

Connections

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

Welcome Spring!

Join us this March for many fun programs! Campus events include: Thank Our First Responders Social, the Richmond Pops, and the Creaky Crooner's St. Patrick's Day performance!

Keep an eye out for other events, like a bunny centerpiece workshop, an understanding email scams seminar, and a Shirley Temple Black reenactor.



Thank Our First Responders

2:00 PM to 3:30 PM in The Commons



Join the Covenant Woods community to honor and thank our Hanover County First Responders with a special sweet treat social!

If you'd like to donate desserts, sign-up sheets will be available on February 25th at the In-House Registration books located in the Manor Parlor and Lodge Lobby. Deadline to sign-up: Tuesday, March 3rd.

Please drop off donated items in The Commons on March 4th between 1:00 PM and 2:00 PM.

March
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.



Richmond Clarinet Choir

Monday, March 2nd - performance by Richmond Clarinet Choir

Tonight, the Richmond Clarinet Choir will feature selections from the British Isles in honor of St. Patrick's Day as well as some popular tunes for a truly entertaining evening. They will also feature a talented Alto Sax player performing a jazz selection for your listening enjoyment.



The Donnybrooks

Monday, March 9th - performance by The Donnybrooks

The Donnybrooks are an acoustic string band featuring a singer/guitarist, a multi-instrumentalist, and one of RVA's finest fiddlers! They play lots of foot-stomping, crowd-pleasing, Southern-Fried Irish music!

No Program

Monday, March 16th - No Program



TUESDAY The Richmond Pops

Tuesday, March 24th - performance by The Richmond Pops

Start your Spring with an entertaining variety of concert music with the Richmond Pops Band! Featuring patriotic and big band selections, and concert standards.



Thomas Pandolfi

Monday, March 30th - performance by Thomas Pandolfi

American pianist Thomas Pandolfi is an exciting virtuoso who, with each passing season, is becoming more and more sought after by audiences worldwide and showered with superlatives by critics for his passionate artistry and amazing technique.

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.

Branch Museum of Design Guided Tour & Undeniable Exhibit (L2)



Tuesday, March 10th | 2:00 PM to 4:30 PM | \$31

Step inside the Branch House and explore the enduring legacy of one of Virginia's most culturally influential families. Built in 1916 for John Kerr Branch and designed by renowned architect John Russell Pope, the home is a remarkable example of Tudor Revival architecture and a reflection of the Branch family's deep engagement with the arts and education.

Through this guided tour, learn how the Branch family helped shape the cultural landscape of their time—supporting the growth of art institutions, advancing music through symphonic patronage, and contributing to educational initiatives that extended well beyond their home.

One of the current exhibitions is “Undeniable” by designer Christian Siriano and artist Ashley Longshore. They believe fashion and art should welcome everyone. Their work encourages people to show up without apology.

Siriano designs clothing for people of all sizes and gender expressions, proving that confidence belongs to everyone. Longshore paves a colorful path for pop art and fashion to coexist. Through her art, she challenges conventions and champions individuality.

Sign-up deadline: March 5th. Escort.

Price includes transportation and guided tour.

Lunch Bunch to Mimmo's Italian Restaurant & Pizza (L3)

Tuesday, March 17th | 12:00 PM to 2:00 PM | Free



Mimmo's Italian Grill is a family-owned business that serves authentic Italian cuisine, pizza, and subs! Eat delicious food. Grab a drink. But most of all, relax!

Sign-up deadline: March 10th. Transportation is complimentary. Lunch is on your own. No escort.



Independent Living Excursions

“Liberty or Death!” Performance at Mechanicsville Regional Library (L2)

Saturday, March 21st | 1:30 PM to 3:30 PM | \$2

The state of Virginia held five conventions to discuss governance and tyranny. On March 23, 1775, at St. John’s Church in Richmond, Patrick Henry delivered his famous “Give me Liberty or Give me Death!” speech to the delegates of the Second Virginia Convention. Join us as we welcome the cast members of the St. John’s Church Foundation to the Mechanicsville Library. The cast will reenact the Second Virginia Convention with its defining speech by Patrick Henry. This event will take place inside the library and begins at 2:00 PM.

Sign-up deadline: March 16th. No escort.
Price includes transportation; performance is free.

St. Paul’s Episcopal Church Lenten Speaker and Luncheon (L3)

Wednesday, March 25th | 11:00 AM to 2:00 PM | \$23

Come to St. Paul’s and listen to speaker Ellen Spong, a leading figure in the Richmond community, and the daughter of Right Reverend John Shelby Spong. Having grown up with this dynamic and complex priest, bishop, and controversial public figure, Ellen will share her memories, experiences, and the ways in which her father’s life shaped her beliefs, her perspectives, and the perspectives of those around her.

