



(706) 561-1401

# Life is Good at Covenant Woods

Find us on 

## Happy Easter!

It's a time of rebirth and renewal. Whether you're celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday.



## Blown Away by Spring

Spring and strong winds often go hand in hand. This is due to shifting atmospheric pressure and temperature changes. According to the World Meteorological Organization, the maximum natural wind gust ever recorded clocked in at 253 mph on April 10, 1996, in Barrow Island, Australia.



## A Little Rain Must Fall

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton



## The Power of Pecans

Celebrate National Pecan Month in April with a handful of these nutritious nuts. Rich in antioxidants and more than 19 vitamins and minerals, pecans are an excellent heart-healthy snack. Studies show that pecans may also help lower the risk for age-related diseases such as Alzheimer's, Parkinson's and Lou Gehrig's disease.



## Green Spaces Linked to Longevity






Recent studies indicate that access to green space may contribute to longer life expectancy. The presence of trees, gardens and houseplants can reduce air pollution and improve mental well-being, leading to increased health and happiness.



## Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to reduce pain and boost immunity.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Doctor Day/ April Fools' Day</b> 1	2	3	4
<b>Happy Easter</b> 5 9:30 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Church Service 10:30 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Livestream Mass / Communion from St. Anne 3:00 <span style="background-color: #9ACD32; border: 1px solid black; padding: 2px;">G2</span> Pool Game	6 9:30 <span style="background-color: #000080; color: white; border: 1px solid black; padding: 2px;">N</span> Free BP & Health Check w/ Piedmont Cols Regional 10:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> *Cols. Park Crossing 1:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> *Peachtree Mall 1:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo 2:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Line Dance Class w/ Mr. Brooks 3:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Exercise by Mr. Brooks 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo	7 <b>Doctor Day</b> 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Stretch & Balance 1:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Trip to Midtown Shopping Center (ALDI) 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> \$Let's Converse 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Coolette Game	8 <b>Doctor Day</b> 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Bible Study w/ Mrs. Garrett 11:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Visit w/ Therapy Dogs, Zack 1:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Making Hats for Tea Party 3:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Exercise by Mr. Brooks 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo	9 <b>Market Day 1pm - 3pm In Nook</b> 9:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> - 10:00 Publix 9:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Bank 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Bible Study w/ Lee Railey 10:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Stretch & Balance 11:00 <span style="background-color: #DDA0DD; border: 1px solid black; padding: 2px;">PD</span> WWCW Meeting w/ Ms. Pat 12:00 <span style="background-color: #4682B4; border: 1px solid black; padding: 2px;">PC</span> Music by Nadine Coker 2:00 <span style="background-color: #8B4513; border: 1px solid black; padding: 2px;">D</span> Town Hall 2:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Popcorn 5:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> CW Chimes 6:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> CW Chorus 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Coolette Game	10 11:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Out 2 Lunch - Ruby Tuesday 1:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Exercise by Mr. Brooks 1:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> CW Easter Egg Hunt 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Happy Hour w/ Annie 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo	11 10:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Word Games 10:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Outing w/ Dennis 2:00 <span style="background-color: #9ACD32; border: 1px solid black; padding: 2px;">G2</span> Poker Time 3:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Let's Play Games 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo
12 9:30 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Church Service 10:30 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Livestream Mass / Communion from St. Anne 3:00 <span style="background-color: #9ACD32; border: 1px solid black; padding: 2px;">G2</span> Pool Game	13 <b>Bookmobile Day</b> 9:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> \$Trip to Golden Donuts for Bingo & Prizes 1:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> *Walmart 1:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo 2:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Line Dance Class w/ Mr. Brooks 3:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Exercise by Mr. Brooks 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo	14 <b>Doctor Day</b> 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Stretch & Balance 12:00 <span style="background-color: #4682B4; border: 1px solid black; padding: 2px;">PC</span> Music by Jan Hyatt 1:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Thrift Shopping 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> \$Chair Basketball Game 6:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Trivia @ Mellow Mushroom 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Coolette Game	15 <b>Doctor Day</b> 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Bible Study w/ Mrs. Garrett 11:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Visit w/ Therapy Dogs, Zack 1:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> \$Putt Putt Golf 3:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Exercise by Mr. Brooks 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo	16 <b>Market Day 1pm - 3pm In Nook</b> 9:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> - 10:00 Publix 9:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Bank 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Bible Study w/ Lee Railey 10:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Stretch & Balance 10:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> JULIET Luncheon 12:00 <span style="background-color: #8B4513; border: 1px solid black; padding: 2px;">D</span> Birthday Steak & Cake 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Making Hats for Tea Party 5:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> CW Chimes 6:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> CW Chorus 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Coolette Game	17 11:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Out 2 Lunch - El Carrizo 1:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Exercise by Mr. Brooks 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Happy Hour w/ Annie 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo	18 10:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Word Games 2:00 <span style="background-color: #9ACD32; border: 1px solid black; padding: 2px;">G2</span> Poker Time 3:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Let's Play Games 6:30 <span style="background-color: #8B4513; border: 1px solid black; padding: 2px;">D</span> "Aging Gracefully" The Musical
19 9:30 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Church Service 10:30 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Livestream Mass / Communion from St. Anne 3:00 <span style="background-color: #9ACD32; border: 1px solid black; padding: 2px;">G2</span> Pool Game	20 10:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> *Cols. Park Crossing 1:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> *Peachtree Mall 1:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo 2:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Line Dance Class w/ Mr. Brooks 3:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Exercise by Mr. Brooks 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo	21 <b>Doctor Day</b> 9:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> \$Trip to Chick-fil-A for Bingo & Coffee 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Stretch & Balance 1:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Walking Club "Get Your Steps in" 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> \$Pool Noodle Hockey 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Coolette Game	22 <b>Doctor Day</b> 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Bible Study w/ Mrs. Garrett 11:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Visit w/ Therapy Dogs, Zack 1:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> \$Jelly Bean Challenge 3:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Exercise by Mr. Brooks 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo	23 <b>Market Day 1pm - 3pm In Nook</b> 9:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> - 10:00 Publix 9:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Bank 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Bible Study w/ Lee Railey 10:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Stretch & Balance 12:00 <span style="background-color: #4682B4; border: 1px solid black; padding: 2px;">PC</span> Music by Nadine Coker 5:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> CW Chimes 6:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> CW Chorus 6:30 <span style="background-color: #8B4513; border: 1px solid black; padding: 2px;">D</span> Blossom Bash Dance w/ Mark Blaxton	24 11:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Out 2 Lunch - Bonefish Grill 1:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Exercise by Mr. Brooks 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Happy Hour w/ Annie 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo	25 10:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Word Games 2:00 <span style="background-color: #8B4513; border: 1px solid black; padding: 2px;">D</span> Music by Lindy Hamilton 2:00 <span style="background-color: #9ACD32; border: 1px solid black; padding: 2px;">G2</span> Poker Time 3:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Let's Play Games 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo
26 9:30 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Church Service 10:30 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Livestream Mass / Communion from St. Anne 2:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Music by Jan Hyatt 3:00 <span style="background-color: #9ACD32; border: 1px solid black; padding: 2px;">G2</span> Pool Game	27 <b>Bookmobile Day</b> 8:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> "Rod Squad" Fishing Trip 1:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> *Walmart 1:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo 2:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Line Dance Class w/ Mr. Brooks 3:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Exercise by Mr. Brooks 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo	28 <b>Doctor Day</b> 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Stretch & Balance 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> CW Auction 4:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Mystery Dinner 6:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> VFW #12110 Meeting 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Coolette Game	29 <b>Doctor Day</b> 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Bible Study w/ Mrs. Garrett 11:30 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Visit w/ Therapy Dogs, Zack 1:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Popcorn 3:15 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Exercise by Mr. Brooks 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Bingo	30 <b>Market Day 1pm - 3pm In Nook</b> 9:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> - 10:00 Publix 9:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Bank 10:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> Bible Study w/ Lee Railey 10:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Stretch & Balance 11:00 <span style="background-color: #90EE90; border: 1px solid black; padding: 2px;">L</span> Men's Luncheon 2:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> CW Tea Party 5:00 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> CW Chimes 6:00 <span style="background-color: #6495ED; border: 1px solid black; padding: 2px;">C</span> CW Chorus 6:30 <span style="background-color: #FF6347; border: 1px solid black; padding: 2px;">A</span> Coolette Game		



