

Welcome Autumn!

Join us this September for many great autumnal events, including: an Autumn Social, Oktoberfest, and a Harvest Blessing.

Keep an eye out for other events, like the Annual Memorial Service, a Healthcare Scams presentation, and the fall Ruth Shoppe opener!



Oktoberfest

3:00 – 4:30 PM in The Commons

Celebrate the beloved German festival Oktoberfest! The Sauerkrauts will perform genuine Bavarian music in authentic costumes! German fest beer and appetizers will be served as well.



September
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.



Labor Day - No Program

Monday, September 7th - Happy Labor Day!



Sleepy Hollow Bluegrass Band

Monday, September 14th - performance by Sleepy Hollow Bluegrass Band

Sleepy Hollow Bluegrass Band has provided traditional bluegrass, gospel, “new” grass, and fun music around the Richmond area since 2007! Come enjoy their lively performance!



The Friendship & Music of Loretta Lynn & Patsy Cline

Monday, September 21st - performance Shannon Gibson Brown, Jenny Fralin, & Joshua Wortham

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. 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.” *This performance is brought to you by the Beverly T. Presser Fund at the Community Foundation for a Greater Richmond.* This program is 90 minutes long with a 10 minute intermission.



Greatest Hits: from Romantics to Modern Jazz

Monday, September 28th - performance by Eliot Norman & Friends

Join pianist Eliot Norman and flutist Michelle Matts as they play music’s greatest hits from Romantics to Modern Jazz.

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 Charred (L3)

Tuesday, September 15th | 12:00 PM – 2:00 PM | Free



Charred Hanover features local flavors, fresh ingredients, specialty cocktails, and a warm, inviting atmosphere. Charred is where great food, craft cocktails, and good times come together.

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



Richmond Flying Squirrels Baseball & Drone Show (L2)

Thursday, September 10th | 6:15 PM – 10:30 PM | \$33

Come see the Flying Squirrels play the Chesapeake Bay Wolves at the new CarMax Park!

The theme of this game is the Nutasha Night, the female Squirrels Mascot. Let's celebrate our favorite girl squirrel, Nutasha! The Flying Squirrels take the field head to toe in Nutasha gear.

Game Highlight:

- First pitch: 7:05 PM
- Flying Squirrels' first-ever Drone Show! Stick around following the game for a drone show featuring 200 drones synchronized to music, creating images resembling iconic Richmond landmarks and baseball elements!
- 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: September 3rd. Price includes transportation and admission. Escort.



Independent Living Excursions

Lewis F. Powell U.S. Courthouse Guided Tour (L2)



Tuesday, September 22nd | 10:30 AM–12:30 PM | \$13



Come tour the historic Lewis F. Powell U.S. Courthouse located on Main Street in downtown Richmond! The building was completed in 1858 as the Richmond Customs House. It was the only major Main Street building to survive the evacuation fire of 1865 at the close of the Civil War. It served the Confederate States of America during the Civil War; Jefferson Davis was indicted for treason in this building. This one-hour guided tour will focus on the history and architecture of the building.

This is an active courthouse; tour participants must go through a security process: no weapons, cell phones are allowed with prior authorization, and government-issued ID is required.

Sign-up deadline: September 9th. Price includes transportation, guided tour is free. Escort.

Grocery Outings



2nd

10:00 AM

Walgreens



DOLLAR TREE

2nd

1:30 PM



21st

1:30 PM



3rd & 17th

1:30 PM

Publix

&



9th & 23rd

10:00 AM



1st, 15th, & 29th

1:30 PM

Ticket Holder Reminders

Wednesday, September 2nd: James River Boat Tour: The bus departs at 1:00 PM. Escort.

Friday, September 4th: The Capitol Fools at Glen Allen Cultural Arts Center: The bus departs at 6:00 PM. No escort.

Saturday, September 19th: Richmond Symphony: The bus departs at 6:00 PM. No escort.