When signing up please indicate your lunch order. Lunch choices are Chicken Pot Pie or Cheese Soufflé. The only payment option for this trip is house account.

Sign-up deadline: March 18th. Escort.
Price includes transportation and lunch.

Grocery Outings	
	3 rd , 17 th , & 31 st 2:00 PM
 	4 th 10:00 AM
	4 th 1:30 PM
	5 th & 19 th 1:30 PM
	9 th & 23 rd 1:30 PM
 & 	11 th & 25 th 10:00 AM

Ticket Holder Reminders

Saturday, March 7th: Richmond Symphony: The bus departs at 6:00 PM. No escort.

Saturday, March 21st: Richmond Forum: The bus departs at 7:00 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

Worship Services

Vespers | Sundays | 4:00 PM | Multi-Purpose Room & Channel 1973
Catholic Mass | 3rd Monday | 10:30 AM | Multi-Purpose Room
Please Note: Palm Sunday Service will be held in The Commons

Vespers:

- **March 1st:** Service led by Chaplain Andrea Skeens, with Communion
- **March 8th:** Service led by Fairfield Presbyterian Church
- **March 15th:** Service led by Chaplain Andrea Skeens
- **March 22nd:** Service led by SC Intern Briana Windhausen
- **March 29th:** Palm Sunday led by Chaplain Andrea Skeens with the CW Chorus in The Commons



Catholic Mass:

- **March 16th:** Mass led by Father Jim Cowles from Church of the Redeemer.



Can You Trust That Email?

Presentation by Senior Medicare Fraud State Director

Friday, March 6th | 1:30 PM to 2:30 PM | The Commons



Senior Medicare Fraud State Director Shawn Smith will be presenting “Can You Trust That Email.” Email has become one of the primary ways in which scammers acquire information needed to rob their victims. While their phishing emails can be very convincing to many, there are some key ways in which one can tell whether or not an email is real or fake. Using real examples, this interactive presentation will show five methods for determining whether an email may be legitimate or a scam. Attendees will have the opportunity to examine their own emails in class to identify real ones from the fake ones.



New Lodge Gallery Exhibit Opening & Reception

Friday, March 6th | 3:30 PM to 4:30 PM | Lodge Gallery

Featured Artist: Camera Club of Richmond

Light refreshments



The Camera Club of Richmond was founded in 1932 to promote the art of photography in central Virginia. Our vision is to promote excellence in photography, inspiring our members to reveal the world around us, preserve memories, and create works of art. The Camera Club of Richmond’s mission is to empower our members to learn and grow their photographic craft through education, activities, exhibits, critiques, mentoring, and competitions.

Exhibit Length: March - April

Campus Announcements

Covenant Woods Gardeners' Meeting

Wednesday, March 11th | 3:30 PM to 4:30 PM | The Commons



Residents with a passion for gardening can reserve a garden bed at Covenant Woods, conveniently located next to the Farm to Table Garden. Gardening is an excellent way to connect with nature and engage in functional exercise. We are fortunate to have residents with extensive expertise in all facets of gardening, including years of both formal education and hands-on experience.

The garden area is equipped with multiple water spigots and hoses for resident use, along with a communal tool shed stocked with various gardening tools. Each bed user will also receive a small open storage box for personal belongings. This organizational meeting will focus on guidelines, addressing questions from gardeners, and soliciting volunteers to maintain the common areas.

If you didn't have a garden bed during the 2025 gardening season, please email Sandy Pence (sandypence@hotmail.com) with a request for a bed for the 2026 gardening season.

Hippity Hoppity Easter Bunny Centerpiece Workshop

Monday, March 16th | 1:00 PM to 3:00 PM | Arts & Crafts Room | \$65



Bountiful Blossoms, a local flower farm, will be hosting a hippity hoppity Easter bunny centerpiece workshop! Stephanie Polito will guide participants using fresh moss, dried and fresh flowers to create this adorable centerpiece perfect for the Spring!

Sign-up deadline: March 11th.

Price: includes instruction and all materials.

Call (804) 569-4201 to register.



Campus Announcements

Creaky Crooners



Creaky Crooners Annual St. Patrick's Day Performance

Tuesday, March 17th | 4:30 PM to 5:30 PM | Fireside

Celebrate St. Patrick's Day with the Creaky Crooners! Stop by to listen to your friends and neighbors sing beloved Irish tunes.



