



(706) 561-1401

# Life is Good at Covenant Woods

Find us on 



## Happy St. Patrick's Day

Everybody's Irish on March 17. As you celebrate the wearin' o' the green, we'd like to offer this St. Patrick's Day toast: May the roof above you never fall in, and may the friends gathered below never fall out. Happy St. Patrick's Day to all of our residents!

## Celebrating Victorious Women

The month of May celebrates International Victorious Woman Month and focuses on women who have shaped life's challenges into victories. By acknowledging these types of achievements, others are encouraged to overcome their own difficulties and achieve their own personal victories.



## Spring Starts

In the Northern Hemisphere, the spring equinox usually falls between March 19 and 21. This year, spring starts on March 20, and with it comes new beginnings. Take this opportunity to restart forgotten resolutions, begin a new journey you've been putting off or spruce up your home for a fresh feel.



## Brainteaser

Question: I have four wings but cannot fly. I never laugh and never cry. On the same spot, I'm always found, toiling away with little sound. What am I?

Answer: A windmill.






## Medal of Honor

The Medal of Honor is the highest honor of military valor in the United States, granted to those who risk life and go above and beyond the call of duty. Recipients are given the award in the form of a medal at the end of a neck ribbon—the only American military award that is presented as such. Commemorate Medal of Honor Day on March 25 by thanking one of the heroic recipients or reading some of their stories.