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



Campus Announcements

Avoiding Common Healthcare Scams

Presentation by Senior Medicare Fraud State Director

Friday, September 4th | 2:00–3:00 PM | The Commons and Ch. 1971

Back by popular demand, State Director of Virginia Senior Medicare Patrol Shawn Smith will be presenting on Health Care Scams.

Seniors are bombarded daily with phone calls and mailings from scammers posing as legitimate healthcare entities. This presentation will break down the most common and costly scams that have been impacting the nation, in addition to exploring ways to prevent, detect, and report them.



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

New Lodge Gallery Exhibit Opening



Featured Artist: Catherine Purdy
Exhibit Length: September–October
Reception Date: TBD



Art and animals have been enduring passions for Catherine since childhood, and in 2021, she felt compelled to pursue art professionally. She loves painting all animals, but is especially fond of dogs. She endeavors to capture each animal's personality in her work. Catherine Purdy is a mostly self-taught artist working in oil and watercolor.

Autumn Social

Thursday, September 24th | 2:00–3:00 PM | Multi-Purpose Room

Celebrate the beginning of Fall at our Autumn Social! Enjoy the presence of your friends and neighbors, and enjoy delicious autumn snacks and drinks!



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:

- September 6th: led by Chaplain Andrea with Communion
- September 13th: led by Fairfield Presbyterian Church
- September 20th: led by Chaplain Andrea
- September 27th: led by Chaplain Katie



Catholic Mass:

- September 21st: Mass led by Father Jim Cowles from Church of the Redeemer.



Annual Memorial Service

Wednesday, September 16th | 4:00–5:00 PM | The Commons

Please join us for our Annual Memorial Service. This is a time when we remember by name each resident who has passed away in the last year. There is also a time of silence to remember any loss.

Harvest Farm Blessing

Monday, September 21st | 2:30–3:00 PM | The Farm

Let's gather together at the Farm to express gratitude for the harvest. The Farm blesses Covenant Woods with many gifts throughout the year, and this Harvest Blessing will be a time to recognize and be thankful. This is an interfaith service open to all.

Rain location: The Commons.



Campus Announcements

Support Groups at Covenant Woods

Caregiver Support Group: 1st and 3rd Tuesdays, 1:00–2:00 PM in the Arts and Crafts Room
- this group is for residents who are caregivers.

Cancer Support Group: 2nd and 4th Thursdays, 2:00–3:00 PM in the Arts and Crafts Room
- this group is for residents who have been personally impacted by a cancer diagnosis.

Family Dynamics Support Group: 2nd Tuesdays, 1:00–2:00 PM in the Arts and Crafts Room
- this group is for residents who are dealing with difficult circumstances within any family relation (parents, children, siblings, etc) for any reason.

Parkinson's Support Group: 4th Tuesdays, 1:00–2:00 PM in the Arts and Crafts Room
- this group is for residents who have been personally impacted by a Parkinson's diagnosis.

Grief Support - Instead of a grief support group, Chaplain Andrea will offer individual grief support every 4th Tuesday, 11:00 AM–12:00 PM in the Chapel. Call ext. 8141 to reserve an appointment.

Our chaplains are also available for individual support as needed.
Call Chaplain Katie at (804) 569 - 8018 or
Chaplain Andrea at (804) 569 - 8141 for more information.



Covenant Woods IT Interest Group

2nd Monday of each month starting September 8th | 2:00–3:00 PM | The Club Room

We're excited to launch the CW IT (Information Technology) Interest Group. There are several new projects that will benefit from resident involvement and collaboration. We are looking for volunteers who are interested in contributing their ideas, insights, and support to help shape these initiatives.

If you would like to be part of this effort or have any questions, please reach out to Naomi Willey (noworders@gmail.com) or Pete Karlak (peter.karlak@covenantwoods.com). We would love to have you involved.



Campus Announcements

BEE Present. BEE Involved

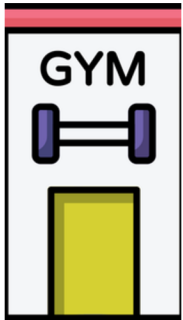
Every month, a Residents' Council Standing Committee will be featured for our resident bees information and consideration.