VirginiaNavigator

Presentation by Bonnie Scimone

VirginiaNavigator Wednesday, March 18th | 1:30 PM - 2:30 PM | The Commons

disAbilityNavigator | SeniorNavigator | VeteransNavigator

At this program, Bonnie Scimone, Lead Community Specialist & Marketing Assistant at VirginiaNavigator, will share information and demonstrate how to use VirginiaNavigator.org and its family of sites, SeniorNavigator, disAbilityNavigator, and VeteransNavigator. VirginiaNavigator.org aims to empower older adults, individuals with disabilities, and veterans to maintain their independence while also aiding family caregivers.

Find local support services for older adults, people with disabilities, veterans, and caregivers. VirginiaNavigator's online directory, boasting over 26,000 resources, is a rich source of information for those seeking help related to health and aging concerns, financial matters, caregiver support, housing resources, and more.

Shirley Temple Black: From Child Star to Diplomat

Reenactment by JoAnne F. Peterson

Thursday, March 19th | 11:00 AM - 12:00 PM | The Commons

JoAnne F. Peterson brings some of the most Amazing Women of History to life. Putting flesh to their stories, you will feel like you are actually in the presence of Shirley Temple Black.

JoAnn's "From Child Star to Diplomat" presentation includes humorous and poignant stories of how Shirley Temple Black, the darling of the Silver Screen, grew up to become a United Nations Ambassador, Amb. to Ghana, first female Chief of Protocol and Amb. to Czechoslovakia during the fall of Communism.

(JoAnn owns Black's SAG's Life Achievement Award ensemble and has performed Amb. Black in Prague at the US Embassy. The blouse and earrings JoAnn wears during her portrayal belonged to Black.)



Campus Announcements

Dinner With Directors

Wednesday, March 11th | 5:00 PM | Traditions

Enjoy a meal in Traditions with Meghan Tomes, Director of Resident Services & Compliance, and Laurie Ursiny, Director of Philanthropy. Seating is limited to four residents per month.

To register, call Thom Wright at (804) 569-8001. Residents are responsible for purchasing their own dinner.



Spring Social

Thursday, March 26th | 3:00 PM - 4:00 PM | Multi-Purpose Room

Celebrate the start of Spring with a Spring Social! Stop by the Multi-Purpose Room and enjoy light refreshments and time with friends and neighbors!



Over 1000 Classroom Snacks Donated!



A special message from The Georgetown School

Thank You Covenant Woods!

“The support from the Share the Love Food Drive and Holiday Gift Shop has made a meaningful difference for our students. Having access to snacks throughout the day helps students stay focused, regulated, and ready to learn, especially during long school days. The Holiday Gift Shop also provided students with a sense of dignity and joy, allowing them to give meaningful gifts to their loved ones and feel supported by their community.”

Ashley Stovall, School Counselor

Help Us HIIT the Mark This Year! Take Our Annual Fitness Survey

The Annual Fitness Survey will be posted on CATIE, located under the *Survey* Icon beginning on **Friday, March 6th**. Residents are encouraged to complete the survey on CATIE for quicker tabulation of results, but if you prefer, a hard copy is available at the Concierge desks upon request.

Please complete your survey by **Friday, March 20th**, to help shape the future of our Fitness Center offerings. Your feedback drives our improvements. Abs-olutely tell us how we're doing!



Questions: Fitness Department at fitness@covenantwoods.com or call (804) 569-8043.



Campus Announcements



Fitness Safety Essentials

Be Proactive: Ask & Inform

Your health and safety are always our top priority. As we start the new year, we want to remind everyone of a few important steps to help keep you and those around you safe while enjoying our fitness amenities and classes.

Why This Matters:

New to working out, changes in health, new diagnoses, or recent procedures can affect how your body responds to exercise. It's important to know your limits and make sure you're cleared by your physician or specialists before beginning or resuming a fitness program.

What You Can Do:

- If you are new to exercising, experience a health or physical change, are newly diagnosed with a condition, or have had a recent procedure, please speak with your doctor about any limitations or precautions you should take.
- Ask your doctor if it's safe to participate in fitness classes or to use the fitness equipment. Get specifics on what's best for you.
- If something feels different during a workout or you experience discomfort or injury, let the Fitness Team know right away. We're here to help and partner with you to keep your fitness experience safe and enjoyable.

Our Role:

We rely on residents to share changes in their health, but if our Fitness Team notices challenges or concerns during a class or in the fitness center, we may speak with you privately to ensure your safety. If we feel an activity is unsafe for you, we might ask you to pause or take a break until we can discuss options together. Our team is here to support your fitness journey, including modifying and adapting exercises, whether in a group or individually, to meet your specific needs.

