

(706) 561-1401

# Life is Good at Covenant Woods

Find us on 



### An Official Fourth

With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.

### Be Free

"May we think of freedom not as the right to do as we please, but as the opportunity to do what is right."  
—Peter Marshall

### A Cool Head

Baseball caps and visors can shade your eyes from the sun, but for the best protection, choose a hat with a wide brim that covers your face, neck and ears. Beach hats, bucket hats and fedoras are stylish options. You can also find hats made of materials that block UV rays.



### Popcorn Pick: 'National Treasure'

Although not historically accurate, this 2004 movie is an exciting pick for a Fourth of July watch. One of the treasures of America, the Declaration of Independence is a big-ticket item in this blockbuster starring Nicolas Cage. Cryptographer Ben has a family secret concerning a hidden treasure; clues to the prize are scattered all around the country, but when the next one is hidden on the Declaration of Independence—which is housed in the National Archives—things get a whole lot more interesting.

### Thank a Postal Worker

July 1 is National Postal Workers Day. With words or a sweet treat, thank one of the wonderful men and women who make sure our mail gets to us every day.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>2</p> <p>9:30 <span style="color: blue;">C</span> Church Service 10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne 4:30 <span style="color: red;">A</span> Sunday Night Movie</p>	 <p>3</p> <p>9:30 <span style="color: blue;">C</span> "When the morning Begins" Devotion Time w/ Rev. Kinley 9:30 <span style="color: darkblue;">N</span> Free BP &amp; Health Check w/ Piedmont Cols Regional 10:00 <span style="color: green;">L</span> *Target Center 1:00 <span style="color: green;">L</span> *Walmart 1:00 <span style="color: red;">A</span> Bingo 2:15 <span style="color: red;">A</span> Line Dance Class 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo</p>	 <p>4</p> <p><b>Happy 4th of July</b> 1:00 <span style="color: red;">A</span> Firework Bingo 2:00 <span style="color: green;">L</span> Crochet Ladies 2:00 <span style="color: brown;">D</span> Music David Tyler 6:30 <span style="color: red;">A</span> Bingo</p>	 <p>5</p> <p><b>Doctor Day</b> 10:00 <span style="color: orange;">O</span> Martha's Sale 10:30 <span style="color: red;">A</span> Arts &amp; Craft w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus &amp; Zack 1:00 <span style="color: red;">A</span> Bingo 1:00 <span style="color: blue;">C</span> St. Anne Mass 2:00 <span style="color: red;">A</span> Putt Putt Golf 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coquette Game</p>	 <p>6</p> <p>9:00 <span style="color: purple;">PC</span> - 2 VA Benefits Appt 9:00 <span style="color: green;">L</span> Bank 9:45 <span style="color: green;">L</span> /10:30 Publix 10:00 <span style="color: red;">A</span> Stretch &amp; Balance 11:00 <span style="color: orange;">O</span> Sweet Nothings 1:00 <span style="color: blue;">C</span> Conversations &amp; Show &amp; Tell 2:00 <span style="color: brown;">D</span> Town Hall 2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class 2:30 <span style="color: red;">A</span> Popcorn &amp; Games 6:30 <span style="color: red;">A</span> Bingo</p>	 <p>7</p> <p>11:00 <span style="color: green;">L</span> Out 2 Lunch - Longhorn Steakhouse 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: red;">A</span> Happy Hour w/ Annie 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Bingo</p>	<p>8</p> <p>10:00 <span style="color: red;">A</span> Word Games 11:00 <span style="color: lightblue;">Pool</span> Pre 4th of July BBQ &amp; Pool Party 3:00 <span style="color: red;">A</span> Saturday Matinee 6:30 <span style="color: red;">A</span> Bingo</p>
<p>9</p> <p>9:30 <span style="color: blue;">C</span> Church Service 10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne 1:00 <span style="color: red;">A</span> Let's Play Coquette w/ Penelope 3:00 <span style="color: blue;">C</span> Cathedral of Hope Church 4:30 <span style="color: red;">A</span> Sunday Night Movie</p>	<p>10</p> <p>9:00 <span style="color: green;">L</span> Coffee Chat &amp; Sweet - Trip to Golden Donut 9:30 <span style="color: blue;">C</span> "When the morning Begins" Devotion Time w/ Rev. Kinley 10:00 <span style="color: green;">L</span> *Cols Park Crossing 1:00 <span style="color: green;">L</span> *Peachtree Mall 1:00 <span style="color: red;">A</span> Bingo 2:15 <span style="color: red;">A</span> Line Dance Class 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo</p>	<p>11</p> <p><b>Doctor Day</b> 10:00 <span style="color: red;">A</span> Stretch &amp; Balance 12:00 <span style="color: blue;">PC</span> Music by Jan Hyatt 1:00 <span style="color: red;">A</span> Learn how to Play Bridge w/ Ms. Fran 2:00 <span style="color: brown;">D</span> Garden Party w/ DJ Sam 2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 6:30 <span style="color: red;">A</span> Bingo</p>	<p>12</p> <p><b>Doctor Day</b> 10:30 <span style="color: red;">A</span> Arts &amp; Craft w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus &amp; Zack 12:00 <span style="color: blue;">PC</span> Music by Nadine Coker 1:00 <span style="color: red;">A</span> Bingo 2:00 <span style="color: red;">A</span> Pretty Nail 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coquette Game</p>	<p>13</p> <p>9:00 <span style="color: purple;">PC</span> - 2 VA Benefits Appt 9:00 <span style="color: green;">L</span> Bank 9:45 <span style="color: green;">L</span> /10:30 Publix 10:00 <span style="color: red;">A</span> Stretch &amp; Balance 1:00 <span style="color: blue;">C</span> Conversations &amp; Show &amp; Tell 2:00 <span style="color: brown;">D</span> Birthday Celebration w/ Gini Woolfolk Davidson 2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 6:30 <span style="color: red;">A</span> Bingo</p>	<p>14</p> <p>10:00 <span style="color: orange;">O</span> Beauty with Mary Kay 10:00 <span style="color: green;">L</span> Out 2 Lunch - Trip to Buc-ee's in Auburn, AL 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: red;">A</span> Happy Hour w/ Annie 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Bingo</p>	<p>15</p> <p>10:00 <span style="color: red;">A</span> Word Games 1:00 <span style="color: red;">A</span> Let's Play Coquette w/ Penelope 3:00 <span style="color: red;">A</span> Saturday Matinee 6:30 <span style="color: red;">A</span> Bingo</p>