Health and Wellness Committee

This committee serves to promote the quality of life and aging for residents and collaborates with staff to enhance and support the wellness of Covenant Woods' Independent Living residents. The BEE initiative and the Focus Group Report concerning health and wellness services are two initiatives completed this year. The Connections initiative starts with this issue. Programs, VIP (Very Important Papers) PAK, follow-up on the Focus Group's recommendations, and tours of Manor East are being planned.

The committee meets in Vistas Private Dining Room at 10:00 AM on the third Thursday of each month. Any resident bee is welcome to attend. You're invited to consider joining the busy bees on the committee in planning, developing, and promoting successful aging and quality of life within our Covenant Woods hive.

An initiative of the Health and Wellness Committee



Your Fitness, Your Way! New Corporate Discount Gym Access

Your well-being comes first. In addition to the convenience of our onsite gym and fitness programs, three commercial fitness centers within five miles of Covenant Woods now offer discounted memberships to residents and employees through exclusive corporate and insurance-sponsored programs.

Insurance Discount Membership:

- **American Family Fitness:** Gym features group classes, indoor pool, and family zones.

Corporate & Insurance Discount Memberships, including *Travel Passes:

- **Gold's Gym:** Strength training and bodybuilding facilities with recovery options.
- **Planet Fitness:** Budget-friendly national club access with a low-stress environment

*Travel passes help members stay active while away from home.

If you already belong to one of these fitness centers, you may be able to transfer your membership to one of these discounted plans and enjoy the same amenities at a reduced cost.

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

Disclaimer: Covenant Woods does not endorse these gyms. This article is for your information.

Campus Announcements

Pottery Studio

Did you know Covenant Woods has a Pottery Studio? The Pottery Studio is located next to the Woodworking Shop in the building behind the pool, next to the Williamsburg Garden. If you would like an introduction to this space, please contact Hallie Kent, IL Recreation Coordinator.



All residents who want to use this space will need to review the policy and sign a waiver. Once completed, the resident will be provided door access to this space. Contact Hallie for these documents.

Questions or Pottery Studio Policy & Waiver Requests: Hallie Kent (804) 417-5107 or hallie.kent@covenantwoods.com.

Library News



Each September, the library committee goes through the library collection to keep it current. Each book is reviewed, and if it has not been checked out in two years, it is removed from the collection. These books are then added to the book sale held in November. This makes it possible to add new books to the collection.

Be sure to check-out the new group of books on the shelf to the right of the fireplace. Donations of books are always welcome, especially bestselling titles, popular authors, and complete book series that can be enjoyed by fellow readers.

2026 General & Special Elections November 3rd, 2026

If you plan to vote in the November, be sure to mark these important dates on your calendar:

- **September 18 through October 31, 2026:** Early in-person voting is available.
- **October 23, 2026:** Deadline to register to vote or update your voter registration information.
- **October 23, 2026 (by 5:00 PM):** Deadline to apply for a ballot to be mailed to you.



Residents can register to vote, update their registration, or apply for a mailed ballot through the Virginia Department of Elections Citizen Portal at <https://www.elections.virginia.gov/citizen-portal/>.

For questions further questions, contact the Hanover County Voter Registration Office by phone at (804) 365-6080, email: voterreg@hanovercounty.gov, or in person at 7516 County Complex Road, Hanover, VA 23069.

Questions: Sara Gandhi at (804) 569-8175 or at sara.gandhi@covenantwoods.com



Resident Interest Groups



History Study Group Camp David: The President's Retreat

Wednesday, September 9th | 2:00 PM | Multi-Purpose Room

Camp David offers U.S. presidents respite from the pressures of one of the toughest jobs in the world. No crowds, no press, Camp David provides the president a highly secure, controlled environment away from the White House. Join CW resident Rick Richardson and explore the history of this unique retreat and the high-stakes events hosted at this presidential hideaway.