Your Safety = Everyone's Safety:

By staying informed and communicating with your doctor and our team, you help create a safe and enjoyable environment for all residents.

Thank you for partnering with us to keep our community active, healthy, and safe!

Questions: Fitness Office at (804) 569-8043 or fitness@covenantwoods.com.



Resident Interest Groups

New Resident Interest Group: Apple Answers

Thursdays, starting March 5th | 2:00 PM - 3:00 PM | Treetops

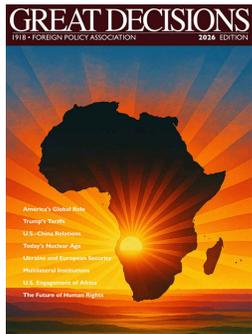
Naomi and Joseph Willey will be starting the Apple Answers and iPhone Fundamentals group. This course is designed to help users build confidence by mastering essential device controls and connectivity basics in an anxiety-free environment.



Questions: Naomi Willey at noworders@gmail.com.

History Study Group

No Meeting in March



Great Decisions 2026

#3: The Future of Human Rights and International Law in a Divided World

Tuesday, March 24th | 10:00 AM - 12:00 PM

The Commons & Channel 1971

Speaker: John Froitzheim, PhD. Assistant Professor, Virginia Commonwealth University (VCU) Department of Political Science

As democracy and human rights retreat globally—and the US pulls back — how can civil society and legal norms remain effective in a divided world? What is the role and force of international law in this era of impunity? Chapter by Jose E. Alvarez

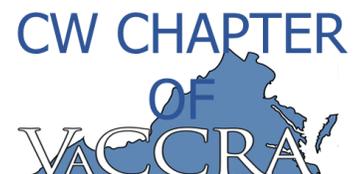
If you wish to join the series or would like more information, contact the resident organizer, Dr. Penny Jez at pjez@comcast.net or (804) 389-1124.

CW Chapter of VaCCRA Presents:

Sonya Jackson, DNP. FNP-BC, MSN At Home Harmony

Tuesday, March 17th | 10:30 AM | The Commons

- Why should CW Residents register with AHH?
- What services are provided at the Clinic?
- What constitutes “complementary care.”
- What are the hours of the Clinic?



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.

March 6th *Sleepless in Seattle* (1993): Sleepless in Seattle follows a journalist who becomes enamored with a widowed architect after his young son calls in to a talk radio program requesting a new wife for his grieving father. **Cast: Meg Ryan, Tom Hanks, and Ross Malinger. Director: Nora Ephron (1h 45m; PG for some language).**

March 13th *Sherlock Holmes* (2009): Detective Sherlock Holmes and his stalwart partner Watson engage in a battle of wits and brawn with a nemesis whose plot is a threat to all of England. **Cast: Robert Downey Jr., Jude Law, and Rachel McAdams. Director: Guy Ritchie (2h 8m; PG-13 for intense sequences of violence and action, some startling images, and a scene of suggestive material).**

March 20th *La La Land* (2016): When Sebastian, a pianist, and Mia, an actress, follow their passion and achieve success in their respective fields, they find themselves torn between their love for each other and their careers. **Cast: Emma Stone, Ryan Gosling, and John Legend. Director: Damian Chazelle. (2h 8m; PG-13 for some language).**

March 27th *Hook* (1991): When Captain James Hook kidnaps his children, an adult Peter Pan must return to Neverland and reclaim his youthful spirit in order to challenge his old enemy. **Cast: Robin Williams, Dustin Hoffman, and Julia Roberts. Director: Stephen Spielberg (2h 22m; PG for 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, March 5th at 10:00 AM in the Multi-Purpose Room & Ch. 1973.

Activities | Thursday, March 12th at 10:00 AM in Treetops.

Library | Thursday, March 12th at 11:00 AM in The Club Room.

Dining Services | Wednesday, March 18th at 10:30 AM in Vistas.

Campus Grounds | Wednesday, March 18th at 3:00 PM in Vistas.

Health & Wellness | Thursday, March 19th at 10:00 AM in Vistas PDR.

New Resident | Thursday, March 19th at 11:00 AM in The Club Room.

Facilities | Monday, March 23rd at 2:00 PM in The Club Room.

Finance | Tuesday, March 24th at 1:30 PM in The Club Room.



