

Life is Good at Covenant Woods

Find us on 



Happy New Year!

We wish all of our residents and their families a wonderful year full of peace and joy. We are delighted to have you in our community!



New Year's Resolutions

The top focuses for New Year's resolutions are health, finances and relationships, according to the Pew Research Center. Nearly half of adults under 30 make resolutions, while a third of adults aged 30 to 49 do so. Only 21% of adults over 50 make a resolution.

Freedom and Service

Monday, Jan. 19, is Martin Luther King Jr. Day, also known as MLK Day, remembering the legacy and work of American civil rights activist and minister Dr. Martin Luther King Jr. This federal holiday is also a designated National Day of Service.

Cold Season Etiquette

Follow these guidelines to prioritize health this cold season while still minding your manners.

If you feel unwell but you're not sure if you have a cold, it's still thoughtful to let friends, family and loved ones know ahead of time.

If you're applying hand sanitizer, feel free to offer sanitizer to people nearby. When sanitizing after shaking hands, make sure to do so discreetly.

Sneeze or cough directly in a tissue, throw away the tissue immediately and wash your hands. If you're not able to get a tissue, sneeze or cough into the inside crook of your elbow.

Bring on the New Year

"What the new year brings to you will depend a great deal on what you bring to the new year."

—Vern McLellan

Frozen Wonderland

The annual Harbin Ice Festival in China is the world's biggest ice and snow sculpture festival, featuring incredible frozen creations for two months in the winter. Artists from all over the world make giant snow sculptures in different parks. Famous past favorites have included a to-scale ice train, castles and historical figures like Napoleon carved into the snow. Visitors have wandered giant ice mazes, ridden down ice slides and taken in all the sights from atop the giant Snowflake Ferris Wheel.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy New Year's Day		
4 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game	5 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	6 Doctor Day 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps in" 2:00 A \$Let's Converse 6:30 A Colette Game	7 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 2:00 A Popcorn & Giant Connect Four Game 3:15 A Exercise by Carmen 6:30 A Bingo	1 10:30 A New Year's Word Games 2:00 A Bingo w/ Prizes 6:30 A Colette Game	2 11:00 L Out 2 Lunch - Ruby Tuesday 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo	3 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
11 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game	12 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 by Carmen 6:30 A Bingo	13 Doctor Day 10:00 C Stretch & Balance 1:00 A \$Arts & Craft w/ Annie 2:00 A \$Duck Hunting Game 6:30 A Colette Game	14 Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A Tribute to Martin Luther King Jr. 3:15 A Exercise by Carmen 6:30 A Bingo	15 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 National Strawberry Ice Cream Day 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Colette Game	16 9:00 L Out 2 Lunch - Trip to Wind Creek Casino & 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	10 10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
18 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game	19 Martin Luther King Jr. 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 6:30 A Bingo	20 Doctor Day 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps in" 2:00 D Hymn Songs w/ Mr. Register 6:30 A Colette Game	21 Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 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	22 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 L Romeo Luncheon 2:00 A \$Pool Noodle Hockey 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Colette Game	23 11:00 L Out 2 Lunch - Deorio's Pizza 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo	24 10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
25 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	26 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 by Carmen 6:30 A Bingo	27 Doctor Day 10:00 C Stretch & Balance 2:00 A CW Auction 4:30 L Mystery Dinner 6:00 C VFW #12110 Meeting 6:30 A Colette Game	28 Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A \$Putt Putt Golf 3:15 A Exercise by Carmen 6:30 A Bingo	29 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 2:00 A Popcorn & Word Games 5:00 A CW Chimes 6:00 C CW Chorus 6:30 D Bingo Bash	30 11:00 L Out 2 Lunch - Country's BBQ 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo	31 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



January Birthdays

01	Ruby Tucker
01	Lawannah Weaver
02	Lavada Vice
02	Renee Webb
04	Gloria Owens
05	Earl King
06	Virginia Dixon*
08	Marie Bullock
08	Ricky Granger
11	Joyce Brown
11	Barbara Thrasher*
22	Mary Simpson
24	Margaret Maxwell
30	Betty Murphy*

* Nineties Club

Pre-Sleep Snacks

These pre-bedtime snacks can help provide a better night's rest.

Tried and true. A glass of warm milk is a symbol of bedtime routines, and for good reason. Milk contains tryptophan, an amino acid important to the body's creation of serotonin, which is needed to produce the hormone melatonin. Melatonin regulates sleep, and our bodies naturally produce less with age.

A good nut's sleep. Almonds and walnuts provide nutrients and healthy fats that benefit your overall health, and they're excellent sources of melatonin.

Breakfast before bedtime. Eating a bowl of oatmeal two hours or more before bed may improve sleep quality as a source of carbohydrates and melatonin.



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



'Kettle' Is One

How many words can you come up with using the letters in "turtleneck"?



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907