### April Birthdays

- 05 Marcelle Mitchell\*
- 21 Anne Thompson
- 21 Pat Culpepper\*
- 23 David Randall
- 23 Jenette Clark
- 24 Sylvia McClunchin
- 25 Leslie Kaler
- 29 Arthur Land\*
- 29 Joyce Piccirillo
- 29 Retta Stevens\*

### \* Nineties Club

#### Cracking a Joke

- Q. What do you call a mischievous egg?
- A. A practical yolker.



### Popular Pages: 'A Field Guide to the Birds'

When ornithologist Roger Tory Peterson's field guide was first published in 1934, the hobby of bird-watching was changed forever. Using his own illustrations and grouping similar-looking birds together on a page, Peterson's simple yet groundbreaking visual system helped bird-watchers more easily identify birds from a distance by focusing on key physical characteristics such as shape and distinctive markings. Inexpensive and small enough to be carried in a pocket, the guide's original printing of 2,000 copies sold out immediately, and birders have purchased over 8 million copies since. Updated guides continue to be released.

### Covenant Woods Team

- General Manager ..... Lisa Lewis
- Office Manager .. Sandy Mitchem
- Sales ..... Stephanie Boan
- Marketing ..... Nona Christie
- Home Care ..... Twyna Rutledge
- Dining Services ..... Lucy Greene
- Dining Room ..... Tiffany Thomas
- Recreation ..... Alisha Brooks
- Recreation Asst ..... Annie Morgan
- Transportation ..... Dennis Johnson
- Housekeeping ..... Malinda Dowell
- Maintenance ..... Jamar Brooks
- Resident Care ..... Angela Scott
- Pines Recreation ..... Brenda Rivas

### IMPORTANT NUMBERS

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



### Appreciate Our Planet

In celebration of Earth Day on April 22, spend some time enjoying the beautiful sights of spring.



## COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907