August 2026

COVENANT WOODS
A SENIOR LIVING COMMUNITY

(706) 561-1401

Life is Good at Covenant Woods

Find us on

Dog Days of Summer

The term "dog days" was first used by the ancient Romans to refer to late July and early August. That is when Sirius, the "dog star," would rise and set in conjunction with the sun. The Romans believed the star added to the heat produced by the sun.

Celebrating Older Adults

National Senior Citizens Day on Aug. 21 celebrates older generations and their contributions to their families, communities and country. More than 60 million adults in the U.S. are 65 and older, representing nearly 20% of the general population.

Make 'em Laugh

LOL! Aug. 16 is Tell a Joke Day!

Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves."
—James Matthew Barrie

Arthritis Relief With Coconut Oil

Using coconut oil as a lotion can soothe dry skin, and it may also help relieve joint pain related to arthritis. Coconut oil contains anti-inflammatory properties, and some research shows that massaging the oil into the skin can increase circulation to the area.

Sunscreen Every Day

Make applying sunscreen a daily habit, just like brushing your teeth. For a visual reminder to put it on every morning, keep your tube or bottle of sunblock next to your tube of toothpaste.

August by the Numbers

12. The number of lighthouses in the United States in 1776. Aug. 7 is National Lighthouse Day, when many of the approximately 700 lighthouses standing today are open for tours.

135. Chapters in "Moby-Dick," the epic novel by Herman Melville, who was born Aug. 1, 1819.

FD-950 - Covenant Woods - Issue: 08/01/26
Viewed: 07/28/26 09:59 AM

COVENANT WOODS
A SENIOR LIVING COMMUNITY

August 2026

L Lobby	PC PC Dining Room	Cottages
A Activity Room	N Nook	
C Chapel	G2 Billiards/Game Rm C, 2nd Fl	
D Main Dining Room	Pool	
PC PC Activity Room	O Outside Act. Room	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 A Word Games 10:30 L Outing w/ Dennis 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
2 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game	3 9:30 N Free BP & Health Check w/ Piedmont Cols Regional 10:00 L *Cols. Park Crossing 1:00 L *Peachtree Mall 1:00 A Watermelon & Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	**Doctor Day** 4 10:00 C Stretch & Balance 1:00 L *Trip to Midtown Shopping Center (ALDI) 1:00 Aqua Motion 2:00 A $Let's Converse 6:30 A Coolette Game	**Doctor Day** 5 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 1:00 C St. Anne Mass 2:00 $Wind Down Wednesday 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	6 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 1:00 $Aqua Motion 2:00 D Town Hall 2:30 A Popcorn 6:00 L Clingstone Game 6:30 A Coolette Game	7 11:00 L Out 2 Lunch - Hibachi Grill 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Alisha 6:30 A Bingo	8 10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
9 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game	**Bookmobile Day** 10 9:30 L Trip to Golden Donuts for Bingo & Prizes 1:00 L *Walmart 1:00 A Bingo w/ Robin From Reliance 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	**Doctor Day** 11 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 1:00 Aqua Motion 1:00 L Thrift Shopping 2:00 A CW Auction 6:00 L Trivia @ Mellow Mushroom 6:30 A Coolette Game	**Doctor Day** 12 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 2:00 Ice Cream Bar 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	**Market Day 1pm - 3pm In Nook** 13 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 10:30 L WWCW Luncheon w/ Ms. Pat 12:00 D Birthday Steak & Cake 12:00 PC Music by Nadine Coker 1:00 Aqua Motion 2:00 A $Dart Game 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	14 10:00 O Beauty w/ Mary Kay 11:00 L Out 2 Lunch - Country's BBQ 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Alisha 6:30 A Bingo	15 10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
16 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game	17 10:00 L *Cols. Park Crossing 1:00 L *Peachtree Mall 1:00 A Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	**Doctor Day** 18 9:30 L Trip to Chick-fil-A for Bingo & Coffee 10:00 C Stretch & Balance 1:00 Aqua Motion 2:00 D Hymn Singing w/ Mr. Register 6:30 A Coolette Game	**Doctor Day** 19 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 2:00 $Wind Down Wednesday 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	**Market Day 1pm - 3pm In Nook** 20 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 1:00 Aqua Motion 2:00 A Popcorn & Word Games 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	21 11:00 L Out 2 Lunch - Red Lobster 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour / Celebrate National Senior Citizens Day 6:30 A Bingo	22 10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
23 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game 30 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 L Music by Jan Hyatt 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game	**Bookmobile Day** 24 10:00 L *Target Center 1:00 A Bingo w/ Robin From Reliance 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Mr. Brooks 6:30 A Bingo 31 8:30 L "Rod Squad" Fishing Trip 1:00 A Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	**Doctor Day** 25 10:00 C Stretch & Balance 1:00 Aqua Motion 2:00 A National Banana Split Day 4:30 L Mystery Dinner 6:00 C VFW #12110 Meeting 6:30 A Coolette Game	**Doctor Day** 26 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 2:00 A National Dog Day (Meet & Greet) 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	**Market Day 1pm - 3pm In Nook** 27 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 12:00 PC Music by Nadine Coker 1:00 Aqua Motion 5:00 A CW Chimes 6:00 C CW Chorus 6:30 D Bingo Bash	28 11:00 L Out 2 Lunch - El Carrizo 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Alisha 6:30 A Bingo	29 10:00 A Word Games 1:00 PC Bunco Game w/ Ms. Julie 2:00 G2 Poker Time 2:00 A Private Party 6:30 A Bingo

August Birthdays

01 Nelson Kittle*
04 Kay Smith
08 Patricia Lankowski
10 Audrey Goodwin*
10 Charles Hidle
12 Deborah Meyers
12 Bertha Buckner*
15 Howard Davis*
16 Virginia Bonner
17 Gerry Hill
23 Lee Railey*
24 Betty Middlebrook*
24 Barbara Hindsman
27 Teresa Chatman
31 Barbara Eldridge*

* Nineties Club

Doggone Good Day

Give a shoutout (or woof-out!) to our canine friends on National Dog Day, Aug. 26.

Health & Wellness

Games Are Good for Your Gray Matter

Research shows that these classic games support specific cognitive functions.

One player. Playing cards, including one-player games like solitaire, is linked to better focus and memory, according to research. Winning, even against yourself, triggers a small release of dopamine, a natural mood-boosting brain chemical.

Two players. Studies indicate that playing two-person strategy board games like chess and checkers improves problem solving and empathy, since these games require planning moves and anticipating an opponent's moves.

Three to four players. Games like mahjong and dominoes exercise both pattern recognition and memory; they also can be played with three or four players.

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
Pines Recreation ..... Brenda Rivas

IMPORTANT NUMBERS

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

Above and Beyond

Good Neighbors

Having good neighbors is what makes our community special. Please take a minute to welcome our new residents.

COVENANT WOODS
A SENIOR LIVING COMMUNITY
5424 Woodruff Farm Rd. • Columbus, GA 31907

Illustratus
www.illustratus.com
UHLIG Copyright © 2024 by Uhlig LLC