



(706) 561-1401

# Life is Good at Covenant Woods

Find us on 



## HAPPY FATHER'S DAY

### Thanks, Dad

Dads play an important role in the lives of their kids. Dads not only serve as role models, but they also offer their children plenty of wisdom and advice on all aspects of life. We salute all the dads in our community. We hope you have a wonderful Father's Day. Keep up the good work, and never underestimate how important you are!

### A Sunny Outlook

"Compliment people wherever you go. Praise every single thing you see. Be a ray of sunshine to everyone you meet." —Rhonda Byrne



### Watch Sports for Your Well-Being

Can going to a ballgame, golf tournament or other live sporting event make you happier? The research says yes! Attending a competition of any level, from youth games to major league matchups, can raise one's self-esteem while lowering feelings of loneliness. Sharing a space with fellow fans builds community and trust, and regular spectators report a stronger sense of well-being and satisfaction with life.

### 'Son' Is One

How many words can you come up with using the letters in "let's go fishing"?

### A Pearl of Wisdom





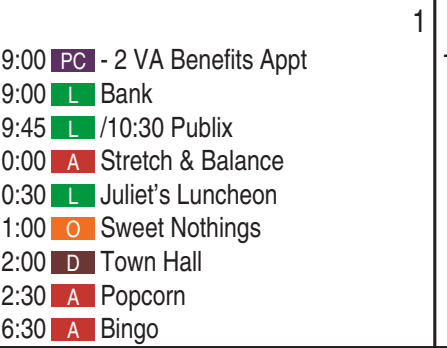
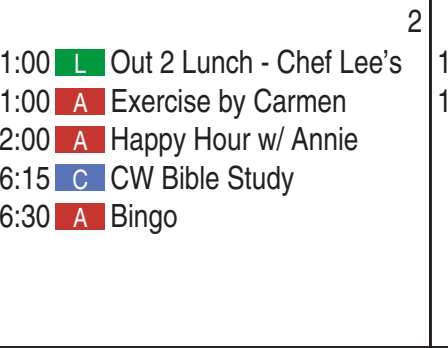


There are three birthstones for the month of June: alexandrite, moonstone and pearl. Traditionally, the pearl is the most favored of the three, with its creamy white color and iridescent shimmer. Pearls are the only gemstone to come from a living creature rather than the Earth's crust, and less than 1 in 10,000 wild oysters contain the jewel, making natural pearls one of the rarest gemstones in the world.



### Jump Into Adventure

"Any time something worthwhile has happened in my life, it's been because I did the thing I was afraid of."  
—Ariana DeBose



