



(706) 561-1401

Life is Good at Covenant Woods

Find us on 

Happy Easter!

Wishing you the happiest of celebrations on this special day!



Easter Egg Hunt

Come by the office for details on our Easter Egg Hunt! Our younger residents have a blast and it's fun to watch, too. Happy Hunting!

Plant Seeds of Kindness

"We are on Earth to take care of life. We are on Earth to take care of each other." —Xiye Bastida



Woven Through Time

As one of the oldest handicrafts known to humankind, baskets have been there for us since the beginning of civilization, used to store and carry food, tools and even children! In many cultures, baskets have an artistic and practical purpose, with meaningful patterns and symbols woven into the design. In modern life, baskets are a simple and timeless way to corral clutter, display flowers or wrap a gift.







'Splash' Is One

How many words can you come up with using the letters in "April showers"?

Get Fit With LIIT

You may have heard of high-intensity interval training, or HIIT, which involves bursts of vigorous exercise alternated with short cool-off periods. Now, meet the training regimen gaining fans for its gentler approach: low-intensity interval training, or LIIT. The concept is similar, but instead of pushing you to the max, the exercises are lower-impact and slower-paced, and the recovery time is longer. Fitness experts say the versatility of LIIT workouts makes them ideal for people of all ages and fitness levels.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  <p>2 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 4:30 A Sunday Night Movie</p> |  <p>3 9:30 C "When the morning begins" Devotion Time w/ Rev. Kinley 9:30 A Coffee Chats & Sweets w/ Dennis 9:30 N Free BP & Health Check w/ Piedmont Cols Regional 10:00 L *Cols Park Crossing 1:00 L *Peachtree Mall 1:00 A Bingo 2:15 A Line Dance Class 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen 6:30 A L-R-C Game</p> |  <p>4 Doctor Day 10:00 A Stretch & Balance 1:00 C Conversations / Show & Tell 2:00 L Crochet Ladies 2:00 D Share the Spirit w/ Bob Osbon 3:00 C Big Screen & Virtual Time 6:30 A Bingo</p> |  <p>5 Doctor Day 10:30 A Arts & Crafts w/ Annie 11:30 L Visit w/ Therapy Dogs. Gus & Zack 12:00 PC Music by Nadine Coker 1:00 A Bingo 1:00 C St. Anne Mass 2:00 C The Case for Christ Christianity and The Bible w/ Dr. Ron Gavin 3:15 A Exercise by Carmen 6:30 A Coolette Game</p> |  <p>6 9:00 PC -2 VA Benefits Appt 9:00 L Bank 9:45 L / 10:30 Publix 10:00 A Stretch & Balance 11:00 O Sweet Nothing 2:00 D Town Hall 3:00 L CW Easter Egg Hunt 6:30 A Bingo</p> |  <p>7 Good Friday 11:00 L Out 2 Lunch - Ezell's Catfish 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo</p> | <p>8 April Fools' Day 10:00 A Word Games 10:30 L Outing w/ Dennis 11:00 O Penelope 1 of 1 Sale 3:00 A Saturday Matinee 6:30 A Bingo</p> |
| <p>9 Happy Easter 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 C Cathedral of Hope Church 4:30 A Sunday Night Movie</p> | <p>10 9:30 C "When the morning begins" Devotion Time w/ Rev. Kinley 10:00 L *Target Center 1:00 L *Walmart 1:00 A Bingo 2:15 A Line Dance Class 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen 6:30 L *CCO Concert @ Rainey McCuller 6:30 A L-R-C Game</p> | <p>11 Doctor Day 10:00 O Martha's Sale 10:00 A Stretch & Balance 12:00 PC Music by Jan Hyatt 1:00 C Conversations / Show & Tell 2:00 A Soccer Bowling 3:00 C Big Screen & Virtual Time 6:30 A Bingo</p> | <p>12 Doctor Day 10:30 A Arts & Crafts w/ Annie 11:30 L Visit w/ Therapy Dogs. Gus & Zack 12:00 D Birthday Steak & Cake 1:00 A Bingo 2:00 A Popcorn & Games 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen 6:30 A Coolette Game</p> | <p>13 9:00 PC -2 VA Benefits Appt 9:00 L Bank 9:45 L / 10:30 Publix 10:00 A Stretch & Balance 2:00 D Birthday Celebration w/ David Tyler 3:00 C Big Screen & Virtual Time 6:30 A Bingo</p> | <p>14 10:00 O Mary Kay Beauty w/ Cindy 11:00 L Out 2 Lunch - Mark's City Grill 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo w/ Adam's Destiny #1070</p> | <p>15 10:00 A Word Games 10:30 L Outing w/ Annie 2:00 D Music by Ron Gavin 3:00 A Saturday Matinee 6:30 A Bingo</p> |
| <p>16 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D Gospel Music by Bob Osbon & Friend 4:30 A Sunday Night Movie</p> | <p>17 9:30 A Coffee Chats & Sweets w/ Dennis 10:00 L *Cols Park Crossing 1:00 L *Peachtree Mall 1:00 A Bingo 2:15 A Line Dance Class 3:15 A Exercise by Carmen 6:30 A L-R-C Game</p> | <p>18 Doctor Day 10:00 A Stretch & Balance 1:00 C Conversations / Show & Tell 2:00 L Crochet Ladies 2:00 A From What Decade Would You Find These Hairstyles? 3:00 C Big Screen & Virtual Time 6:30 A Bingo</p> | <p>19 Doctor Day 10:00 A River City Square Dancers 11:30 L Visit w/ Therapy Dogs. Gus & Zack 1:00 A Bingo 2:00 A CW Tea Party 3:15 A Exercise by Carmen 6:30 A Coolette Game</p> | <p>20 9:00 PC -2 VA Benefits Appt 9:00 L Bank 9:45 L / 10:30 Publix 10:00 A Stretch & Balance 2:00 A Popcorn & Card Games 3:00 C Big Screen & Virtual Time 6:30 A Bingo</p> | <p>21 11:00 L Out 2 Lunch - Red Lobster 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo</p> | <p>22 Earth Day 10:00 A Word Games 1:00 A Planting Flowers 3:00 A Saturday Matinee 6:30 A Bingo</p> |
| <p>23 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 4:30 A Sunday Night Movie</p> | <p>24 8:30 L "Rod Squad" Fishing Trip 9:30 C "When the morning begins" Devotion Time w/ Rev. Kinley 1:00 L *Walmart 1:00 A Bingo 2:15 A Line Dance Class 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen 6:30 A L-R-C Game</p> | <p>25 Doctor Day 10:00 A Stretch & Balance 1:00 C Conversations / Show & Tell 2:00 A CW Auction 3:00 C Big Screen & Virtual Time 6:00 C VFW #12110 Meeting 6:30 A Bingo</p> | <p>26 Doctor Day 10:30 A Arts & Crafts w/ Annie 11:30 L Visit w/ Therapy Dogs. Gus & Zack 1:00 A Bingo 2:00 A National Pets Day 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen 6:30 A Coolette Game</p> | <p>27 9:00 PC -2 VA Benefits Appt 9:00 L Bank 9:45 L / 10:30 Publix 10:00 A Stretch & Balance 3:00 C Big Screen & Virtual Time 6:30 D Flower Power Dance w/ DJ Tino</p> | <p>28 9:30 L Trip to Biblical History Center in LaGrange, GA. 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo</p> | <p>29 10:00 A Word Games 2:00 D Music by Lindy Hamilton 3:00 A Saturday Matinee 6:30 A Bingo</p> |
| <p>30 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Let's Play "Coolette" w/ Penelope 2:00 D Music by Jan Hyatt 4:30 A Sunday Night Movie</p> | <p>30 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Let's Play "Coolette" w/ Penelope 2:00 D Music by Jan Hyatt 4:30 A Sunday Night Movie</p> | <p>30 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Let's Play "Coolette" w/ Penelope 2:00 D Music by Jan Hyatt 4:30 A Sunday Night Movie</p> | <p>30 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Let's Play "Coolette" w/ Penelope 2:00 D Music by Jan Hyatt 4:30 A Sunday Night Movie</p> | <p>30 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Let's Play "Coolette" w/ Penelope 2:00 D Music by Jan Hyatt 4:30 A Sunday Night Movie</p> | <p>30 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Let's Play "Coolette" w/ Penelope 2:00 D Music by Jan Hyatt 4:30 A Sunday Night Movie</p> | <p>30 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Let's Play "Coolette" w/ Penelope 2:00 D Music by Jan Hyatt 4:30 A Sunday Night Movie</p> |