<p>16</p> <p>9:30 <span style="color: blue;">C</span> Church Service 10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne 2:00 <span style="color: brown;">D</span> Gospel Music w/ Bob Osbon &amp; Friend 4:30 <span style="color: red;">A</span> Sunday Night Movie</p>	<p>17</p> <p>9:30 <span style="color: blue;">C</span> "When the morning Begins" Devotion Time w/ Rev. Kinley 10:00 <span style="color: green;">L</span> *Target Center 1:00 <span style="color: green;">L</span> *Walmart 1:00 <span style="color: red;">A</span> Bingo 2:15 <span style="color: red;">A</span> Line Dance Class 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo</p>	<p>18</p> <p><b>Doctor Day</b> 10:00 <span style="color: red;">A</span> Stretch &amp; Balance 2:00 <span style="color: green;">L</span> Crochet Ladies 2:00 <span style="color: red;">A</span> Hey, Who Is That? 2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 6:30 <span style="color: red;">A</span> Bingo</p>	<p>19</p> <p><b>Doctor Day</b> 10:30 <span style="color: red;">A</span> Arts &amp; Craft w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus &amp; Zack 1:00 <span style="color: red;">A</span> Bingo 2:00 <span style="color: red;">A</span> Watermelon Social 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coquette Game</p>	<p>20</p> <p>9:00 <span style="color: purple;">PC</span> - 2 VA Benefits Appt 9:00 <span style="color: green;">L</span> Bank 9:45 <span style="color: green;">L</span> /10:30 Publix 10:00 <span style="color: red;">A</span> Stretch &amp; Balance 10:30 <span style="color: green;">L</span> Juliet's Luncheon - Nutwood Winery in LaGrange 12:00 <span style="color: brown;">D</span> Birthday Steak &amp; Cake 1:00 <span style="color: blue;">C</span> Conversations &amp; Show &amp; Tell 2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 6:30 <span style="color: red;">A</span> Bingo</p>	<p>21</p> <p>10:00 <span style="color: green;">L</span> Out 2 Lunch - Yoder's &amp; Trip to Brown's Farm in Montezuma, GA. 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: red;">A</span> Happy Hour w/ Annie 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Bingo</p>	<p>22</p> <p>10:00 <span style="color: red;">A</span> Word Games 11:00 <span style="color: orange;">O</span> Penelope 1 of 1 Sale 2:00 <span style="color: brown;">D</span> Music by Lindy Hamilton 3:00 <span style="color: red;">A</span> Saturday Matinee 6:30 <span style="color: red;">A</span> Bingo</p>
<p>23</p> <p>9:30 <span style="color: blue;">C</span> Church Service 10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne 2:00 <span style="color: brown;">D</span> Song Circle w/ Nona 4:30 <span style="color: red;">A</span> Sunday Night Movie</p>	<p>24</p> <p>9:30 <span style="color: blue;">C</span> "When the morning Begins" Devotion Time w/ Rev. Kinley 2:15 <span style="color: red;">A</span> Line Dance Class 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo</p>	<p>25</p> <p><b>Doctor Day</b> 10:00 <span style="color: red;">A</span> Stretch &amp; Balance 1:00 <span style="color: red;">A</span> Learn how to Play Bridge w/ Ms. Fran 2:00 <span style="color: red;">A</span> CW Auction 2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 6:00 <span style="color: blue;">C</span> VFW #12110 Meeting 6:30 <span style="color: red;">A</span> Bingo</p>	<p>26</p> <p><b>Doctor Day</b> 10:30 <span style="color: red;">A</span> Arts &amp; Craft w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus &amp; Zack 12:00 <span style="color: blue;">PC</span> Music by Nadine Coker 1:00 <span style="color: red;">A</span> Bingo 2:00 <span style="color: red;">A</span> Popcorn &amp; Games 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coquette Game</p>	<p>27</p> <p>9:00 <span style="color: purple;">PC</span> - 2 VA Benefits Appt 9:00 <span style="color: green;">L</span> Bank 9:45 <span style="color: green;">L</span> /10:30 Publix 10:00 <span style="color: red;">A</span> Stretch &amp; Balance 11:00 <span style="color: green;">L</span> Romeo's Luncheon 1:00 <span style="color: blue;">C</span> Conversations &amp; Show &amp; Tell 2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class 6:30 <span style="color: red;">A</span> Red, White &amp; Blue Dance</p>	<p>28</p> <p>11:00 <span style="color: green;">L</span> Out 2 Lunch - Miles to Go 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: red;">A</span> Happy Hour w/ Annie 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Bingo</p>	<p>29</p> <p>10:00 <span style="color: red;">A</span> Word Games 1:00 <span style="color: red;">A</span> Let's Play Coquette w/ Penelope 3:00 <span style="color: red;">A</span> Saturday Matinee 6:30 <span style="color: red;">A</span> Bingo</p>
<p>30</p> <p>9:30 <span style="color: blue;">C</span> Church Service 10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne 2:00 <span style="color: brown;">D</span> Music by Jan Hyatt 4:30 <span style="color: red;">A</span> Sunday Night Movie</p>	<p>31</p> <p>8:30 <span style="color: green;">L</span> "Rod Squad" Fishing Trip 9:30 <span style="color: blue;">C</span> "When the morning Begins" Devotion Time w/ Rev. Kinley 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo</p>					

