



(706) 561-1401

Life is Good at Covenant Woods

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Happy New Year to You

As the new year starts, many people make resolutions to change their lives in some way. Others simply resolve to enjoy what life has to offer. Whatever your outlook, we wish you a wonderful new year.

Spread the Good News

Do you love calling our community home? Don't keep it to yourself! When you refer a friend, and they sign a lease and move in, you'll receive a great referral reward! What could be better than that?



Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

Walk and Talk

Walking is a convenient, low-intensity workout that can improve or maintain your overall health. Follow the talk test to gauge how hard you're working. If you can comfortably talk while walking, then you are successfully completing a moderate workout. But if you're able to sing, then you should up your pace.

Celebrating MLK Jr. Day




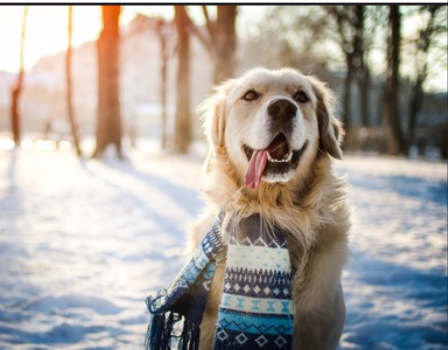
The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King's actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader's 95th birthday.



