



(706) 561-1401

Life is Good at Covenant Woods

Find us on 

Summer's Symphony

"Listen to nature—to the music of the rustling leaves, the chirping birds, the humming, droning insects. Let them play for you their summer-long symphony of peace and strength and hope." —H. Addington Bruce



Dog Days of Summer

The term "dog days" was first used by the ancient Romans to refer to late July and early August. That is when Sirius, the "dog star," would rise and set in conjunction with the sun. The Romans believed the star added to the heat produced by the sun.

Brainteaser

Q: What has three feet but cannot walk?

A: A yardstick.



A Peek at a Popular Plant

Recognized by its rubbery, round leaves, *Pilea peperomioides* is one of today's trendiest houseplants. As a nod to the flat leafy circles, common names for the species include Chinese money plant, pancake plant and UFO plant. A healthy *Pilea* will happily sprout many babies that are easy to divide and give away to loved ones, inspiring another nickname: the friendship plant.

A Classic Pie

Save room for a slice on Aug. 15, Lemon Meringue Pie Day.

Try This Happiness Challenge

The New York Times issued a "7-Day Happiness Challenge" to their readers, and one of the challenges was to try an 8-minute phone call. Hearing someone's voice while conversing, rather than reading their written messages, eases loneliness and provides a sense of belonging; it also regulates your nervous system and drops stress levels. Simply put, a short, effortless call with a loved one can boost your overall happiness, and it won't take much time out of your day. Sounds like a win-win!