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



CW Chapter of VaCCRA Presents:

Marly Santoro

Bureau of Insurance

State Corporation Commission



Tuesday, September 15th | 10:30 AM | The Commons

Understand the State Corporation Commission, the Bureau of Insurance, and how it regulates Continuing Care Retirement Communities (CCRCs)

Bring your questions! Everyone is Welcome!

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

Covenant Woods Chorus



Our new season begins September 8th, and we hope you will come sing with us! This year promises exciting concerts and other special performances for Covenant Woods' own mixed voices singing group. All Covenant Woods residents with an interest in singing are invited to join veteran Chorus members for our initial rehearsal Tuesday, September 8th in the Multi-Purpose Room at 2:00 PM.

A special invitation goes out to all of our new residents.

For more information, contact resident organizers Rick Richardson at (804) 569-4297 or Lee Nelson at (804) 908-2939.



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.

September 4th *How to Marry A Millionaire* (1953): Three women set out to find eligible millionaires to marry, but find true love in the process. **Cast:** Marilyn Monroe, Zoe Akins, & Dale Eunson. **Director:** Jean Negulesco. (1h 35m; Approved includes smoking).

September 11th *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).

September 18th *A League of Their Own* (1992): As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest. **Cast:** Geena Davis, Tom Hanks, & Lori Petty. **Director:** Penny Marshall. (2h 8m; PG for language).

September 25th *Something's Gotta Give* (2003): Charming sexagenarian Harry dates much younger women. While visiting his current girlfriend's beach house, he realizes he may be falling in love with her mother. **Cast:** Diane Keaton, Jack Nicholson, & Keanu Reeves. **Director:** Nancy Meyers (2h 8m; PG-13 for sexual content, brief nudity, and strong 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, September 3rd at 10:00 AM in the Multi-Purpose Room and Ch. 1973.

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

Library | Thursday, September 10th at 11:00 AM in The Club Room.

Dining Services | Wednesday, September 16th at 10:30 AM in Vistas.

Campus Grounds | Wednesday, September 16th at 3:00 PM in Vistas.

Health & Wellness | Thursday, September 17th at 10:00 AM in Vistas PDR.

New Resident | Thursday, September 17th at 11:00 AM in The Club Room.

Facilities | Monday, September 21st at 2:00 PM in The Club Room.

Finance | Tuesday, September 22nd at 1:00 PM in The Board Room.



Ruth Shoppe Hours

Open Every Tuesday
12:30–2:30 PM

Fall Grand Opening
September 1st, 2026

Located at the
Manor Lower Level

Welcome to Covenant Woods!

Brooke & Susan Smith M200

Chris & Diane Cullen E303



Happy Birthday!

- 2nd: Kathleen Sullivan
- 4th: Ida Davis
- 4th: Catherine Courtney
- 4th: Sharon Harris
- 4th: Judy Trueheart
- 7th: Gerry Miller
- 6th: Phyllis Mallory
- 7th: Gretchen Bronson
- 7th: Jean Patterson
- 9th: Sherry Hannen
- 10th: Charlsie Pafford
- 12th: Beverly Bray
- 15th: Mary Hager
- 15th: Anne Mustian
- 19th: Nancy Harding
- 20th: Gwynn Litchfield
- 20th: Marguerite Branch
- 21st: Robert Smith
- 22nd: Carl Tennille
- 23rd: Harold Rohrs
- 24th: Ann Broaddus
- 24th: Betty Cousins
- 24th: Mary Hobbs
- 26th: Martha Bragg
- 27th: Bob Carneal
- 27th: Teresa Dawson
- 27th: Brenda Tumlin
- 28th: Bob Kotrba
- 30th: Mary Deaner
- 30th: Diane Herdt

Happy Anniversary!



- 2nd: Tom & Mary Hobbs
- 7th: Samuel & Patricia Taliaferro
- 7th: Lee & Jane Conner
- 7th: Gene & Dorothy Flematti
- 8th: Daniel & Sharon Harris
- 14th: Chuck & Linda Irons

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.