Cold and Flu Truth

"Feed a cold, starve a fever." This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 10:00 ■ "When the morning begins" Devotion Time w/ Rev. Kinley 2:00 ■ Movie & Snack 6:30 ■ New Year's Bingo	Doctor Day 2 10:00 ■ Stretch & Balance 2:00 ■ Crochet Ladies 2:00 ■ New Year's Resolutions & Traditions w/ Penelope 3:00 ■ Big Screen & Virtual Time 6:30 ■ Bingo	Doctor Day 3 10:30 ■ Arts & Craft w/ Annie 11:30 ■ Visit w/ Therapy Dogs, Gus & Zack 1:00 ■ Bingo 1:00 ■ St. Anne Mass 2:00 ■ Putt Putt Golf 3:00 ■ Big Screen & Virtual Time 3:15 ■ Exercise by Carmen 6:30 ■ Bingo 6:30 ■ Coolette Game	4 9:00 ■ -2 VA Benefits Appt 9:00 ■ Bank 9:45 ■ / 10:30 Publix 10:00 ■ Stretch & Balance 11:00 ■ Sweet Somethings 2:00 ■ Town Hall 2:30 ■ Popcorn 6:30 ■ Bingo	5 11:00 ■ Out 2 Lunch - Ezell's 1:00 ■ Exercise by Carmen 2:00 ■ Happy Hour w/ Annie 6:15 ■ CW Bible Study 6:30 ■ Coolette Game	6 10:00 ■ Word Games 10:30 ■ Awkward Family Photos @ The Columbus Museum 3:00 ■ Saturday Matinee 6:30 ■ Bingo
7 9:30 ■ Church Service 10:30 ■ Livestream Mass / Communion from St. Anne 4:30 ■ Sunday Night Movie	8 9:30 ■ Free BP & Health Check w/ Piedmont Cols Regional 10:00 ■ "When the morning begins" Devotion Time w/ Rev. Kinley 10:00 ■ *Cols. Park Crossing 1:00 ■ *Peachtree Mall 1:00 ■ Bingo 2:15 ■ Line Dance Class 3:00 ■ Big Screen & Virtual Time 3:15 ■ Exercise by Carmen 6:30 ■ Bingo	9 Doctor Day 10:00 ■ Stretch & Balance 12:00 ■ Music by Jan Hyatt 2:00 ■ Reflecting on Martin Luther King Jr. & Elvis Presley 3:00 ■ Big Screen & Virtual Time 6:30 ■ Bingo	10 Doctor Day 10:30 ■ Arts & Craft w/ Annie 11:30 ■ Visit w/ Therapy Dogs, Gus & Zack 1:00 ■ Bingo 2:00 ■ Pretty Nails 3:00 ■ Big Screen & Virtual Time 3:15 ■ Exercise by Carmen 6:30 ■ Coolette Game	11 9:00 ■ -2 VA Benefits Appt 9:00 ■ Bank 9:45 ■ / 10:30 Publix 10:00 ■ Stretch & Balance 12:00 ■ Music by Nadine Coker 1:00 ■ Conversation & Brain Games 2:00 ■ Birthday Celebration w/ Sam Beman 3:00 ■ Big Screen & Virtual Time 6:30 ■ Bingo	12 9:30 ■ Out 2 Lunch - Trip to Wind Creek Casino & Lunch 10:30 ■ Beauty w/ Mary Kay 1:00 ■ Exercise by Carmen 2:00 ■ Happy Hour w/ Annie 6:15 ■ CW Bible Study 6:30 ■ Coolette Game	13 10:00 ■ Word Games 10:30 ■ Outing w/ Annie 3:00 ■ Saturday Matinee 6:30 ■ Bingo
14 9:30 ■ Church Service 10:30 ■ Livestream Mass / Communion from St. Anne 1:00 ■ Coolette & Card Game w/ Penelope 2:00 ■ Piano Music by Scarlet Harbour 4:30 ■ Sunday Night Movie	Martin Luther King Jr. Day 15 9:30 ■ Coffee Chat & Sweet 10:00 ■ "When the morning begins" Devotion Time w/ Rev. Kinley 10:00 ■ *Target Center 1:00 ■ *Walmart 1:00 ■ Bingo 2:15 ■ Line Dance Class 3:00 ■ Big Screen & Virtual Time 3:15 ■ Exercise by Carmen 6:30 ■ Bingo	16 Doctor Day 10:00 ■ Stretch & Balance 2:00 ■ Ball Toss Game 2:00 ■ Crochet Ladies 3:00 ■ Big Screen & Virtual Time 6:30 ■ Bingo	17 Doctor Day 10:30 ■ Arts & Craft w/ Annie 11:30 ■ Visit w/ Therapy Dogs, Gus & Zack 1:00 ■ Bingo 2:00 ■ Making Strawberry Shortcake 3:00 ■ Big Screen & Virtual Time 3:15 ■ Exercise by Carmen 6:30 ■ Coolette Game	18 9:00 ■ -2 VA Benefits Appt 9:00 ■ Bank 9:45 ■ / 10:30 Publix 10:00 ■ Stretch & Balance 10:30 ■ Juliet Luncheon 12:00 ■ Birthday Steak & Cake 2:00 ■ Card Games 3:00 ■ Big Screen & Virtual Time 6:30 ■ Bingo	19 12:00 ■ Out 2 Lunch - B. Merrell's 1:00 ■ Exercise by Carmen 2:00 ■ Happy Hour w/ Annie 6:15 ■ CW Bible Study 6:30 ■ Coolette Game	20 10:00 ■ Word Games 2:00 ■ Music by Ron Gavin 3:00 ■ Saturday Matinee 6:30 ■ Bingo
21 9:30 ■ Church Service 10:30 ■ Livestream Mass / Communion from St. Anne 4:30 ■ Sunday Night Movie	22 10:00 ■ "When the morning begins" Devotion Time w/ Rev. Kinley 10:00 ■ *Cols. Park Crossing 1:00 ■ *Peachtree Mall 1:00 ■ Bingo 2:00 ■ Painting Bowls for Feeding The Valley 3:00 ■ Big Screen & Virtual Time 3:15 ■ Exercise by Carmen 6:30 ■ Bingo	23 Doctor Day 10:00 ■ Stretch & Balance 2:00 ■ Sing-Along w/ Mr. King 3:00 ■ Big Screen & Virtual Time 6:00 ■ VFW #12110 Meeting 6:30 ■ Bingo	24 Doctor Day 10:30 ■ Arts & Craft w/ Annie 11:30 ■ Visit w/ Therapy Dogs, Gus & Zack 1:00 ■ Bingo 2:00 ■ Jazz Music by Jonathan Lilly 3:00 ■ Big Screen & Virtual Time 3:15 ■ Exercise by Carmen 6:30 ■ Coolette Game	25 9:00 ■ -2 VA Benefits Appt 9:00 ■ Bank 9:45 ■ / 10:30 Publix 10:00 ■ Stretch & Balance 11:00 ■ Romeo Luncheon 12:00 ■ Music by Nadine Coker 1:00 ■ Conversation & Brain Games 2:00 ■ Popcorn & Word Games 3:00 ■ Big Screen & Virtual Time 6:30 ■ Bingo	26 11:00 ■ Out 2 Lunch - Country's BBQ 1:00 ■ Exercise by Carmen 2:00 ■ Happy Hour w/ Annie 6:15 ■ CW Bible Study 6:30 ■ Coolette Game	27 10:00 ■ Word Games 1:00 ■ Coolette & Card Game w/ Penelope 2:00 ■ Music by Lindy Hamilton 3:00 ■ Saturday Matinee 6:30 ■ Bingo
28 9:30 ■ Church Service 10:30 ■ Livestream Mass / Communion from St. Anne 2:00 ■ Music by Jan Hyatt 4:30 ■ Sunday Night Movie	29 10:00 ■ "When the morning begins" Devotion Time w/ Rev. Kinley 10:00 ■ *Target Center 1:00 ■ *Walmart 1:00 ■ Bingo 2:15 ■ Line Dance Class 3:00 ■ Big Screen & Virtual Time 3:15 ■ Exercise by Carmen 6:30 ■ Bingo	30 Doctor Day 10:00 ■ Stretch & Balance 2:00 ■ CW Auction 3:00 ■ Big Screen & Virtual Time 6:30 ■ Bingo	31 Doctor Day 10:30 ■ Arts & Craft w/ Annie 11:30 ■ Visit w/ Therapy Dogs, Gus & Zack 1:00 ■ Bingo 2:00 ■ National Hot Chocolate Day 3:00 ■ Big Screen & Virtual Time 3:15 ■ Exercise by Carmen 6:30 ■ Coolette Game			



