

Activities | Private meeting this month.

Library | Wednesday, July 9th at 11:00 AM in The Club Room.

Dining Services | Wednesday, July 15th at 10:30 AM in Vistas.

Campus Grounds | Wednesday, July 15th at 3:00 PM in Vistas.

Health & Wellness | Thursday, July 16th at 10:00 AM in Vistas PDR.

New Resident | Thursday, July 16th at 11:00 AM in The Club Room.

Facilities | Monday, July 20th at 2:00 PM in The Club Room.

Finance | Tuesday, July 28th 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!

Ken & Pam Green J202

Barbara Camper E306

Hugh Melton D205



Happy Birthday!

- 1st Kim Buttery
- 1st Tom Deaner
- 1st Susan Dompkowski
- 2nd Kay Steele
- 4th Jo Morrow
- 4th Mills Piland
- 5th Tom Edmonds
- 7th Frances Woods
- 11th Vickie Hines
- 12th Dennis LaRaja
- 14th Audrey Sitten
- 16th Beverly Presser
- 18th Hank Chenault
- 18th Linda Reinke
- 19th Shirley Kitchen
- 20th Lee Bedsole
- 22nd David Eales
- 22nd Jo Ann Manarin
- 22nd JoAnn Shriner
- 23rd Mary Downey
- 23rd Lois Acree
- 25th Pat Pace
- 25th Gloria Dunham
- 26th Mary Ann Betz
- 27th Nancy Walls
- 30th Mary Gayton
- 30th Glenn Hart
- 30th Kathy James Webb
- 31st Sylvia Haneberg
- 31st Naomi Willey

Happy Anniversary!



- 13th Don and Loretta McLaughlin
- 14th Roy and Linda Price
- 17th Roy and Susan Raat

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.



Honoring Jennifer Knight's 29 Years of Service at Covenant Woods

Mike Scheff, Director of Dining



Jennifer Knight's remarkable 29-year tenure at Covenant Woods stands as a testament to her unwavering dedication, professionalism, and passion for the culinary arts. Over the course of nearly three decades, she has become one of the most influential and respected members of the dining team, leaving a lasting impact not only on her colleagues but also on the countless residents she serves each day.

Jennifer has quite literally grown up within the Covenant Woods community, and her deep-rooted connection to the organization is evident in every aspect of her work. She consistently brings her full effort and commitment, contributing at the highest level and setting a standard of excellence for those around her. Her culinary talent is both refined and heartfelt, resulting in meals that go beyond nourishment—creating comfort, joy, and meaningful daily experiences for residents.

What truly distinguishes Jennifer is her genuine enthusiasm and eagerness to continuously grow in her profession. She approaches her work with pride, a strong sense of purpose, and a tireless drive to improve. Her influence extends beyond the kitchen, serving as a role model for teammates and an integral part of the dining program's success. Jennifer's dedication, consistency, and passion make her an invaluable asset to Covenant Woods, and her contributions continue to shape the exceptional dining experience the community is known for. We are beyond grateful to have Jennifer on our team.



Highlighting the Original Residents of Covenant Woods

To celebrate 25 years of Covenant Woods, we would like to showcase the residents who have been with us from the start!

Margaret Barlow

Moved in: July 2001

Residence: C-222



Elizabeth Davis

Moved in: July 2001

Residence: J-203



Dot Jones

Moved in: July 2001

Residence: C-125



Janet Kinker

Moved in: July 2001

Residence: I-305



Doris McCalla

Moved in: August 2001

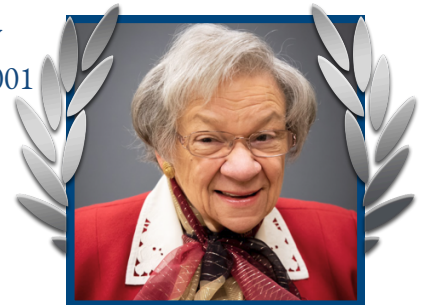
Residence: E-301



Jean Moseley

Moved in: August 2001

Residence: E-104



Lois Shaw

Moved in: August 2001

Residence: F104

