

September 2025

MAHOVA MONTHLY

September Days by Helen L. Smith

**O month of fairer, rarer days
Than Summer's best have been;
When skies at noon are burnished blue,
And winds at evening keen;**

**When tangled, tardy-blooming things
From wild waste places peer,
And drooping golden grain-heads tell
That harvest-time is near.**

**Though Autumn tints amid the green
Are gleaming, here and there,
And spicy Autumn odors float
Like incense on the air,**

**And sounds we mark as Autumn's own
Her nearing steps betray,
in gracious mood she seems to stand
And bid the Summer stay.**

**Though 'neath the trees, with fallen leaves
The sward be lightly strown,
And nests deserted tell the tale
Of summer bird-folk flown;**

**Though white with frost the lowlands lie
When lifts the morning haze,
Still there's a charm in every hour
Of sweet September days.**

In This Issue:

Health Rx

Book Club

Book Ends

Anniversaries

In Memoriam

Have You Heard?

Trip Guidelines

Upcoming Events

Try Something New

American Mah Jongg

Cranium Corner

Birthdays

Resident Advisory Council

Sandra Young

President

Ray Taylor

Vice President

Peg Davis

Secretary

Elizabeth Jones and Ray Taylor

B Wing

Tom Breeden and Elmar Louder

C and D Wings

Steve Sanford and Joyce Deputy

Village

Wayne Flora

Magnolia Court

Here's To Your Good Health!



1. Add Play to Your Day

2. Embrace Microadventures

3. Get That Annual Physical—and Track It

4. Be a Lifelong Learner

5. Cultivate “Weak Ties”

6. Reset Your Relationship with Technology

Instead of endless scrolling, explore free courses like **TechBoomers** or **Senior Planet** from OATS to learn new digital skills.

7. Cook One New Healthy Recipe a Week

Recipes;

8. Reconnect with Purpose

Volunteer with your local animal shelter, food bank, or school. Try **VolunteerMatch** or **AmeriCorps Seniors**.

9. Financial Fitness Checkup

Use resources like **SmartAsset's** retirement calculator or **Consumer Financial Protection Bureau** to assess your financial wellness.

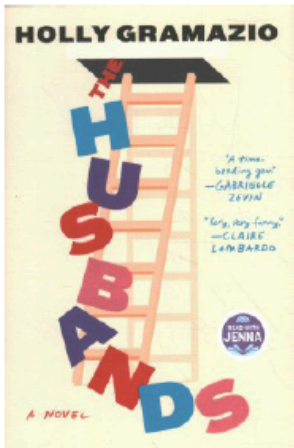
10. Start a “What’s Next” Journal

Write down goals for your next chapter—whether that’s launching a business, learning a language, or traveling solo. Reflecting on purpose helps boost long-term motivation.

September Is Your Fresh Start

Upcoming MAHOVA Book Club Titles

Masonic Book Club September 2025 - October 2025 Titles

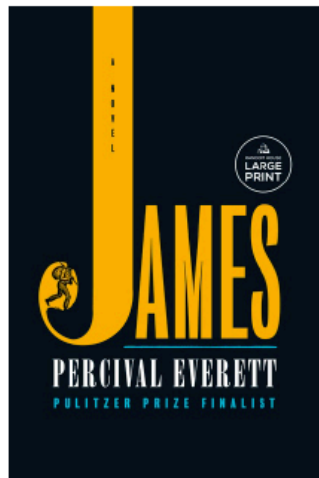


The Husbands by Holly Gramazio

When she discovers the attic in her London flat is creating an infinite supply of husbands, waking up to a slightly altered life each day, Lauren confronts the question: if swapping lives is as easy as changing a lightbulb, how do you know you've taken the

right path?

Meets on Monday, September 8th @ 3:00 pm in
A-Wing Conference Room



James by Percival Everett

When the enslaved Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he decides to hide on nearby Jackson Island until he can formulate a plan. Meanwhile, Huck Finn has faked his own death to escape his violent

father, recently returned to town.

