



(706) 561-1401

# Life is Good at Covenant Woods

Find us on 

## Easter Joy

We wish all of our residents a happy Easter! We hope you and your loved ones have a joyous holiday.



## A Better You

Taking care of yourself mentally can lower stress levels and risk of illness, leading to better physical health and increased energy. You are never done growing as a person, so do all you can to continue to learn, challenge yourself, prioritize your well-being and focus on the positive.

## Splash Into Spring

Happy Holi to all who celebrate this colorful holiday!



## Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

## Thanks, Doc!

National Doctors' Day is March 30.








## Brainteaser

Question: Ed planted four rows of flowers. The daffodils are right behind the tulips, but before the dahlias. The zinnias aren't in the first or last rows, and the flowers in the first row don't begin with the letter D. What's the order of the flowers?

Answer: First, tulips, then the daffodils, zinnias and dahlias.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>3</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: green;">G2</span> Poker Time</p>	<p>4</p> <p>9:30 <span style="color: blue;">N</span> Free BP &amp; Health Check w/ Piedmont Cols Regional                      10:00 <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 w/ Mr. Brooks                      3:15 <span style="color: red;">A</span> Exercise by Carmen                      6:30 <span style="color: red;">A</span> Bingo</p>	<p>5</p> <p><b>Doctor Day</b>                      10:00 <span style="color: blue;">C</span> Stretch &amp; Balance                      1:00 <span style="color: red;">A</span> Creative Writing Club Meeting                      2:00 <span style="color: green;">L</span> Crochet Ladies                      2:00 <span style="color: brown;">D</span> Music by David Tyler                      6:30 <span style="color: red;">A</span> Bingo</p>	<p>6</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                      1:00 <span style="color: blue;">C</span> St. Anne Mass                      2:00 <span style="color: red;">A</span> Pretty Nails                      3:15 <span style="color: red;">A</span> Exercise by Carmen                      6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>7</p> <p>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: green;">L</span> Questions &amp; Answers w/ Home Health Dept.                      10:00 <span style="color: blue;">C</span> Stretch &amp; Balance                      2:00 <span style="color: brown;">D</span> Town Hall                      2:30 <span style="color: red;">A</span> Popcorn                      6:30 <span style="color: red;">A</span> Bingo</p>	<p>1</p> <p>11:00 <span style="color: green;">L</span> Out 2 Lunch - El Carrizo                      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> Coolette Game</p>	<p>2</p> <p>10:00 <span style="color: red;">A</span> Word Games                      3:00 <span style="color: red;">A</span> Let's Play Games                      6:30 <span style="color: red;">A</span> Bingo                      6:30 <span style="color: green;">L</span> Johnny Cash: The Official Concert Experience @ River Center</p>
<p>10</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: blue;">C</span> Piano Music by Scarlet Harbour                      4:30 <span style="color: green;">G2</span> Poker Time</p>	<p>11</p> <p>10:00 <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 w/ Mr. Brooks                      3:15 <span style="color: red;">A</span> Exercise by Carmen                      6:30 <span style="color: red;">A</span> Bingo</p>	<p>12</p> <p><b>Doctor Day</b>                      10:00 <span style="color: blue;">C</span> Stretch &amp; Balance                      12:00 <span style="color: teal;">PC</span> Music by Jan Hyatt                      1:00 <span style="color: green;">L</span> Walking Club "Get Your Steps in"                      2:00 <span style="color: red;">A</span> National Plant a Flower Day                      6:30 <span style="color: red;">A</span> Bingo</p>	<p>13</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> Theater Club Meeting                      3:15 <span style="color: red;">A</span> Exercise by Carmen                      6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>14</p> <p>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: blue;">C</span> Stretch &amp; Balance                      12:00 <span style="color: teal;">PC</span> Music by Nadine Coker                      1:00 <span style="color: green;">L</span> Walking Club "Get Your Steps in"                      2:00 <span style="color: red;">A</span> Pet Day (Bring your Fur Babies)                      6:30 <span style="color: red;">A</span> Bingo</p>	<p>15</p> <p>11:00 <span style="color: green;">L</span> Out 2 Lunch - Ruby Tuesday                      1:00 <span style="color: red;">A</span> Exercise by Carmen                      2:00 <span style="color: red;">A</span> Pre 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> Coolette Game</p>	<p>16</p> <p>10:00 <span style="color: red;">A</span> Word Games                      10:30 <span style="color: green;">L</span> Fields of Grace Flower Farm Tulip Feast                      2:00 <span style="color: orange;">O</span> - 6 Girl Scout Cookie Sale                      3:00 <span style="color: red;">A</span> Let's Play Games                      6:30 <span style="color: red;">A</span> Bingo</p>
<p>17</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: green;">G2</span> Poker Time</p>	<p>18</p> <p>10:00 <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 w/ Mr. Brooks                      3:15 <span style="color: red;">A</span> Exercise by Carmen                      6:30 <span style="color: red;">A</span> Bingo</p>	<p>19</p> <p><b>Doctor Day</b>                      10:00 <span style="color: blue;">C</span> Stretch &amp; Balance                      1:00 <span style="color: red;">A</span> Creative Writing Club Meeting                      2:00 <span style="color: green;">L</span> Crochet Ladies                      2:00 <span style="color: brown;">D</span> Jazz Music by Jonathan Lilly                      6:30 <span style="color: red;">A</span> Bingo</p>	<p>20</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> Music Club Meeting (Bell Choir, CW Choir &amp; Men's Quartet)                      3:15 <span style="color: red;">A</span> Exercise by Carmen                      6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>21</p> <p>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: blue;">C</span> Stretch &amp; Balance                      12:00 <span style="color: brown;">D</span> Birthday Steak &amp; Cake                      2:00 <span style="color: brown;">D</span> Birthday Celebration w/ Sam Beman                      6:30 <span style="color: red;">A</span> Bingo</p>	<p>22</p> <p>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> Coolette Game</p>	<p>23</p> <p>10:00 <span style="color: red;">A</span> Word Games                      3:00 <span style="color: red;">A</span> Let's Play Games                      6:30 <span style="color: red;">A</span> Bingo</p>
<p>24</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: green;">G2</span> Poker Time</p>	<p>25</p> <p>10:00 <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 w/ Mr. Brooks                      3:15 <span style="color: red;">A</span> Exercise by Carmen                      6:00 <span style="color: green;">L</span> CCO Concert "Concerto Concert"                      6:30 <span style="color: red;">A</span> Bingo</p>	<p>26</p> <p><b>Doctor Day</b>                      10:00 <span style="color: blue;">C</span> Stretch &amp; Balance                      1:00 <span style="color: green;">L</span> Walking Club "Get Your Steps in"                      2:00 <span style="color: red;">A</span> CW Auction                      6:00 <span style="color: blue;">C</span> VFW #12110 Meeting                      6:30 <span style="color: red;">A</span> Bingo</p>	<p>27</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> Sing-Along w/ Mr. King                      3:15 <span style="color: red;">A</span> Exercise by Carmen                      6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>28</p> <p>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: blue;">C</span> Stretch &amp; Balance                      12:00 <span style="color: teal;">PC</span> Music by Nadine Coker                      1:00 <span style="color: green;">L</span> Walking Club "Get Your Steps in"                      6:30 <span style="color: red;">A</span> Spring Fling Dance w/ Mark Blaxton</p>	<p>29</p> <p>11:00 <span style="color: green;">L</span> Out 2 Lunch - Old Chicago                      1:00 <span style="color: red;">A</span> Exercise by Carmen                      2:00 <span style="color: red;">A</span> Easter Celebration Happy Hour w/ Annie                      6:15 <span style="color: blue;">C</span> CW Bible Study                      6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>30</p> <p>10:00 <span style="color: red;">A</span> Word Games                      3:00 <span style="color: red;">A</span> Let's Play Games                      6:30 <span style="color: red;">A</span> Bingo</p>
<p>31</p> <p><b>Happy Easter</b>                      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: green;">G2</span> Poker Time</p>						