Ruth Shoppe Hours

Open Every Tuesday

12:30 PM - 2:30 PM

BOGO Sale: Mar. 10 & 17

Spring/Summer Season Opener:

Mar. 24

Located at the
Manor Lower Level

Welcome to Covenant Woods!

Carl Tennille E105

Betty Courte H102



Happy Birthday!

- 1st Barry Reid
- 3rd Betty Thompson
- 4th Raymod Trippet
- 4th Larry Hasty
- 5th Patty Lung
- 7th Betty Martin
- 7th Nancy Kagey
- 10th Yolanda Cost
- 10th Brenda Sargent
- 13th Steve Bray
- 13th Jan Fadeley
- 14th Janet Kinker
- 14th Roy Raat
- 15th Kathleen Hart
- 16th Janet Tindall
- 16th Nancy Adams
- 18th Patricia Gill
- 19th Judy Coiner
- 23rd Mary Corley
- 23rd Audrey Johnson
- 23rd Jill Fry
- 25th James Treacy
- 30th Carolyn Brath
- 30th Diane Minear
- 31st Lewis Courtney

Happy Anniversary!



- 5th David & Marie Gibbs
- 6th Don & Kathleen Nye
- 21st Bill & Phyllis Kerns
- 23rd Barry & Brenda Reid
- 25th Carl & Ann Barkley

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.



Fitness

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Aerobics Studio TV Available for Boxcast, YouTube, & DVD - Ae - Fi	2 12:00 AM POOL CLOSED TIL NOON - PO - Fi 8:30 AM Chair Yoga Stretch - Ae - Fi 10:00 AM Fit and Fabulous Aerobics - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi 12:00 PM Cardio HIIT (SRFIT) - Ae - Fi 1:30 PM Aqua Fitness - Po - Fi	3 8:30 AM Pilates Yoga Stretch - Ae - Fi 9:30 AM Better Body & Balance - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi 12:30 PM Cardio Drumming (SRFIT) - Ae - Fi 1:15 PM Fitness Walking Meet at Centerpointe - Ce - Fi 2:00 PM Cardio Drumming Intro - Ae - Fi	4 7:00 AM Chair Yoga Stretch - Ae - Fi 9:00 AM Aqua Flow - Po - Fi 9:20 AM Tai Chi - Ae - Fi 10:00 AM Fit and Fabulous Aerobics - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi 11:00 AM Moving in Ease Chair - CANCELLED - Ae - Fi 11:45 AM Moving in Ease Mat - CANCELLED - Ae - Fi 1:30 PM Aqua Fitness - Po - Fi 3:35 PM Step Aerobics (SRFIT) - Ae - Fi	5 8:00 AM Pilates Yoga Stretch - Ae - Fi 9:30 AM Brain Body Fitness - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi 11:30 AM Water Walking - Po - Fi 1:30 PM Core Stability and Strength - Ae - Fi 3:35 PM Line Dancing (SRFIT) - Ae - Fi	6 7:00 AM Chair Yoga Stretch - Ae - Fi 9:20 AM Tai Chi - Ae - Fi 10:00 AM Cardio Drumming - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi 1:30 PM Chair Beachball Volleyball - Ae - Fi	7 Aerobics Studio TV Available for Boxcast, YouTube, & DVD - Ae - Fi
8 Aerobics Studio TV Available for Boxcast, YouTube, & DVD - Ae - Fi	9 12:00 AM POOL CLOSED TIL NOON - PO - Fi 8:30 AM Chair Yoga Stretch - Ae - Fi 10:00 AM Fit and Fabulous Aerobics - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi 1:30 PM Aqua Fitness - Po - Fi	10 8:30 AM Pilates Yoga Stretch - Ae - Fi 9:30 AM Better Body & Balance - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi 12:30 PM Zumba Fiesta! (SRFIT) - Ae - Fi 1:15 PM Fitness Walking Meet at Centerpointe - Ce - Fi 2:00 PM Cardio Drumming Intro - Ae - Fi	11 7:00 AM Chair Yoga Stretch - Ae - Fi 9:00 AM Aqua Flow - Po - Fi 9:20 AM Tai Chi - Ae - Fi 10:00 AM Fit and Fabulous Aerobics - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi 11:00 AM Moving in Ease Chair - CANCELLED - Ae - Fi 11:45 AM Moving in Ease Mat - CANCELLED - Ae - Fi 1:30 PM Aqua Fitness - Po - Fi	12 8:00 AM Pilates Yoga Stretch - Ae - Fi 9:30 AM Brain Body Fitness - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi 11:30 AM Water Walking - Po - Fi 1:30 PM Core Stability and Strength - Ae - Fi 3:35 PM Line Dancing (SRFIT) - Ae - Fi	13 7:00 AM Chair Yoga Stretch - Ae - Fi 9:20 AM Tai Chi - Ae - Fi 10:00 AM Cardio Drumming - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi 1:30 PM Chair Beachball Volleyball - Ae - Fi	14 Aerobics Studio TV Available for Boxcast, YouTube, & DVD - Ae - Fi
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22 Aerobics Studio TV Available for Boxcast, YouTube, & DVD - Ae - Fi	23 12:00 AM POOL CLOSED TIL NOON - PO - Fi 8:30 AM Chair Yoga Stretch - Ae - Fi 10:00 AM Fit and Fabulous Aerobics - Ae - Fi	24 8:30 AM Pilates Yoga Stretch - Ae - Fi 9:30 AM Better Body & Balance - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi	25 7:00 AM Chair Yoga Stretch - Ae - Fi 9:00 AM Aqua Flow - Po - Fi 9:20 AM Tai Chi - Ae - Fi 10:00 AM Fit and Fabulous Aerobics - Ae - Fi	26 8:00 AM Pilates Yoga Stretch - Ae - Fi 9:30 AM Brain Body Fitness - Ae - Fi 10:30 AM Late Risers Joints in Motion - Ae - Fi	27 7:00 AM Chair Yoga Stretch - Ae - Fi 9:20 AM Tai Chi - Ae - Fi 10:00 AM Cardio Drumming - Ae - Fi 10:30 AM Late Risers Joints in	28 Aerobics Studio TV Available for Boxcast, YouTube, & DVD - Ae - Fi