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>4</p> <p>9:30 <span style="color: blue;">■</span> Church Service</p> <p>10:30 <span style="color: blue;">■</span> Livestream Mass / Communion from St. Anne</p> <p>2:00 <span style="color: brown;">■</span> Song Circle w/ Nona</p> <p>4:30 <span style="color: red;">■</span> Sunday Night Movie</p>	<p>5</p> <p>9:30 <span style="color: blue;">■</span> "When the Morning Begins" Devotion Time w/ Rev. Kinley</p> <p>9:30 <span style="color: darkblue;">■</span> Free BP &amp; Health Check w/ Piedmont Cols Regional</p> <p>10:00 <span style="color: green;">■</span> *Target Center</p> <p>1:00 <span style="color: green;">■</span> *Walmart</p> <p>1:00 <span style="color: red;">■</span> Bingo</p> <p>2:15 <span style="color: red;">■</span> Line Dance Class</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>3:15 <span style="color: red;">■</span> Exercise by Carmen</p> <p>6:30 <span style="color: red;">■</span> L-R-C Game</p>	<p>6</p> <p><b>Doctor Day/D-Day</b></p> <p>10:00 <span style="color: red;">■</span> Stretch &amp; Balance</p> <p>11:30 <span style="color: red;">■</span> D-Day Luncheon</p> <p>2:00 <span style="color: green;">■</span> Crochet Ladies</p> <p>2:00 <span style="color: brown;">■</span> Share the Spirit w/ Bob Osbon</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>	<p>7</p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: orange;">■</span> Martha's Sale</p> <p>10:30 <span style="color: red;">■</span> Arts &amp; Craft w/ Annie</p> <p>11:30 <span style="color: green;">■</span> Visit w/ Therapy Dogs, Gus &amp; Zack</p> <p>12:00 <span style="color: blue;">■</span> Music by Nadine Coker</p> <p>1:00 <span style="color: red;">■</span> Bingo</p> <p>1:00 <span style="color: blue;">■</span> St. Anne Mass</p> <p>2:00 <span style="color: red;">■</span> Putt Putt Golf</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>3:15 <span style="color: red;">■</span> Exercise by Carmen</p> <p>6:30 <span style="color: red;">■</span> Coolette Game</p>	<p>8</p> <p>9:00 <span style="color: purple;">■</span> - 2 VA Benefits Appt</p> <p>9:00 <span style="color: green;">■</span> Bank</p> <p>9:45 <span style="color: green;">■</span> /10:30 Publix</p> <p>10:00 <span style="color: red;">■</span> Stretch &amp; Balance</p> <p>10:30 <span style="color: green;">■</span> Juliet's Luncheon</p> <p>11:00 <span style="color: orange;">■</span> Sweet Nothings</p> <p>2:00 <span style="color: brown;">■</span> Town Hall</p> <p>2:30 <span style="color: red;">■</span> Popcorn</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>	<p>9</p> <p>11:00 <span style="color: green;">■</span> Out 2 Lunch - Chef Lee's</p> <p>1:00 <span style="color: red;">■</span> Exercise by Carmen</p> <p>2:00 <span style="color: red;">■</span> Happy Hour w/ Annie</p> <p>6:15 <span style="color: blue;">■</span> CW Bible Study</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>	<p>10</p> <p>10:00 <span style="color: red;">■</span> Word Games</p> <p>10:30 <span style="color: green;">■</span> Outing w/ Dennis</p> <p>2:00 <span style="color: lightblue;">■</span> Pool Party</p> <p>3:00 <span style="color: brown;">■</span> Music by Mark Blaxton</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>
<p>11</p> <p>9:30 <span style="color: blue;">■</span> Church Service</p> <p>10:30 <span style="color: blue;">■</span> Livestream Mass / Communion from St. Anne</p> <p>3:00 <span style="color: blue;">■</span> Cathedral of Hope Church</p> <p>4:30 <span style="color: red;">■</span> Sunday Night Movie</p>	<p>12</p> <p>9:30 <span style="color: blue;">■</span> "When the Morning Begins" Devotion Time w/ Rev. Kinley</p> <p>10:00 <span style="color: green;">■</span> *Cols Park Crossing</p> <p>1:00 <span style="color: green;">■</span> *Peachtree Mall</p> <p>1:00 <span style="color: red;">■</span> Bingo</p> <p>2:15 <span style="color: red;">■</span> Line Dance Class</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>3:15 <span style="color: red;">■</span> Exercise by Carmen</p> <p>6:30 <span style="color: red;">■</span> L-R-C Game</p>	<p>13</p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: red;">■</span> Stretch &amp; Balance</p> <p>12:00 <span style="color: blue;">■</span> Music by Jan Hyatt</p> <p>1:00 <span style="color: red;">■</span> Learn how to Play Bridge w/ Ms. Fran</p> <p>2:00 <span style="color: brown;">■</span> Music by Mark Sasser</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>	<p>14</p> <p><b>Doctor Day</b></p> <p>10:30 <span style="color: red;">■</span> Arts &amp; Craft w/ Annie</p> <p>11:30 <span style="color: green;">■</span> Visit w/ Therapy Dogs, Gus &amp; Zack</p> <p>1:00 <span style="color: red;">■</span> Bingo</p> <p>2:00 <span style="color: red;">■</span> Popcorn &amp; Word Games</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>3:15 <span style="color: red;">■</span> Exercise by Carmen</p> <p>6:30 <span style="color: red;">■</span> Coolette Game</p>	<p>15</p> <p>9:00 <span style="color: purple;">■</span> - 2 VA Benefits Appt</p> <p>9:00 <span style="color: green;">■</span> Bank</p> <p>9:45 <span style="color: green;">■</span> /10:30 Publix</p> <p>10:00 <span style="color: red;">■</span> Stretch &amp; Balance</p> <p>2:00 <span style="color: red;">■</span> Ring Toss Game</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>	<p>16</p> <p>11:00 <span style="color: green;">■</span> Out 2 Lunch - B. Merrell's</p> <p>1:00 <span style="color: red;">■</span> Exercise by Carmen</p> <p>2:00 <span style="color: red;">■</span> Happy Hour w/ Annie</p> <p>6:15 <span style="color: blue;">■</span> CW Bible Study</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>	<p>17</p> <p>10:00 <span style="color: red;">■</span> Word Games</p> <p>2:00 <span style="color: brown;">■</span> Music by Ron Gavin</p> <p>3:00 <span style="color: red;">■</span> Saturday Matinee</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>