Lemonade Social

Is there anything more refreshing than a glass of cold lemonade on a hot summer day? We'd love to have you join us for our lemonade social this month—we'll beat the heat by sipping and chatting! Check the calendar for the date and time.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Doctor Day 1	Doctor Day 2	Doctor Day 3	Doctor Day 4	Doctor Day 5
<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>1:00 A Let's play "Coolette" w/ Penelope</p> <p>2:30 Pool Time</p> <p>4:30 A Sunday Night Movie</p>	<p>Beach Week 7</p> <p>9:30 C "When the morning Begins" Devotion Time w/ Rev. Kinley</p> <p>9:30 N Free BP & Health Check w/ Piedmont Cols Regional</p> <p>10:00 L *Cols. Park Crossing</p> <p>1:00 L *Peachtree Mall</p> <p>1:00 A Beach Bingo</p> <p>3:00 C Big Screen & Virtual Time</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Doctor Day 8</p> <p>10:00 A Stretch & Balance</p> <p>12:00 PC Music by Jan Hyatt</p> <p>1:00 N Learn how to Play Bridge w/ Ms. Fran</p> <p>2:00 A Beach Ball Toss Game</p> <p>2:30 Pool Time</p> <p>3:00 C Big Screen & Virtual Time</p> <p>6:30 A Bingo</p>	<p>Doctor Day 9</p> <p>10:30 A Arts & Craft w/ Annie</p> <p>11:30 L Visit w/ Therapy Dogs, Gus & Zack</p> <p>12:00 PC Music by Nadine Coker</p> <p>1:00 A Beach Bingo</p> <p>2:00 A Beach Color Nails</p> <p>3:00 C Big Screen & Virtual Time</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Coolette Game</p>	<p>Doctor Day 10</p> <p>9:00 PC - 2 VA Benefits Appt</p> <p>9:00 L Bank</p> <p>9:45 L / 10:30 Publix</p> <p>10:00 A Stretch & Balance</p> <p>1:00 C Conversation & Show & Tell</p> <p>2:00 D Beach Party Birthday Celebration w/ David Tyler</p> <p>2:30 Pool Time</p> <p>3:00 C Big Screen & Virtual Time</p> <p>6:30 A Bingo</p>	<p>Doctor Day 11</p> <p>10:00 O Beauty with Mary Kay</p> <p>11:00 L Out 2 Lunch - Rose Hill Seafood</p> <p>1:00 A Exercise by Carmen</p> <p>2:00 A Feet in the Sand Happy Hour w/ Annie</p> <p>6:15 C CW Bible Study</p> <p>6:30 A Bingo</p>	<p>Doctor Day 12</p> <p>10:00 A Word Games</p> <p>1:00 A Let's play "Coolette" w/ Penelope</p> <p>2:30 Pool Time</p> <p>3:00 A Saturday Matinee</p> <p>6:30 A Bingo</p>
<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>3:00 C Cathedral of Hope Church</p> <p>4:30 A Sunday Night Movie</p>	<p>9:00 L * Coffee Chat & Sweet - Trip to Columbus's Best Donuts</p> <p>9:30 C "When the morning Begins" Devotion Time w/ Rev. Kinley</p> <p>10:30 L *Target Center</p> <p>1:00 L *Walmart</p> <p>1:00 A Bingo</p> <p>2:15 A Line Dance Class</p> <p>3:00 C Big Screen & Virtual Time</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Doctor Day 15</p> <p>10:00 A Stretch & Balance</p> <p>2:00 L Crochet Ladies</p> <p>2:00 A National Lemon Meringue Pie Day</p> <p>2:30 Pool Time</p> <p>3:00 C Big Screen & Virtual Time</p> <p>6:30 A Bingo</p>	<p>Doctor Day 16</p> <p>10:30 A Arts & Craft w/ Annie</p> <p>11:30 L Visit w/ Therapy Dogs, Gus & Zack</p> <p>1:00 A Bingo</p> <p>2:00 A National Tell a Joke Day & Sing-Along w/ Mr. King</p> <p>3:00 C Big Screen & Virtual Time</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Coolette Game</p>	<p>Doctor Day 17</p> <p>9:00 PC - 2 VA Benefits Appt</p> <p>9:00 L Bank</p> <p>9:45 L / 10:30 Publix</p> <p>10:00 A Stretch & Balance</p> <p>10:30 L JULIET Luncheon</p> <p>12:00 D Birthday Steak & Cake</p> <p>1:00 C Conversation & Show & Tell</p> <p>2:00 A Putt-Putt Golf</p> <p>2:30 Pool Time</p> <p>3:00 C Big Screen & Virtual Time</p> <p>6:30 A Bingo</p>	<p>Doctor Day 18</p> <p>11:00 L Out 2 Lunch - Chef Lee's Italian Grill</p> <p>1:00 A Exercise by Carmen</p> <p>2:00 A Happy Hour w/ Annie</p> <p>6:15 C CW Bible Study</p> <p>6:30 A Bingo</p>	<p>Doctor Day 19</p> <p>10:00 A Word Games</p> <p>2:00 D Music by Ron Gavin</p> <p>3:00 A Saturday Matinee</p> <p>6:30 A Bingo</p>
<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>2:00 D Gospel Music by Bob Osbon & Friend</p> <p>4:30 A Sunday Night Movie</p>	<p>9:30 C "When the morning Begins" Devotion Time w/ Rev. Kinley</p> <p>10:00 L *Cols. Park Crossing</p> <p>1:00 L *Peachtree Mall</p> <p>1:00 A Bingo</p> <p>2:15 A Line Dance Class</p> <p>3:00 C Big Screen & Virtual Time</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Doctor Day 22</p> <p>10:00 A Stretch & Balance</p> <p>1:00 N Learn how to Play Bridge w/ Ms. Fran</p> <p>2:00 D Medicaid Benefits Seminar</p> <p>2:30 Pool Time</p> <p>3:00 C Big Screen & Virtual Time</p> <p>4:30 L * Trivia @ Banks Food Hall w/ Ms. Lisa</p> <p>6:30 A Bingo</p>	<p>Doctor Day 23</p> <p>10:30 A Arts & Craft w/ Annie</p> <p>11:30 L Visit w/ Therapy Dogs, Gus & Zack</p> <p>12:00 PC Music by Nadine Coker</p> <p>1:00 A Bingo</p> <p>2:00 D Hymn Sing-Along w/ Ms. Ruth</p> <p>3:00 C Big Screen & Virtual Time</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Coolette Game</p>	<p>Doctor Day 24</p> <p>9:00 PC - 2 VA Benefits Appt</p> <p>9:00 L Bank</p> <p>9:45 L / 10:30 Publix</p> <p>10:00 A Stretch & Balance</p> <p>1:00 C Conversation & Show & Tell</p> <p>2:30 Pool Time</p> <p>6:30 D Sock Hop Dance w/ Bibb City Ramblers</p>	<p>Doctor Day 25</p> <p>11:00 L Out 2 Lunch - Carrabba's Italian Grill</p> <p>1:00 A Exercise by Carmen</p> <p>2:00 A Happy Hour w/ Annie</p> <p>6:15 C CW Bible Study</p> <p>6:30 A Bingo</p>	<p>Doctor Day 26</p> <p>10:00 A Word Games</p> <p>2:00 D Music by Lindy Hamilton</p> <p>3:00 A Saturday Matinee</p> <p>6:30 A Bingo</p>
<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>2:00 D Music by Jan Hyatt</p> <p>4:30 A Sunday Night Movie</p>	<p>8:30 L "Rod Squad" Fishing Trip</p> <p>9:30 C "When the morning Begins" Devotion Time w/ Rev. Kinley</p> <p>1:00 L *Walmart</p> <p>1:00 A Bingo</p> <p>2:15 A Line Dance Class</p> <p>3:00 C Big Screen & Virtual Time</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Doctor Day 29</p> <p>10:00 A Stretch & Balance</p> <p>2:00 A CW Auction</p> <p>2:30 Pool Time</p> <p>3:00 C Big Screen & Virtual Time</p> <p>6:30 A Bingo</p>	<p>Doctor Day 30</p> <p>10:30 A Arts & Craft w/ Annie</p> <p>11:30 L Visit w/ Therapy Dogs, Gus & Zack</p> <p>1:00 A Bingo</p> <p>2:00 A Cool Down w/ Fresh Lemonade</p> <p>3:00 C Big Screen & Virtual Time</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Coolette Game</p>	<p>Doctor Day 31</p> <p>9:00 PC - 2 VA Benefits Appt</p> <p>9:00 L Bank</p> <p>9:45 L / 10:30 Publix</p> <p>10:00 A Stretch & Balance</p> <p>11:00 L ROMEO Men Luncheon</p> <p>1:00 C Conversation & Show & Tell</p> <p>2:00 A Popcorn & Games</p> <p>2:30 Pool Time</p> <p>3:00 C Big Screen & Virtual Time</p> <p>6:30 A Bingo</p>		