## Fabulous Fables

World Folktales and Fables Week is the third week of March. Celebrate this magical week by reading or watching your favorite folktales, fables or fairy tales.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Doctor Day</b> 1 11:00 <span style="color: red;">A</span> Arts & Crafts w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus & Zack 12:00 <span style="color: blue;">PC</span> Music by Nadine Coker 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: brown;">D</span> Talent Show Practice 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coolette Game	2 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 & Balance 11:00 <span style="color: green;">L</span> *Juliets Women's Luncheon 11:00 <span style="color: orange;">O</span> Sweet Somethings 2:00 <span style="color: brown;">D</span> Town Hall 2:30 <span style="color: red;">A</span> Popcorn & Games 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 6:30 <span style="color: red;">A</span> Bingo	3 11:00 <span style="color: green;">L</span> Out 2 Lunch - Rose Hill Seafood 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	4 10:00 <span style="color: red;">A</span> Word Games 3:00 <span style="color: red;">A</span> Saturday Matinee 6:30 <span style="color: red;">A</span> Bingo 6:30 <span style="color: green;">L</span> Kaleidoscope Musical @ Bill Heard Theatre
5 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 "Coolette" w/ Penelope 4:30 <span style="color: red;">A</span> Sunday Night Movie	6 9:30 <span style="color: blue;">C</span> "When the morning begins" Devotion Time w/ Rev. Kinley 9:30 <span style="color: red;">A</span> Coffee Chats & Sweets w/ Dennis 9:30 <span style="color: red;">A</span> Free BP & Health Check w/ Piedmont Cols Regional 10:00 <span style="color: green;">L</span> *Cols Park Crossing 12:00 <span style="color: purple;">PC</span> Music by Jan Hyatt 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 Dancing Classes 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> L-C-R Game	7 <b>Doctor Day</b> 10:00 <span style="color: red;">A</span> Stretch & Balance 12:15 <span style="color: red;">A</span> Kiwanis Club 1:00 <span style="color: blue;">C</span> Conversations / Show & Tell 2:00 <span style="color: green;">L</span> Crochet Ladies 2:00 <span style="color: brown;">D</span> Share the Spirit w/ Bob Osbon 2:30 <span style="color: red;">A</span> Talent Show Practice 6:30 <span style="color: red;">A</span> Bingo	8 <b>Doctor Day</b> 11:00 <span style="color: red;">A</span> Arts & Crafts w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus & Zack 1:00 <span style="color: red;">A</span> Bingo 2:00 <span style="color: brown;">D</span> Music by David Tyler 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coolette Game	9 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 & Balance 2:00 <span style="color: brown;">D</span> Birthday Celebration w/ Johnathan Lily 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 6:30 <span style="color: red;">A</span> Bingo	10 9:30 <span style="color: green;">L</span> Out 2 Lunch - Trip to Wind Creek Casino & Lunch 10:00 <span style="color: orange;">O</span> Mary Kay Beauty w/ Cindy 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	11 10:00 <span style="color: red;">A</span> Word Games 10:30 <span style="color: green;">L</span> Outing w/ Dennis 3:00 <span style="color: red;">A</span> Saturday Matinee 6:30 <span style="color: red;">A</span> Bingo
<b>Daylight Saving Time Begins</b> 12 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: blue;">C</span> Cathedral of Hope Church 4:30 <span style="color: red;">A</span> Sunday Night Movie	13 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 Dancing Classes 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> L-C-R Game	14 <b>Doctor Day</b> 10:00 <span style="color: red;">A</span> Stretch & Balance 12:15 <span style="color: red;">A</span> Kiwanis Club 1:00 <span style="color: blue;">C</span> Conversations / Show & Tell 2:00 <span style="color: red;">A</span> Ring Toss Game 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 6:30 <span style="color: red;">A</span> Bingo	15 <b>Doctor Day</b> 10:00 <span style="color: red;">A</span> River City Square Dancers 11:00 <span style="color: red;">A</span> Arts & Crafts w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus & Zack 12:00 <span style="color: brown;">D</span> Birthday Steak & Cake 1:00 <span style="color: red;">A</span> Bingo 2:00 <span style="color: brown;">D</span> Last Talent Show Practice 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coolette Game	16 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 & Balance 2:00 <span style="color: brown;">D</span> CW Talent Show 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 6:30 <span style="color: red;">A</span> Bingo	<b>St. Patrick's Day</b> 17 11:00 <span style="color: green;">L</span> Out 2 Lunch - Netta's Southern Flava 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: red;">A</span> St. Patrick's Day Happy Hour w/ Annie 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Bingo	18 10:00 <span style="color: red;">A</span> Word Games 2:00 <span style="color: brown;">D</span> Music by Ron Gavin 3:00 <span style="color: red;">A</span> Saturday Matinee 6:30 <span style="color: red;">A</span> Bingo
19 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 by Bob Osbon & Friend 4:30 <span style="color: red;">A</span> Sunday Night Movie	<b>Spring Begins</b> 20 9:30 <span style="color: blue;">C</span> "When the morning begins" Devotion Time w/ Rev. Kinley 9:30 <span style="color: red;">A</span> Coffee Chat & Sweets w/ Dennis 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 Dancing Classes 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> L-C-R Game	21 <b>Doctor Day</b> 10:00 <span style="color: red;">A</span> Stretch & Balance 12:15 <span style="color: red;">A</span> Kiwanis Club 1:00 <span style="color: blue;">C</span> Conversations / Show & Tell 2:00 <span style="color: green;">L</span> Crochet Ladies 2:00 <span style="color: brown;">D</span> Hymn Sing Along by Doyle Register 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 6:30 <span style="color: red;">A</span> Bingo	22 <b>Doctor Day</b> 11:00 <span style="color: red;">A</span> Arts & Crafts w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus & Zack 1:00 <span style="color: red;">A</span> Bingo 2:00 <span style="color: brown;">D</span> Music by Nadine Coker 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coolette Game	23 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 & Balance 11:00 <span style="color: green;">L</span> Romeos Men's Luncheon 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 6:30 <span style="color: brown;">D</span> Spring Fever Dance w/ Mark Blaxton	24 11:00 <span style="color: green;">L</span> Out 2 Lunch - B Merrell's 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	25 10:00 <span style="color: red;">A</span> Word Games 1:00 <span style="color: red;">A</span> Let's Play "Coolette" w/ Penelope 3:00 <span style="color: red;">A</span> Saturday Matinee 6:30 <span style="color: red;">A</span> Bingo
26 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: blue;">C</span> Music by Jan Hyatt 4:30 <span style="color: red;">A</span> Sunday Night Movie	27 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 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 Dancing Classes 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> L-C-R Game	28 <b>Doctor Day</b> 10:00 <span style="color: red;">A</span> Stretch & Balance 12:15 <span style="color: red;">A</span> Kiwanis Club 1:00 <span style="color: blue;">C</span> Conversations / Show & Tell 2:00 <span style="color: red;">A</span> CW Auction 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 6:00 <span style="color: blue;">C</span> VFW #12110 Meeting 6:30 <span style="color: red;">A</span> Bingo	29 <b>Doctor Day</b> 11:00 <span style="color: red;">A</span> Arts & Crafts w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus & Zack 1:00 <span style="color: red;">A</span> Bingo 2:00 <span style="color: red;">A</span> Popcorn & Games 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coolette Game	30 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 & Balance 11:30 <span style="color: red;">A</span> Cookout 12:00 <span style="color: brown;">D</span> Celebrated Women of Columbus Luncheon 3:00 <span style="color: blue;">C</span> Big Screen & Virtual Time 6:30 <span style="color: red;">A</span> Bingo	31 11:00 <span style="color: green;">L</span> Out 2 Lunch - New China Buffet 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	



**March Birthdays**

- 04 Franklin Shine
- 04 Joyce Nowa
- 07 Connie Fitts
- 08 Rev. Jack Kinley\*
- 13 Mary B Martin 104\*
- 18 Jane Miller\*
- 20 Trudy Monico
- 22 Mary Jo Byrd
- 24 Steve Stahl\*
- 27 Margaret Watson\*
- 27 Pete Weatherell

**\* Nineties Club**

**Try Your Luck**

“Be humble. Be nice to people. And you might be ready to be lucky.” —Zoey Deutch

**Memorable Melody:  
‘The Lion Sleeps Tonight’**

One of the most recognizable songs in music history, this 1961 hit for doo-wop group The Tokens is known for the chanting line “Wimoweh, wimoweh,” which is a clue to the song’s origin. Originally written in 1939 by Solomon Linda, a musician from South Africa, it was titled “Mbube,” the Zulu word for “lion.” Pronounced “EEM-boo-beh,” the word was misheard as “wimoweh” when folk group The Weavers covered it in 1952. Songwriter George David Weiss later composed the English lyrics—including the opening line of “In the jungle, the mighty jungle”—for The Tokens, who took the song to the top of the charts.



**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



**Positive Thought**

“I am not afraid of tomorrow, for I have seen yesterday and I love today.” —William Allen White



**COVENANT WOODS**

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907