<p>18</p> <p><b>Happy Father's Day</b></p> <p>9:30 <span style="color: blue;">■</span> Church Service</p> <p>10:30 <span style="color: blue;">■</span> Livestream Mass / Communion from St. Anne</p> <p>2:00 <span style="color: brown;">■</span> Father's Day Program w/ Bob Osbon</p> <p>4:30 <span style="color: red;">■</span> Sunday Night Movie</p>	<p>19</p> <p>9:30 <span style="color: blue;">■</span> "When the Morning Begins" Devotion Time w/ Rev. Kinley</p> <p>10:00 <span style="color: green;">■</span> *Target Center</p> <p>1:00 <span style="color: green;">■</span> *Walmart</p> <p>1:00 <span style="color: red;">■</span> Bingo</p> <p>2:15 <span style="color: red;">■</span> Line Dance Class</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>3:15 <span style="color: red;">■</span> Exercise by Carmen</p> <p>6:30 <span style="color: red;">■</span> L-R-C Game</p>	<p>20</p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: red;">■</span> Stretch &amp; Balance</p> <p>2:00 <span style="color: green;">■</span> Crochet Ladies</p> <p>2:00 <span style="color: red;">■</span> Popcorn &amp; Games</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>	<p>21</p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: red;">■</span> River City Square Dancers</p> <p>10:30 <span style="color: red;">■</span> Arts &amp; Craft w/ Annie</p> <p>11:30 <span style="color: green;">■</span> Visit w/ Therapy Dogs, Gus &amp; Zack</p> <p>12:00 <span style="color: brown;">■</span> Birthday Steak &amp; Cake</p> <p>12:00 <span style="color: blue;">■</span> Music by Nadine Coker</p> <p>1:00 <span style="color: red;">■</span> Bingo</p> <p>2:00 <span style="color: red;">■</span> Chair Balloon Volley Ball</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>3:15 <span style="color: red;">■</span> Exercise by Carmen</p> <p>6:30 <span style="color: red;">■</span> Coolette Game</p>	<p>22</p> <p>9:00 <span style="color: purple;">■</span> - 2 VA Benefits Appt</p> <p>9:00 <span style="color: green;">■</span> Bank</p> <p>9:45 <span style="color: green;">■</span> /10:30 Publix</p> <p>10:00 <span style="color: red;">■</span> Stretch &amp; Balance</p> <p>11:00 <span style="color: green;">■</span> Romeo's Luncheon</p> <p>6:30 <span style="color: brown;">■</span> Beach Bash Dance w/ Mark Blaxton</p>	<p>23</p> <p>11:00 <span style="color: green;">■</span> Out 2 Lunch - Cheddar's</p> <p>1:00 <span style="color: red;">■</span> Exercise by Carmen</p> <p>2:00 <span style="color: red;">■</span> Happy Hour w/ Annie</p> <p>6:15 <span style="color: blue;">■</span> CW Bible Study</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>	<p>24</p> <p>10:00 <span style="color: red;">■</span> Word Games</p> <p>2:00 <span style="color: brown;">■</span> Music by Lindy Hamilton</p> <p>3:00 <span style="color: red;">■</span> Saturday Matinee</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>
<p>25</p> <p>9:30 <span style="color: blue;">■</span> Church Service</p> <p>10:30 <span style="color: blue;">■</span> Livestream Mass / Communion from St. Anne</p> <p>1:00 <span style="color: red;">■</span> Let's Play Coolette</p> <p>2:00 <span style="color: green;">■</span> Music by Jan Hyatt</p> <p>4:30 <span style="color: red;">■</span> Sunday Night Movie</p>	<p>26</p> <p>8:00 <span style="color: green;">■</span> "Rod Squad" Fishing Trip</p> <p>9:30 <span style="color: blue;">■</span> "When the Morning Begins" Devotion Time w/ Rev. Kinley</p> <p>10:00 <span style="color: green;">■</span> *Cols Park Crossing</p> <p>1:00 <span style="color: green;">■</span> *Peachtree Mall</p> <p>1:00 <span style="color: red;">■</span> Bingo</p> <p>2:15 <span style="color: red;">■</span> Line Dance Class</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>3:15 <span style="color: red;">■</span> Exercise by Carmen</p> <p>6:30 <span style="color: red;">■</span> L-R-C Game</p>	<p>27</p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: red;">■</span> Stretch &amp; Balance</p> <p>1:00 <span style="color: red;">■</span> Learn how to Play Bridge w/ Ms. Fran</p> <p>2:00 <span style="color: red;">■</span> CW Auction</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>6:00 <span style="color: blue;">■</span> VFW #12110 Meeting</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>	<p>28</p> <p><b>Doctor Day</b></p> <p>10:30 <span style="color: red;">■</span> Arts &amp; Craft w/ Annie</p> <p>11:30 <span style="color: green;">■</span> Visit w/ Therapy Dogs, Gus &amp; Zack</p> <p>1:00 <span style="color: red;">■</span> Bingo</p> <p>2:00 <span style="color: red;">■</span> Pretty Nail</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>3:15 <span style="color: red;">■</span> Exercise by Carmen</p> <p>6:30 <span style="color: red;">■</span> Coolette Game</p>	<p>29</p> <p>9:00 <span style="color: purple;">■</span> - 2 VA Benefits Appt</p> <p>9:00 <span style="color: green;">■</span> Bank</p> <p>9:45 <span style="color: green;">■</span> /10:30 Publix</p> <p>10:00 <span style="color: red;">■</span> Stretch &amp; Balance</p> <p>2:00 <span style="color: red;">■</span> National Bomb Pop Day</p> <p>3:00 <span style="color: blue;">■</span> Big Screen &amp; Virtual</p> <p>5:00 <span style="color: green;">■</span> Mystery Dinner</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>	<p>30</p> <p>9:00 <span style="color: green;">■</span> Trip to Biblical History Center in LaGrange, Ga &amp; Lunch</p> <p>1:00 <span style="color: red;">■</span> Exercise by Carmen</p> <p>2:00 <span style="color: red;">■</span> Happy Hour w/ Annie</p> <p>6:15 <span style="color: blue;">■</span> CW Bible Study</p> <p>6:30 <span style="color: red;">■</span> Bingo</p>	