April Birthdays

- 01 Alicia Wood
- 05 Marcelle Mitchell*
- 13 Jean Payne*
- 21 Anne Thompson
- 21 Pat Culpepper
- 29 Arthur Land*
- 29 Jimmy Cummings
- 29 Gladys Stewart*
- 30 Janice Bible
- 30 Mary Ann Butler*

* Nineties Club

Brainteaser

Question: What do you throw out when you want to use it, but take in when you don't want to use it?

Answer: An anchor.



Japan's Fan Dances

Fan Dance Day on April 3 celebrates Japanese fan dancing, which dates all the way back to 600 B.C. Since then, many forms have developed, often sharing key elements of bright kimonos, bold makeup, handheld painted fans and live music. Through pantomime, musical timing and bending their bodies into geometrical shapes, dancers incorporate the fans to tell a compelling story and provide beautiful entertainment.

Melodic Peace

"There's nothing like music to relieve the soul and uplift it."
—Mickey Hart

Covenant Woods Staff

General Manager Lisa Lewis
 Business Office Kerri Woodall
 Resident Care Toni Mundy, LPN
 Marketing Nona Christie
 Home Health Twyna Rutledge
 Dining Services Lucy Greene
 Dining Room Tiffany Thomas
 Recreation Alisha Brooks
 Rec Assist Annie Morgan
 Transportation Dennis Johnson
 Housekeeping Sonya Williams
 Maintenance Jamar Brooks

IMPORTANT NUMBERS

Front Desk (706) 561-1401
 Beauty Shop (706) 568-1723
 Fire, Police & Ambulance 911



Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain and boost immunity.



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907