	<p>10:30 AM Late Risers Joints in Motion - Ae - Fi</p> <p>12:00 PM Zumba Fiesta! (SRFIT) - Ae - Fi</p> <p>1:30 PM Aqua Fitness - Po - Fi</p>	<p>12:30 PM Cardio HIIT (SRFIT) - Ae - Fi</p> <p>1:15 PM Fitness Walking Meet at Centerpointe - Ce - Fi</p> <p>2:00 PM Cardio Drumming Intro - Ae - Fi</p>	<p>10:30 AM Late Risers Joints in Motion - Ae - Fi</p> <p>11:00 AM Moving in Ease Chair - CANCELLED - Ae - Fi</p> <p>11:45 AM Moving in Ease Mat - CANCELLED - Ae - Fi</p> <p>12:30 PM Let's Have a Ball (SRFIT) - Ae - Fi</p> <p>1:30 PM Aqua Fitness - Po - Fi</p>	<p>11:30 AM Water Walking - Po - Fi</p> <p>1:30 PM Core Stability and Strength - Ae - Fi</p> <p>3:35 PM Line Dancing (SRFIT) - Ae - Fi</p>	<p>Motion - Ae - Fi</p> <p>1:30 PM Chair Beachball Volleyball - Ae - Fi</p>
<p>29</p> <p>Aerobics Studio TV Available for Boxcast, YouTube, & DVD - Ae - Fi</p>	<p>12:00 AM POOL CLOSED TIL NOON - PO - Fi</p> <p>8:30 AM Chair Yoga Stretch - Ae - Fi</p> <p>10:00 AM Fit and Fabulous Aerobics - Ae - Fi</p> <p>10:30 AM Late Risers Joints in Motion - Ae - Fi</p> <p>12:00 PM Bodysculpting (SRFIT) - Ae - Fi</p> <p>1:30 PM Aqua Fitness - Po - Fi</p>	<p>30</p> <p>8:30 AM Pilates Yoga Stretch - Ae - Fi</p> <p>9:30 AM Better Body & Balance - Ae - Fi</p> <p>10:30 AM Late Risers Joints in Motion - Ae - Fi</p> <p>1:15 PM Fitness Walking Meet at Centerpointe - Ce - Fi</p> <p>2:00 PM Cardio Drumming Intro - Ae - Fi</p>	<p>31</p>		