### June Birthdays

- 04 Elaine Futch
- 07 Dotty Lipford
- 09 Mable Ditchfield
- 11 Joann Starling
- 11 Jane Tjoflat\*
- 12 Elvia King
- 13 Terry Irvin
- 14 Ruth Thompson
- 15 Louella Harris\*
- 17 Don Ward
- 19 Richard McKinney Jr.
- 20 Beverly Southern
- 23 Marie Church
- 24 Betty Davidson\*
- 24 Barbara Offutt
- 27 Kathaleen Banta

### \* Nineties Club



### Inside a Thunderstorm

Some find thunderstorms soothing, while others think they're scary. Around 100,000 storms take place in the U.S. every year, mostly in the spring and summer. Storms often happen on hot, humid days, as warm air rises and collides with cold air, creating tension in the atmosphere. Ice particles inside of clouds swirl and crash together, resulting in static electricity that's released in the form of lightning. And did you know that thunder is simply the noise that lightning makes? We just see lightning first since light travels faster than sound.

### Music's Greatest Hit

"One good thing about music, when it hits you, you feel no pain." —Bob Marley

### Covenant Woods Staff

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



### Swimming Pool Reminder

Our pool is now open! Friendly reminder to follow the rules posted in the swimming area for everyone's safety and enjoyment. Thank you!



## COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907