Meets on Monday, October 13th @ 3:00 pm in
A-Wing Conference Room



September's Most Anticipated Books

Buckeye by Patrick Ryan

Genre: Historical Fiction

Release date: September 2, 2025

Plot: In the excitement of the Allied victory in Europe during World War II, Cal Jenkins and Margaret Salt share an intimate moment that will affect their families for generations to come. Haunted by his inability to fight in the war, Cal lives with his wife Becky, a seer who helps families connect with the dead they have lost. Meanwhile, Margaret's husband is serving on a Navy cargo ship when she gets word that the unthinkable may have happened. Over the ensuing decades, Cal and Margaret's secrets haunts their families since nothing can stay secret forever in a small Ohio town.

The Secret of Secrets by Dan Brown

Genre: Fiction

Release date: September 9, 2025

Plot: Robert Langdon returns with a trip to Prague to attend a conference presentation by his new girlfriend Katherine Solomon. Katherine is on the verge of publishing a new book that calls into question everything we know about human consciousness. When a brutal murder occurs, Katherine disappears with her manuscript and Langdon must track her down as he uncovers a secret project that will change the way we think about the human mind.

Poems & Prayers by Matthew McConaughey

Genre: Motivational

Release date: September 16, 2025

Plot: Matthew McConaughey returns with a collection of personal poetry and prayers. McConaughey likes to wax philosophical, and *Poems & Prayers* shares his thoughts on life and the pursuit of belief.

History Matters by David McCullough

Genre: Historical Essay

Release date: September 16, 2025

Plot: Acclaimed historian David McCullough was considered one of the foremost biographers when he passed in 2022. *History Matters* brings together a collection of McCullough's essays writing throughout his career about the importance of history in understanding our present and our future.

107 Days by Kamala Harris

Genre: Memoir

Release date: September 23, 2025

Plot: Codenamed *Pioneer*, Kamala Harris was the first woman to be the Vice President of the United States. After a disastrous debate against Donald Trump, President Joe Biden shocked the nation by announcing that he would no longer seek reelection. In a new memoir, Kamala Harris shares her story of the 107 days she had to put together a presidential bid.

Anniversaries

September 1, 1957 Carroll and Elizabeth Jones
September 21, 1968 Nick and Kathy Matthews
September 22, 1956 Russell and Ann Hobson
September 26, 1959 Frank and Molly Perdue
September 26, 1980 Gene and Maxine Watson



New Residents

Jerry Swartz
Westhampton Lodge No. 302



New Hires



Shakiyla Bellinger, LPN
Cheryl Coleman, Capital Campaign Administrative Manager

In Memoriam

Doris Larson





Have You Heard?

Touchtown Community App is now **Uniguest Community App**.

If you haven't downloaded the app to your smartphone or tablet and need help doing so, please let Susan Berryhill know. You'll be able to browse upcoming activities and dining menus, receive messages, tap to call or text phone numbers and much more.

Welcoming Committee

Please contact Susan Berryhill at sberryhill@mahova.com or 804-226-6688 if you are interested in volunteering for the Welcoming Committee.

The purpose of this committee is to provide support to new residents moving into MAHOVA and be the point person to assist new residents with a smooth transition into our community.

Gift Shop

The gift shop is taking orders for a variety of sports team bears. Current inventory includes the Washington Commanders, Baltimore Ravens, Washington Nationals, Dallas Cowboys, and Philadelphia Eagles.

Visit the Gift Shop on Wednesday or Friday between
1:00 p.m. and 2:30 p.m.

You may also place an order if the Gift Shop doesn't have them in stock.

The bears must be paid for at time of order and are \$25.00 each.

For an additional \$5.00, you may add a monogrammed name to the bear.



Trip Guidelines

This serves as a reminder regarding all of our trip policies.

There has been an increase in cancellations and no-shows for trips, so we encourage you to reach out to Susan Berryhill at 804-226-6688 as soon as possible if you are unable to make a trip. Individuals must take personal responsibility to show up for all trips that require sign up.

- All trips are advertised on the monthly calendar, Uniguest app/tv screen and in the sign up binder. If the trip has a fee, please look for the information on the sign up sheet. You will also receive a reminder with the fee, if applicable, deadline to cancel and time/date of the trip, and when the vehicle will leave.
- If you cancel after the deadline for a non-medical reason or are a no-show for a trip, you will be charged the trip cost for tickets/reservations.
- We encourage you to cancel **at least 48 hours in advance** so residents on the waitlist can be called.



