



(706) 561-1401

Life is Good at Covenant Woods

Find us on 



Happy Valentine's Day

As Valentine's Day approaches, we'd like to take a moment to express our affection for our residents. Thanks for making our community such a fun place to live. Happy Valentine's Day from your staff.

Did You Know?

Russell and Clara Stover founded Russell Stover Chocolates Inc. in 1923. The company's heart-shaped boxes of chocolates are popular Valentine's Day gifts.

Love and Be Loved

"How you love yourself is how you teach others to love you."
—Rupi Kaur



'Party' Gras

Let the good times roll on Mardi Gras! You won't want to miss out on our colorful, festive party, so check the calendar for all the details and come celebrate with us.



Time for a Chuckle

Have you laughed today? Laughter decreases stress hormones and increases immune cells and antibodies, improving your resistance to disease.

Keep On Rolling

"The older I get, the greater power I seem to have to help the world; I am like a snowball—the further I am rolled, the more I gain." —Susan B. Anthony



Supersized Spending

A 30-second TV commercial cost about \$40,000 during the first Super Bowl in 1967, compared to about \$8 million in recent years.



Girl Scout Cookies

Who doesn't love Girl Scout Cookies? It's that time of year again, and colorful boxes of the tasty treats will be showcased at booths in and around our community. Please support our local troops by buying a box—or two or three!

Frosty and Festive

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game 5:00 L Grace Presbyterian ECO Gospel Singing	2 9:30 N Free BP & Health Check w/ Piedmont Cols Regional 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 6:30 A Bingo	3 Doctor Day 10:00 C Stretch & Balance 2:00 A \$Let's Converse 6:30 A Coolette Game	4 Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs Zack 1:00 A Bingo 1:00 C St. Anne Mass 2:00 A \$Arts & Craft w/ Annie 3:15 A Exercise by Carmen 6:30 A Bingo	5 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 11:00 O Sweet Something & Jewelry 2:00 D Town Hall 2:30 A Popcorn 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	6 National Chopstick Day 11:00 L Out 2 Lunch - Chef Viet's 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo	7 10:00 A Word Games 12:00 O - 2 Girl Scout Cookies Sale 1:00 A Making Cards to Send a Friend 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
8 Super Bowl Game Day 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game 4:00 A Super Bowl Party	9 Bookmobile Day 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	10 Doctor Day 10:00 C Stretch & Balance 10:00 L Trip to Newnan for Shopping & Lunch 12:00 PC Music by Jan Hyatt 2:00 A Pretty Nails 6:00 L \$Trivia @ Mellow Mushroom 6:30 A Coolette Game	11 Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs Zack 1:00 A Bingo 2:00 A \$Cheese Toss Game 3:15 A Exercise by Carmen 6:30 A Bingo	12 Market Day 1pm - 3pm In Nook 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 11:00 PD SWWCW Meeting w/ Ms. Pat 12:00 PC Music by Nadine Coker 2:00 A \$Giant Dart Game 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	13 11:00 L Out 2 Lunch - Sweet Hearts Luncheon @ Wynn House 11:30 O Beauty w/ Mary Kay 1:00 A Exercise 2:00 A Pre Valentine's Happy Hour w/ Annie 6:30 A Bingo	14 Happy Valentine's Day 10:00 A Word Games 2:00 G2 Poker Time 2:00 D Valentine's Special w/ Music by Doc Alford 3:00 A - 5 Come Drop by to Celebrate George Corradino's 96th Birthday 6:30 A Bingo
15 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game	16 Presidents Day 10:00 L *Target Center 1:00 L *Walmart 1:00 A Bingo 3:15 A Exercise 6:30 A Bingo	17 Doctor Day 10:00 C Stretch & Balance 11:00 L Out 2 Lunch w/ Clark - Outback Steakhouse 2:00 D Hymn Songs w/ Mr. Register 3:00 A Mardi Gras Celebration 6:30 A Coolette Game	18 Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs Zack 1:00 A Bingo 2:00 A \$Duck Hunting Game 3:15 A Exercise 6:30 A Bingo	19 Market Day 1pm - 3pm In Nook 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 10:30 L Juliet Luncheon 12:00 D Birthday Steak & Cake 2:00 A Arts & Craft w/ Annie 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	20 11:00 L Out 2 Lunch - Mark's City Grill 1:00 A Exercise 2:00 A Happy Hour w/ Annie 3:00 L Mardi Gras Mix & Mingle 6:30 A Bingo	21 10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
22 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	23 Bookmobile Day 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 6:30 A Bingo	24 Doctor Day 10:00 C Stretch & Balance 1:00 L Thrift Shopping 2:00 A CW Auction 4:30 L Mystery Dinner 6:00 C VFW #12110 Meeting 6:30 A Coolette Game	25 Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs Zack 1:00 A Bingo 2:00 A Popcorn & Games 3:15 A Exercise 6:30 A Bingo	26 Market Day 1pm - 3pm In Nook 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 12:00 PC Music by Nadine Coker 5:00 A CW Chimes 6:00 C CW Chorus 6:30 D King & Queen Royal Dance w/ DJ Sam	27 11:00 L Out 2 Lunch - LongHorn Steakhouse 1:00 A Exercise 2:00 A Happy Hour w/ Annie 6:30 A Bingo	28 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





February Birthdays

- 04 Janice Ford
- 04 Barbara Moore*
- 06 Oletha Brown*
- 08 Barbara Lindsay
- 09 Jeanette Zuback*
- 11 Dora Lynn
- 11 Linda Smith
- 12 Hugh Farmer
- 13 Jessie Williams
- 14 Jerrie Murphree
- 16 Billy Bickerstaff
- 16 Mary Burrus
- 17 Roberto Capó
- 19 Sandra Perkins
- 19 Muriel Gajan*
- 21 Laretta Gordon
- 21 Clifford Lipford*
- 22 George Corrindino*

* **Nineties Club**



Smitten With Gloves

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.

Layered in Warmth

Older adults are more sensitive to cold weather yet may not notice their body temperature dropping. The best way to stay warm is to dress in layers, even when indoors.

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



A Little Self-Love

“To fall in love with yourself is the first secret to happiness.” — Robert Morley



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907