



(706) 561-1401

Life is Good at Covenant Woods

Find us on 

New Year's Wishes

Happy New Year to all of our residents! We'd like to thank you all for making last year so pleasant, and we hope you'll continue to make your home in our community for a long time to come!



A Dream Remembered

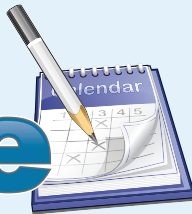
In January, we honor the life, service and legacy of Martin Luther King Jr. He organized nonviolent boycotts and protests against racial discrimination and directed a 250,000-man march on Washington, D.C., where he delivered his famous "I Have a Dream" speech. He became the youngest person to receive the Nobel Peace Prize, and his leadership led to reform in civil rights laws for all people. This year, take a moment to remember King and the movement toward equality he inspired.

Smitten With Gloves

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.



Save the Date







- Jan 7th: CSO - Beethoven's Eighth
- Jan 18th: Indoor Picnic
- Jan 26th: Pajamas Jam Dance w/ Back Trackin Band

Snow Motion

Q: How does a snowman get to work?
A: By icicle.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 4:30 A Sunday Night Movie	2 9:30 C "When the morning begins" Devotion Time w/ Rev. Kinley 1:00 A Bingo 3:15 A Exercise by Carmen 6:30 A L-R-C Game	3 Doctor Day 10:00 A Stretch & Balance 12:15 A Kiwanis Club 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	4 Doctor Day 11:00 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 2:00 A National Trivia Day 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen 6:30 A Coquette Game	5 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 Somethings 2:00 D Town Hall Meeting 2:30 A Popcorn & Games 5:00 L *Shrine Club Bingo 6:30 A Bingo	6 11:00 L Out 2 Lunch - Ezell's 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 3:00 C Big Screen & Virtual Time 4:00 L Jazz Music by Leonard Blunt 6:15 C CW Bible Study 6:30 A Bingo	7 10:00 A Word Games 2:00 C Gospel Music w/ Mary & Friend 3:00 A Saturday Matinee 6:30 L *CSO - Beethoven's Eighth @ River Center 6:30 A Bingo
8 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Let's Chat w/ Penelope 2:00 C Cathedral Of Hope Worship Music 4:30 A Sunday Night Movie	9 9:30 C "When the morning begins" Devotion Time w/ Rev. Kinley 9:30 A Coffee Chat & Sweets by Dennis 10:00 L * Cols Park Crossing 1:00 L * Peachtree Mall 1:00 A Bingo 2:15 A Line Dancing Classes 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen 6:30 A L-R-C Game	10 Doctor Day 10:00 O Martha's Sales 10:00 A Stretch & Balance 12:00 PC Music by Jan Hyatt 12:15 A Kiwanis Club 1:00 C Conversations / Show & Tell 2:00 A Walking Cookies and Cream Dessert 3:00 C Big Screen & Virtual Time 6:30 A Bingo	11 Doctor Day 11:00 A Arts & Crafts w/ Annie 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A Putt Putt Golf 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen	12 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/ Sam Beman 3:00 C Big Screen & Virtual Time 6:30 A Bingo	13 10:00 O Mary Kay Beauty w/ Cindy 11:00 L Out 2 Lunch - Cracker Barrel 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 3:00 C Big Screen & Virtual Time 6:15 C CW Bible Study 6:30 A Bingo	14 10:00 L Outing w/ Annie 10:00 A Word Games 3:00 A Saturday Matinee 6:30 A Bingo
15 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D Gospel Music w/ Bob Osbon & Friend 4:30 A Sunday Night Movie	Martin Luther King Jr. Day 16 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 Dancing Classes 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen 6:30 A L-R-C Game	17 Doctor Day 10:00 A Stretch & Balance 12:15 A Kiwanis Club 1:00 C Conversations / Show & Tell 2:00 L Crochet Ladies 2:00 D Music by David Tyler 3:00 C Big Screen & Virtual Time 6:30 A Bingo	18 Doctor Day 10:00 A River City Square Dancers 11:00 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 Indoor Picnic 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen	19 9:00 PC - 2 VA Benefits Appt 9:00 L Bank 9:45 L /10:30 Publix 10:00 A Stretch & Balance 11:00 L Juliet's Women Luncheon 2:00 D Music by Crawford Pickers 3:00 C Big Screen & Virtual Time 6:30 A Bingo	20 11:00 L Out 2 Lunch - Longhorn Steakhouse 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 3:00 C Big Screen & Virtual Time 6:15 C CW Bible Study 6:30 A Bingo	21 10:00 A Word Games 2:00 D Music by Ron Gavin 3:00 A Saturday Matinee 6:30 A Bingo
22 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 4:30 A Sunday Night Movie	23 9:30 C "When the morning begins" Devotion Time w/ Rev. Kinley 9:30 A Coffee Chat & Sweets by Dennis 10:00 L * Cols Park Crossing 1:00 L * Peachtree Mall 1:00 A Bingo 2:15 A Line Dancing Classes 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen 6:30 A L-R-C Game	24 Doctor Day 10:00 A Stretch & Balance 12:15 A Kiwanis Club 1:00 C Conversations / Show & Tell 2:00 D Music by Nadine Coker 3:00 C Big Screen & Virtual Time 6:00 C VFW #12110 Meeting 6:30 A Bingo	25 Doctor Day 11:00 A Arts & Crafts w/ Annie 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A CW Auction 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen	26 9:00 PC - 2 VA Benefits Appt 9:00 L Bank 9:45 L /10:30 Publix 10:00 A Stretch & Balance 11:30 L Romeo's Men Luncheon 6:30 D Pajamas Jam Dance w/ Back Trackin Band	27 11:00 L Out 2 Lunch - New China Buffet 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 3:00 C Big Screen & Virtual Time 6:15 C CW Bible Study 6:30 A Bingo	28 10:00 A Word Games 1:00 A Let's play "Coquette" w/ Penelope 2:00 D Music by Lindy Hamilton 3:00 A Saturday Matinee 6:30 A Bingo
29 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D Music by Jan Hyatt 4:30 A Sunday Night Movie	30 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 Dancing Classes 3:00 C Big Screen & Virtual Time 3:15 A Exercise by Carmen 6:30 A L-R-C Game	31 Doctor Day 10:00 A Stretch & Balance 12:15 A Kiwanis Club 1:00 C Conversations / Show & Tell 2:00 A Meet & Greet New Residents 3:00 C Big Screen & Virtual Time 6:30 A Bingo				



January Birthdays

- 02 Lavada Vice
- 02 Renee Webb
- 03 Kathy McHale
- 04 Gloria Owens
- 04 Larry Kay*
- 05 Earl King
- 08 Marie Bullock
- 20 George Sansoucie
- 21 Helen Sellars
- 28 Sylvia Jones

* Nineties Club

January Greetings

Welcome to a new year! I am looking forward to all this year has to offer. We're planning a variety of fun events and activities in the coming months, so stay tuned!

Wild World: Markhor

This wild goat resides in the scrublands, open woodlands and mountains of Central Asia. Their name comes from the Persian words for "snake eater," as their horns resemble coiling snakes—they are corkscrew-shaped and can grow up to 63 inches long! Markhor coats can vary between red, gray and brown, and males are differentiated by their much longer horns and a heavy fringe on their throat and chest. The markhor is the national animal of Pakistan, and over the last decade, their population has grown 20%, bumping their status from endangered to near threatened. Folklore says that their drool can extract poison from snakebites.



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



Resident Referrals

Save money on your rent with our resident referral program. When your friends move into our community, we'll give you a rent discount for recommending them. Call or stop by the office for details.



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907