### March Birthdays

- 07 Connie Fitts
- 08 Jack Kinley
- 13 Mary B Martin\* 105
- 20 Trudy Monico
- 24 Steve Stahl\*
- 27 Margaret Watson\*
- 27 Pete Weatherell

### \* Nineties Club

### Grant Each Other's Wishes

"Imagine if we were all magical leprechauns, and every wish ever made on a four-leaf clover obliged us to help others obtain their wishes. Now imagine if people simply lived like this were true." —Richelle E. Goodrich

### March Weather Folklore

According to an old saying, "March comes in like a lion and goes out like a lamb." Weather folklore often illustrated balance in nature, so if the month roared in with storms, then it should end on a calm, docile note. Since March marks the end of winter and the beginning of spring, this prediction can be true at times, but for parts of the country, elements of both seasons can be felt throughout the month.

### Keep Calm and Carrot On

Root out some fun facts about sweet and crunchy carrots.

- Carrots became popular in the U.S. following World War I. Today, they are Americans' fourth-favorite vegetable (after potatoes, onions and tomatoes).
- One teaspoon can hold 2,000 tiny carrot seeds.
- Although linked with rabbits (thanks, Bugs Bunny!), carrots are high in sugar and should only be fed to rabbits as an occasional treat.

### 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 .... Malinda Dowell  
 Maintenance ..... Jamar Brooks

### IMPORTANT NUMBERS

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



### A Positive Habit

March is Optimism Month. Celebrate by writing down one thing you are thankful for at the end of each day. Keep up this habit for the rest of the year to help maintain a positive outlook.



**COVENANT WOODS**

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907