January Birthdays

- 02 Lavada Vice
- 02 Renee Webb
- 03 Kathy McHale
- 04 Gloria Owens
- 05 Paula Smith
- 05 Earl King
- 07 Keith Harden
- 08 Marie Bullock
- 11 Joyce Brown
- 18 Kay Hutson
- 18 Rick Granger
- 20 George Sansouie
- 24 Margaret Maxwell
- 29 Earnestine Jones
- 31 Betty Murphy

* Nineties Club

'Who Loves Ya, Baby?'

Enjoy a lollipop on Jan. 21 in honor of Telly Savalas, who was born on that day in 1922. Best known for his award-winning role as a streetwise detective with a sweet tooth on the '70s series "Kojack," Savalas also starred in films such as "The Dirty Dozen" and "On Her Majesty's Secret Service."



From the Sea to Outer Space

Moon jellyfish, aka *aurelia aurita*, share something with their common name—they've been in space! NASA sent the jellies aboard the space shuttle Columbia in 1991 with the goal of learning how low gravity would affect their development. The results? When the sea creatures returned to Earth, they showed signs of vertigo.

Covenant Woods Staff

General Manager Lisa Lewis
 Business Office Kerri Woodall
 Resident Care Toni Mundy, LPN
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 Marketing Nona Christie
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 Dining Services Lucy Greene
 Dining Room Tiffany Thomas
 Recreation Alisha Brooks
 Rec Assist Annie Morgan
 Transportation Dennis Johnson
 Housekeeping Malinda Dowell
 Maintenance Jamar Brooks

IMPORTANT NUMBERS

Front Desk (706) 561-1401
 Beauty Shop (706) 568-1723
 Fire, Police & Ambulance 911



Bringing Good Cheer

"I shall try to make my life like an open fireplace, so that people may be warmed and cheered by it and so go out themselves to warm and cheer."
 —George Matthew Adams



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907