Ce - Centrepointe Entrance
Ae - Aerobics Studio & Boxcast
PO - POOL
Po - Pool

Fi - 

Independent Living

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 4:00 PM Vespers Service - MPR* - Mu - No	2 10:00 AM Knit Wits - CRC - Th 1:00 PM Open Studio - MPR - Mu - No 7:00 PM Richmond Clarinet Choir - C* - Th - No	3 10:00 AM Town Hall - C* - Th - No 10:30 AM Living & Laughing Out Loud - T - Tr - No 11:00 AM A.A. Meeting - CH - Ch - No 1:00 PM A Time of Quiet Prayer - CH - Ch - No 1:00 PM Temari - T - Tr - No 1:00 PM Caregiver Support Group - A&C - Ar - No 2:00 PM Choral Practice - MPR - Mu - No 2:00 PM Kroger - ML - Ma - No 7:00 PM Games - T - Tr - No	4 10:00 AM CVS & Walgreens - ML - Ma - No 1:00 PM Mahjong - T - Tr - No 1:30 PM Dollar Tree - ML - Ma - No 1:30 PM Hand and Foot - F - Fi - No 2:00 PM Thank Our First Responders - C - Th - No 6:30 PM Cornhole - C - Th - No	5 10:00 AM Residents' Council-MPR* - Mu - Pu 1:00 PM Duplicate Bridge - C - Co - No 1:30 PM Food Lion - ML - Ma - No 2:00 PM Apple Answers - T - Tr - No 7:15 PM Hand & Foot - F - Fi - No	6 10:00 AM Mending Assistance - A&C - Ar - No 1:00 PM Men's Pool Social - B - Bi 1:00 PM Pencil Pushers - T - Tr 1:30 PM Can You Trust That Email? Presentation - C - Th - No 3:30 PM Camera Club of Richmond Art Opening & Reception - LG - Lo - No 7:00 PM Movie Night: Sleepless in Seattle - MPR* - Mu - No	7 11:00 AM Creaky Crooners - C - Th - No 11:15 AM Silent Meditation -A&C - Ar - No 6:00 PM Richmond Symphony (Ticket Holders) - ML - Ma - No
8 4:00 PM Vespers Service - MPR* - Mu - No	9 10:00 AM Knit Wits - CRC - Th 1:00 PM Open Studio - MPR - Mu - No 1:30 PM Walmart - ML - Ma - No 3:00 PM Richmond Symphony Box Office - CP - Ce - No 7:00 PM The Donnybrooks - C* - Th - No	10 8:30 AM Coffee Chat- MPR* - Mu - No 10:30 AM Living & Laughing Out Loud - T - Tr - No 12:30 PM Ruth Shoppe BOGO Sale - RS - Ru - No 1:00 PM A Time of Quiet Prayer - CH - Ch - No 1:00 PM Temari - T - Tr - No 1:00 PM Grief Support Group - A&C - Ar - No 2:00 PM Choral Practice - MPR - Mu - No 2:00 PM Branch Museum of Design Tour & Undeniable Exhibit - ML - Ma - No 6:30 PM Spirituality Book Study Group - A&C - Ar - No 7:00 PM Games - T - Tr - No	11 10:00 AM Publix & Aldi - ML - Ma - No 1:00 PM Mahjong - T - Tr - No 1:30 PM Hand and Foot - F - Fi - No 3:30 PM CW Gardeners' Meeting - C - Th - No 5:00 PM Dinner with Directors - TR - Tr - No 6:30 PM Cornhole - C - Th - No	12 9:00 AM Men's Second Half Group - MPR - Mu 10:00 AM Activities Committee - T - Tr - No 11:00 AM Library Committee - CRC - Th - No 1:00 PM Duplicate Bridge - C - Co - No 2:00 PM Apple Answers - T - Tr - No 7:15 PM Hand & Foot - F - Fi - No	13 1:00 PM Men's Pool Social - B - Bi 1:00 PM Pencil Pushers - T - Tr 1:00 PM Backdoor Neighbors - CRC - Mu - No 7:00 PM Movie Night: Sherlock Holmes - MPR* - Mu - No	14 11:00 AM Creaky Crooners - C - Th - No 11:15 AM Silent Meditation -A&C - Ar - No 7:00 PM Bingo - MPR - Mu - No
15 4:00 PM Vespers Service - MPR* - Mu - No	16 10:00 AM Knit Wits - CRC - Th 10:30 AM Catholic Mass- MPR - Mu - No 1:00 PM Open Studio - MPR - Mu - No 1:00 PM Hippy Hoppity Easter Bunny Centerpiece Workshop - A&C - Ar - No 7:00 PM Music Trivia - C - Th - No	17 10:30 AM VaCCRA - C* - Th - No 12:00 PM Lunch Bunch to Mimmo's - ML - Ma - No 12:30 PM Ruth Shoppe BOGO Sale - RS - Ru - No 1:00 PM A Time of Quiet Prayer - CH - Ch - No 1:00 PM Temari - T - Tr - No 1:00 PM Caregiver Support Group - A&C - Ar - No 2:00 PM Choral Practice - MPR - Mu - No 2:00 PM Kroger - ML - Ma - No 2:00 PM Magnolia Cottage, Sledd Home, Trinity Way Neighborhood Meeting - C - Th - No 4:30 PM Creaky Crooners St. Patrick's Day Performance - F - Fi - No	18 10:30 AM Dining Services Committee - V - Vi - No 1:00 PM Mahjong - T - Tr - No 1:30 PM Hand and Foot - F - Fi - No 1:30 PM Virginia Navigator Presentation - C - Th - No 3:00 PM Campus Grounds Committee - V - Vi - No 6:30 PM Cornhole - C - Th - No	19 10:00 AM Health Committee & Wellness - V PDR - Vi - No 11:00 AM New Resident Committee - CRC - Th - No 11:00 AM Shirley Temple Black Reenactment by JoAnne F. Peterson - C - Th - No 1:00 PM Duplicate Bridge - C - Co - No 1:30 PM Food Lion - ML - Ma - No 2:00 PM Apple Answers - T - Tr - No 7:15 PM Hand & Foot - F - Fi - No	20 1:00 PM Men's Pool Social - B - Bi 1:00 PM Pencil Pushers - T - Tr 7:00 PM Movie Night: La La Land - MPR* - Mu - No	21 10:00 AM Hanover Knitting Guild - MPR - Mu - No 11:00 AM Creaky Crooners - C - Th - No 11:15 AM Silent Meditation -A&C - Ar - No 1:30 PM Liberty or Death at Pamunkey Library - ML - Ma - No 7:00 PM Richmond Forum (Ticket Holders)- ML - Ma - No