August Birthdays

- 10 Annette Ford
- 10 Margaret Hendrix*
- 10 Charles Hidle
- 12 Bertha Buckner
- 12 Janet Brogan
- 12 Helen Pharris
- 12 Nancy Ausland
- 16 Anna Chan *104
- 16 Barbara Kimbro
- 17 Reiko Butler*
- 17 Gerry Hill
- 17 Gladys Walker
- 24 Susan Emerson
- 28 Betty Noble
- 30 Barbara Harbour
- 31 Barbara Eldridge
- 31 Judy Wilkinson

* Nineties Club

Remember When: Sea-Monkeys

These popular pets of the past have a misleading name: Though they have a long tail, they're not monkeys, and they aren't even found in the sea! In nature, these teeny-tiny brine shrimp live in saltwater lakes, not the ocean. First introduced under the name Instant Life, adding a packet of these dormant eggs to water allows them to hatch within 24 hours. Remarketed as Sea-Monkeys in the '60s and widely advertised in comic books, they appealed to kids as both a science experiment and easy-to-raise pets. As the shrimp grew to their full size of half an inch, kids could interact with them by shining a flashlight into their tank to make them swim and jump. Fun habitats like a magic castle, circus or shipwreck added to the entertainment. Still sold today, Sea-Monkey kits continue to bring smiles and amazement to folks of all ages.

Covenant Woods Staff

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IMPORTANT NUMBERS

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 Beauty Shop (706) 568-1723
 Fire, Police & Ambulance 911



Back to School

School will be starting again soon, so please be extra careful when you drive. Slow down for school zones.



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907