Upcoming Events

Tuesday, September 2 - last brunch of the year

10:30 a.m. Main Home Brunch

11:00 a.m. Village Brunch

No sign up required/No meal tickets required



Thursday, September 4

1:00 p.m.-3:00 p.m. Wellness Screening with PowerBack Rehab

Sign up sheets are located in the Activity Gallery

Friday, September 5

2:00 p.m. Hot oil hand massages

Wednesday, September 10

11:00 a.m. Rockfish Wildlife Sanctuary
(wildlife rehabilitation)

Thursday, September 11

4:00 p.m. - 6:00 p.m. Seafood Boil (**residents only**)

No sign up required/No meal tickets required

Tuesday, September 16

4:00 p.m. 3rd Wave (Concert)

Wednesday, September 17 - last gourmet dinner of the year

6:00 p.m. Gourmet Dinner + Flutist, Tom May

Tuesday, September 23

4:00 p.m. - 6:00 p.m. Passport Dinner: Cruisin' Round the Country

Next stop - New York (Little Italy)

No sign up required/Meal tickets are required for those not on a meal plan

Wednesday, September 24

6:00 p.m. Movie: Dirty Dancing + Dinner (order in)

Please check your calendar and Uniguest App and TV Screen for additional activities throughout the month

Whatever **Journey You're On** **Right Now, Remember...**

..... Ordinary & *Happy*

HELPFUL

- You've overcome challenges before and you can do it again. ☐
- Be present and learn to love the process. ☐
- If you stop now, you'll never know what might have been. ☐
- Trust yourself to make decisions that work for you. ☐
- Others have embarked on new journeys and succeeded; so can you. ☐
- You'll learn and grow from these experiences. ☐
- Growth happens when you try new things. ☐

POWERFUL

- Every step forward, no matter how small, counts. ☐
- It takes strength of character to keep going when things are tough. ☐
- Your future self will thank you for being courageous today. ☐
- You are capable of adapting as you go. ☐
- You don't have to have it all figured out; just willing to keep trying. ☐
- There will be challenges, but the rewards could last a lifetime. ☐
- Any progress, no matter how small, moves you forward. ☐
- Give yourself the time you need. ☐

HOPEFUL

- If you don't try, you'll never know what you're capable of. ☐
- You are stronger than you think. ☐
- Stay open-minded and see where it takes you. ☐
- Great things could be down the road if you keep going. ☐
- Focus on simple, consistent actions now; the rewards will come. ☐
- You'll be truly amazed at the inner strength you have. ☐
- If you have an off-day, just shake it off and go again tomorrow. ☐
- Speak kind, encouraging words to yourself. ☐

American Mah Jongg



American Mah Jongg comes to MAHOVA

The popular game of tiles known as Mah Jongg (the American version) has had an incredible resurgence in the past few years. MAHOVA is happy to welcome Anna Rosen from Winter Park, Florida who will be making a presentation on American Mah Jongg on Thursday, September 25 at 10:00 a.m.

Anna has been teaching American Mah Jongg for 30 years, first in Palm Beach and now in Winter Park. Her students include dentists, engineers, business executives, both male and female, of all ethnic backgrounds. They range in ages from 10-90. Mah Jongg is not just a game but a Way of Life.

Your Mah Jongg group becomes your support system and the friendships developed become a part of your life. When playing the game, stress, anxiety, and worry disappear through the enjoyment of making a winning hand using concentration, strategy and most of all ... luck!!

There are over 500 million players worldwide in Asia, Europe, South America and most of them are men since the game originated in China where men are the only ones allowed in Mahjong (Asian version) parlors.

So come join us on ... and listen to Anna Rosen tell us more about this popular game of tiles.

See you then!!