		7:00 PM Games - T - Tr - No				
22 4:00 PM Vespers Service - MPR* - Mu - No	23 10:00 AM Knit Wits - CRC - Th 1:00 PM Open Studio - MPR - Mu - No 1:30 PM Walmart - ML - Ma - No 2:00 PM Forever Books - T - Tr - No 2:00 PM Facilities Committee - CRC - Th - No	24 8:30 AM Coffee Social - MPR - Mu - So, Pu 12:30 PM Ruth Shoppe Spring/Summer Season Opener - RS - Ru - No 1:00 PM A Time of Quiet Prayer - CH - Ch - No 1:00 PM Temari - T - Tr - No 1:30 PM Finance Committee - CRC - Th - No 2:00 PM Choral Practice - MPR - Mu - No 6:30 PM Spirituality Book Study Group - A&C - Ar - No 7:00 PM Games - T - Tr - No 7:00 PM The Richmond Pops - C* - Th - No	25 10:00 AM Publix & Aldi - ML - Ma - No 11:00 AM St. Paul's Lenten Speaker & Luncheon - ML - Ma - No 1:00 PM Mahjong - T - Tr - No 1:30 PM Hand and Foot - F - Fi - No 6:30 PM Cornhole - C - Th - No	26 9:00 AM Men's Second Half Group - MPR - Mu - No 1:00 PM Duplicate Bridge - C - Co - No 2:00 PM Apple Answers - T - Tr - No 3:00 PM Spring Social - MPR - Mu - No 3:30 PM Resident Belonging - T - Tr - No 7:15 PM Hand & Foot - F - Fi - No	27 1:00 PM Men's Pool Social - B - Bi - No 1:00 PM Pencil Pushers - T - Tr - No 7:00 PM Movie Night: Hook - MPR* - Mu - No	28 11:00 AM Creaky Crooners - C - Th - No 11:15 AM Silent Meditation -A&C - Ar - No 7:00 PM Bingo - MPR - Mu - No
29 4:00 PM Vespers Service - C* - Th - No	30 10:00 AM Knit Wits - CRC - Th 1:00 PM Open Studio - MPR - Mu - No 7:00 PM Thomas Pandolfi - C* - Th - No	31 10:00 AM Great Decisions - C* - Th - No 1:00 PM A Time of Quiet Prayer - CH - Ch - No 1:00 PM Temari - T - Tr - No 2:00 PM Choral Practice - MPR - Mu - No 2:00 PM Kroger - ML - Ma - No 7:00 PM Games - T - Tr - No				

Ce - Centerpointe
Fi - Fireside
Lo - Lodge Gallery
Ru - Ruth Shoppe
Ch - Chapel
Bi - Billard's Game Room (2nd floor of Manor)
Mu - Multi-Purpose Room
Co - Commons
Ar - Arts & Crafts Room
Vi - Vistas Private Dining Room
Th - The Commons (Lodge)
Ma - Manor Lobby
Tr - Treetops

No - 
Pu - 
So - 