



(706) 561-1401

Life is Good at Covenant Woods

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Happy Holidays

To all our residents celebrating Hanukkah, Christmas and Kwanzaa this season, we hope you and your loved ones have a wonderful holiday season and a happy New Year!

With Age Comes Wisdom ...

... and cheerfulness and enthusiasm, according to some experts! Sure, aging may bring its share of aches and pains, but it also brings rewards and bonuses. This tendency toward happiness, a phenomenon that researchers sometimes call the "paradox of aging," has been attributed to older adults' greater life experience and practice with emotional regulation.

But the Fire Is so Delightful

"A lot of people like snow. I find it to be an unnecessary freezing of water." —Carl Reiner



Did You Know?

Pink peppercorns are technically not peppercorns at all. They come from a tree called the Peruvian pepper tree and are more closely related to cashews and pistachios.

Slow Down

Traditionally, the seven days before and after the winter solstice are the Halcyon Days, a time for peace and quiet.

Frosty and Festive

"Winter is not a season, it's a celebration." —Anamika Mishra

Weekly Journal Prompts

Week 1: What is an unexpected hobby you picked up in life?

Week 2: What is one thing you'd like to learn more about?

Week 3: What are five qualities you admire in other people?

Week 4: Who did you want to be like when you were growing up?



Honor the Fallen

Dec. 7 is National Pearl Harbor Remembrance Day.

'Scene' Is One

How many words can you spell from "reminisce"?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 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 Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>2 Doctor Day 10:30 L St. Luke's Luncheon (WWCW) 10:30 C Stretch & Balance 2:00 A \$Let's Converse 6:30 A Coolette Game</p>	<p>3 Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 1:00 C St. Anne Mass 1:30 D Grace Christian School Program 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>4 Market Day 1pm - 3pm In Nook 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:30 A Stretch & Balance 11:00 O Sweet Something & Jewelry 2:00 A Popcorn & Word Games 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game</p>	<p>5 10:00 D St. Luke School Christmas Program 11:00 L Out 2 Lunch - Cheddar's 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo</p>	<p>6 10:00 A Word Games 1:00 L The Polar Express @ Infantry Museum 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</p>	
<p>7 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D Nona's Christmas Song Circle 3:00 G2 Pool Game</p>	<p>8 Bookmobile Day 10:00 L *Target Center 1:00 L *Walmart 1:00 A Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:00 L CCO Concert "A Steamroller Christmas" @ St. Mark 6:30 A Bingo</p>	<p>9 CW Family Christmas Dinner 11:30 A IL Residents Lunch 12:00 PC Music by Jan Hyatt 4:30 D Covenant Woods Holiday Dinner 6:00 D Covenant Woods Holiday Dinner</p>	<p>10 Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 10:30 L CW Chorus visits Central Senior Center 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A \$Making Hot Chocolate 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>11 Market Day 1pm - 3pm In Nook 9:00 L - 10:00 Publix 9:00 L Bank 10:00 L \$Juliet Luncheon / Gingerbread Village 10:00 C Bible Study w/ Lee Railey 10:30 A Stretch & Balance 12:00 PC Music by Nadine Coker 2:30 D The Church Music Academy Christmas Concert 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game</p>	<p>12 9:30 L Trip to Newnan for Shopping & Lunch 11:30 O Beauty w/ Mary Kay 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo</p>	<p>13 10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo 7:00 D Waiting for Christmas Musical by CW Choir</p>
<p>14 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game</p>	<p>15 9:30 L Trip to Golden Donuts for Bingo & Prizes 1:00 L *Cols. Park Crossing 1:00 A Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>16 Doctor Day 10:30 C Stretch & Balance 1:00 A \$Making Sock Snowmen 2:00 D Hymn Songs w/ Mr. Register 6:30 A Coolette Game 6:30 D The Church Music Academy</p>	<p>17 Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 12:00 D Birthday Steak & Cake 1:00 A Bingo 2:00 A \$Ugly Christmas Sweater Contest 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>18 Market Day 1pm - 3pm In Nook 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:30 A Stretch & Balance 11:00 L Romeo Luncheon 6:00 L Fantasy in Lights @ Callaway 6:30 A Coolette Game</p>	<p>19 11:00 L Funk Fondue Food Truck 11:00 L Out 2 Lunch - Olive Garden 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo 6:30 D Piano Studio Performance</p>	<p>20 10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</p>
<p>21 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game</p>	<p>22 Bookmobile Day 10:00 L *Target Center 1:00 L *Walmart 1:00 A - 3 Bake Sale 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>23 Doctor Day 10:30 C Stretch & Balance 2:00 A Spiked Cider Bar 6:00 C VFW #12110 Meeting 6:30 A Coolette Game</p>	<p>24 Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 2:00 A Holiday Mix & Mingle 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>25 Merry Christmas 10:00 C Bible Study w/ Lee Railey 10:30 A Christmas Word Games 2:00 A Holly Jolly Bingo 6:30 A Coolette Game</p>	<p>26 11:00 L Out 2 Lunch - Mark's City Grill 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo</p>	<p>27 10:00 A Word Games 2:00 D Music by Lindy Hamilton 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</p>
<p>28 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 L Music by Jan Hyatt 3:00 G2 Pool Game</p>	<p>29 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 Carmen 6:30 A Bingo</p>	<p>30 Doctor Day 10:30 C Stretch & Balance 1:00 A Popcorn 2:00 A CW Auction 6:30 A Coolette Game</p>	<p>31 New Year's Eve 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 3:15 A Exercise by Carmen 6:30 D New Year's Eve Dance w/ The Cavaliers Orchestra</p>			



December Birthdays

- 02 Chuck Wilson
- 03 Helen Rowe*
- 07 Sandra Garrett
- 07 Wesley Wildman*
- 08 Myrtice Bodie
- 08 Connie Dervan*
- 10 Ronnie Bush
- 11 Bernice Lankowski
- 12 Bonnie Vannoy*
- 12 Mary Moore
- 13 Emory Cooper*
- 15 Gene Whitlow*
- 17 Merne Posey*
- 17 Ivan Gamet*
- 17 Mary Harrell*
- 18 Gladys Fuller
- 21 Cecelia Mohler
- 21 John Tucker
- 24 James McCoy
- 27 Doyle Register
- 31 CJ Rhymes*

* **Nineties Club**

Popular Pages: 'The Nutcracker'

Now a seasonal staple, the 1816 story "The Nutcracker and the Mouse King" by German author E.T.A. Hoffmann was inspired by several Eastern European folk tales about wooden nutcrackers coming to life. In Hoffmann's version, a nutcracker is given to the Stahlbaum family. Fascinated by the nutcracker, young Marie dreams that her toys and dolls come to life, joining the nutcracker in a battle against the evil Mouse King. Marie and the nutcracker's enchanting adventures were adapted by French writer Alexandre Dumas in the 1840s and later used as the basis for Pyotr Tchaikovsky's ballet, which changed Marie's name to Clara and added the memorable character of the Sugar Plum Fairy. Premiering on Dec. 18, 1892, "The Nutcracker" remains the most performed ballet of all time.

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 Office Manager ... Sandy Mitchem
 Sales Stephanie Boan
 Marketing Nona Christie
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 Dining Room Tiffany Thomas
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 Recreation Asst Annie Morgan
 Transportation Dennis Johnson
 Housekeeping Malinda Dowell
 Maintenance Jamar Brooks
 Resident Care Angela Scott
 Pines Recreation Brenda Rivas

IMPORTANT NUMBERS

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COVENANT WOODS

A SENIOR LIVING COMMUNITY

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