**\* Nineties Club**



**July Birthdays**

- 08 Ruth Gilbert\*
- 10 Kathy Bush
- 13 John Dodwell
- 14 Donna Hunt\*
- 15 Mamie Brown\*
- 18 Skeet Miner\* 100
- 20 Barbara Ausbon\* 101
- 20 Elizabeth Chalkley\*
- 23 Eris Farmer
- 27 June Boren

**\* Nineties Club**

**Sunshiny Day**

“A little bit of summer is what the whole year’s all about.”  
—John Mayer



**Tourist Treasure:  
Arc de Triomphe**

Paris, the capital city of France, contains many lovely wonders that attract travelers from all over the world. One of these is the Arc de Triomphe, or “Arch of Triumph.” Commissioned in 1806 and finished in July 1836, this 162-foot tall, 150-foot wide limestone arch was built to honor heroes who fought in the French Revolution and Napoleonic Wars. An eternal flame burns beneath the monument, where veterans place wreaths every night to remember fallen soldiers. The fire hasn’t been extinguished since its first lighting on Nov. 11, 1923.

**‘Bee’ Is One**

How many words can you come up with using the letters in “Liberty Bell”?

**Covenant Woods Staff**

- General Manager ..... Lisa Lewis
- Business Office ..... Kerri Woodall
- Resident Care .... Toni Mundy, LPN
- Sales ..... Jennifer Brown
- 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



**No Fireworks, Please**

As the Fourth of July approaches, we’d like to remind everyone that fireworks are not allowed in our community. Have a safe and happy holiday!



**COVENANT WOODS**

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907