Labor Day Word Find

U W A I T R E S S I P Z R I U I X O W L F S E F E
 K Q M E E N N N A I C I R T C E L E D D G B D Y L
 Z C Y O R K A W F L I R P O S W P Q F D N X N Y U
 J E S Z C E V T Z P Y O E R V C J L I F C X N X Y
 A P G E K W N Y N Q B G E B O P E C U T U B E R I
 D J Y U J Z U H D U W T H J M S V I I M V B P Q S
 U X N P Y W R T G H O F K B E E P I E B B D W B M
 X A Q Z B O S A P W Q C R G W H T E A E I E O H Q
 K H X T X C E K L U Y K C A V N X P R Q O M R X N
 Q Q S A O Q N D V L L Y A A L P H O E I D R S C Q
 L V Q Q D L G L A W Y E R O T C O D R S T W V I Y
 I G E Z W J I K B H X T P O L I C E T W Y Y O G O
 A R D C R E N P M E O K E R I U G C M L O J P Y Z
 V B B X S K E Z H G L T N B K N V E S F Y Q R I O
 Q M S G H C E T W C F E T M H Y U Q D N T T T A H
 Y N X B W Y R J A B Y A E J Z O I V M R B Z X A L
 T M N Q T N W O M R P C R Y T P X X L C B Z H S O
 Q Z C Q Q A V E N S B H W J X G T J J D E N G R T
 D I Z N B D U P E O U E G U Q O C X Y N D R L Y U
 U U N U D S V X Z K H R L T Q E U Q W N Z M H T A
 Q B E D J E Z F T C E P S E R Q H L L W W O B Q C
 X T F M O N D A Y F C N W A C H W H T N N L S L H
 I B U J H E Y R P C M X D O R X R B T L Y G Q G X

Accountant

Carpenter

September

Prosperity

Electrician

Weekend

Celebrate

Waitress

Engineer

Lawyer

Respect

McGuire

Plumber

Doctor

Honor

Monday

Teacher

Nurse

Pilot

Police

SPORTS WORD SEARCH

S W I M M I N G J H O K G Z R P H T G A E H L O
 B G N I L T S E R W L N Z E G C Y U G W Y E L D
 B W L Z J E M L K L I G C G N I V I D P Q S A U
 H O C K E Y L W A C B C H G I J B W G G I S B J
 J E J Z N A Y B N X O K U X T C C B P O E O T Q
 D H D D B H T A Z S S W N U A K R T H L G R E J
 G L E E P F D Z Y J K L T I K R W R O F N C K H
 S N S A O R O W I N G I I B S A H S R S I A S N
 N A C S R W L G N R D L N S Q O Y C S N K L A V
 B V M K A C R A K Y A D G S D Z O I E O I K B W
 N I T Q E J H O X I C Y C L I N G T R W B A R S
 M O E S X U L E E M F Q A V K E O S A B N R J R
 P M K B Y O L N R E T E R R Y K G A C O I A S T
 L T C O P K H G N Y T T R Q I C N N I A A T O A
 L E I X B X L C D E R F A L W Q I M N R T E Q D
 A C R I S J I L K X A L C T G P D Y G D N D C G
 B S C N M N E M G X C T I J R P D G L I U J H F
 Y K K G G I J X G B K I N U O G E N Y N O S O G
 E O C I F W Z S N C U S G B N D L H L G M O B P
 L V H A I M W X F Q P B K I W N S D D X T A T S
 L G P L U N Y X I I Y R H L R T B O K B H G Q P
 O A Q V W B G V O P U S N E A F O K A Z I R C B
 V L U G E W V M U D I Z F N E W B L C S L W Q P
 M W E I G H T L I F T I N G T O L O P R E T A W

Archery

Carracing

Fencing

Gymnastics

Karate

Rowing

Soccer

Baseball

Cricket

Field

Hockey

Lacrosse

Rugby

Softball

Waterpolo

basketball

Cycling

Fishing

Horseracing

Luge

Skating

Swimming

Weightlifting

Bobsledding

Dancing

Football

Hunting

Mountainbiking

Skiing

Track

Wrestling

Boxing

Diving

Golf

Judo

Polo

Snowboarding

Volleyball

Resident Birthdays

Happy Birthday to the following residents who celebrate their birthdays:

09/03 David Lloyd	09/21 Phyllis Rowe
09/12 Diane Carr	09/22 Larry LaRoche
09/16 Juanita Ragsdale	09/25 Stacey Bennett
09/19 Pat Harmon	09/25 Agnes Cash
09/20 Robert Lee	09/26 Sandra Butler
09/21 Ron McGavic	

Scan this QR image to go to the Masonic Home Website



Employee Birthdays

09/02 Aaron Wilson
 09/03 Khalil Harney
 09/04 Claudia Walters
 09/06 Nyla Harper
 09/07 Sade Redd
 09/16 Danisha Cousins
 09/22 Emma Potter
 09/24 Sheena Houchens
 09/26 Scotty Gray
 09/26 Allen Watts

Masonic Home Census: 178

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