



(706) 561-1401

*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
<div></div> <div>4</div> <div>9:30 <div>C</div> Church Service 10:30 <div>C</div> Livestream Mass / Communion from St. Anne 3:00 <div>G2</div> Pool Game</div>	<div></div> <div>5</div> <div>9:30 <div>N</div> Free BP & Health Check w/ Piedmont Cols Regional 10:00 <div>L</div> *Target Center 1:00 <div>L</div> *Walmart 1:00 <div>A</div> Bingo 2:15 <div>A</div> Line Dance Class w/ Mr. Brooks 3:15 <div>A</div> Exercise by Carmen 6:30 <div>A</div> Bingo</div>	<div></div> <div>6</div> <div>Doctor Day 10:00 <div>C</div> Stretch & Balance 1:00 <div>L</div> Walking Club "Get Your Steps in" 2:00 <div>A</div> \$Let's Converse 6:30 <div>A</div> Coolette Game</div>	<div></div> <div>7</div> <div>Doctor Day 10:00 <div>C</div> Bible Study w/ Mrs. Garrett 11:30 <div>L</div> Visit w/ Therapy Dogs, Gus & Zack 1:00 <div>A</div> Bingo 1:00 <div>C</div> St. Anne Mass 2:00 <div>A</div> Popcorn & Giant Connect Four Game 3:15 <div>A</div> Exercise by Carmen 6:30 <div>A</div> Bingo</div>	<div>Happy New Year's Day 1</div> <div>10:30 <div>A</div> New Year's Word Games 2:00 <div>A</div> Bingo w/ Prizes 6:30 <div>A</div> Coolette Game</div>	<div><div>2</div><div>11:00 <div>L</div> Out 2 Lunch - Ruby Tuesday 1:00 <div>A</div> Exercise by Carmen 2:00 <div>A</div> Happy Hour w/ Annie 6:30 <div>A</div> Bingo</div></div>	<div><div>3</div><div>10:00 <div>A</div> Word Games 10:30 <div>L</div> Outing w/ Dennis 2:00 <div>G2</div> Poker Time 3:00 <div>A</div> Let's Play Games 6:30 <div>A</div> Bingo</div></div>
<div>11</div> <div>9:30 <div>C</div> Church Service 10:30 <div>C</div> Livestream Mass / Communion from St. Anne 3:00 <div>G2</div> Pool Game</div>	<div>Bookmobile Day 12</div> <div>10:00 <div>L</div> *Cols. Park Crossing 1:00 <div>L</div> *Peachtree Mall 1:00 <div>A</div> Bingo 2:15 <div>A</div> Line Dance Class w/ Mr. Brooks 3:15 <div>A</div> Exercise by Carmen 6:30 <div>A</div> Bingo</div>	<div>13</div> <div>Doctor Day 10:00 <div>C</div> Stretch & Balance 1:00 <div>A</div> \$Arts & Craft w/ Annie 2:00 <div>A</div> \$Duck Hunting Game 6:30 <div>A</div> Coolette Game</div>	<div>14</div> <div>Doctor Day 10:00 <div>C</div> Bible Study w/ Mrs. Garrett 11:30 <div>L</div> Visit w/ Therapy Dogs, Gus & Zack 1:00 <div>A</div> Bingo 2:00 <div>A</div> Tribute to Martin Luther King Jr. 3:15 <div>A</div> Exercise by Carmen 6:30 <div>A</div> Bingo</div>	<div>Market Day 1pm - 3pm In Nook 15</div> <div>9:00 <div>L</div> - 10:00 Publix 9:00 <div>L</div> Bank 10:00 <div>C</div> Bible Study w/ Lee Railey 10:00 <div>A</div> Stretch & Balance 10:30 <div>L</div> Juliet Luncheon 12:00 <div>D</div> Birthday Steak & Cake 2:00 <div>A</div> National Strawberry Ice Cream Day 5:00 <div>A</div> CW Chimes 6:00 <div>C</div> CW Chorus 6:30 <div>A</div> Coolette Game</div>	<div>16</div> <div>11:00 <div>L</div> Out 2 Lunch - Fuji Steakhouse 1:00 <div>A</div> Exercise by Carmen 2:00 <div>A</div> Happy Hour w/ Annie 6:30 <div>A</div> Bingo</div>	<div>17</div> <div>10:00 <div>A</div> Word Games 10:30 <div>L</div> Outing w/ Annie 2:00 <div>G2</div> Poker Time 3:00 <div>A</div> Let's Play Games 6:30 <div>A</div> Bingo</div>
<div>18</div> <div>9:30 <div>C</div> Church Service 10:30 <div>C</div> Livestream Mass / Communion from St. Anne 3:00 <div>G2</div> Pool Game</div>	<div>Martin Luther King Jr. Day 19</div> <div>10:00 <div>L</div> *Target Center 1:00 <div>L</div> *Walmart 1:00 <div>A</div> Bingo 2:15 <div>A</div> Line Dance Class w/ Mr. Brooks 3:15 <div>A</div> Exercise by Carmen 6:30 <div>A</div> Bingo</div>	<div>20</div> <div>Doctor Day 10:00 <div>C</div> Stretch & Balance 1:00 <div>L</div> Walking Club "Get Your Steps in" 2:00 <div>D</div> Hymn Songs w/ Mr. Register 6:30 <div>A</div> Coolette Game</div>	<div>21</div> <div>Doctor Day 10:00 <div>C</div> Bible Study w/ Mrs. Garrett 11:30 <div>L</div> Visit w/ Therapy Dogs, Gus & Zack 1:00 <div>A</div> Bingo 2:00 <div>A</div> Making Hot Chocolate 3:15 <div>A</div> Exercise by Carmen 6:30 <div>A</div> Bingo</div>	<div>Market Day 1pm - 3pm In Nook 22</div> <div>9:00 <div>L</div> - 10:00 Publix 9:00 <div>L</div> Bank 10:00 <div>C</div> Bible Study w/ Lee Railey 10:00 <div>A</div> Stretch & Balance 11:00 <div>L</div> Romeo Luncheon 2:00 <div>A</div> \$Pool Noodle Hockey 5:00 <div>A</div> CW Chimes 6:00 <div>C</div> CW Chorus 6:30 <div>A</div> Coolette Game</div>	<div>23</div> <div>11:00 <div>L</div> Out 2 Lunch - Deorio's Pizza 1:00 <div>A</div> Exercise by Carmen 2:00 <div>A</div> Happy Hour w/ Annie 6:30 <div>A</div> Bingo</div>	<div>24</div> <div>10:00 <div>A</div> Word Games 2:00 <div>G2</div> Poker Time 3:00 <div>A</div> Let's Play Games 6:30 <div>A</div> Bingo</div>
<div>25</div> <div>9:30 <div>C</div> Church Service 10:30 <div>C</div> Livestream Mass / Communion from St. Anne 2:00 <div>L</div> Music by Jan Hyatt 3:00 <div>G2</div> Pool Game</div>	<div>Bookmobile Day 26</div> <div>10:00 <div>L</div> *Cols. Park Crossing 1:00 <div>L</div> *Peachtree Mall 1:00 <div>A</div> Bingo 2:15 <div>A</div> Line Dance Class w/ Mr. Brooks 3:15 <div>A</div> Exercise by Carmen 6:30 <div>A</div> Bingo</div>	<div>27</div> <div>Doctor Day 10:00 <div>C</div> Stretch & Balance 2:00 <div>A</div> CW Auction 4:30 <div>L</div> Mystery Dinner 6:00 <div>C</div> VFW #12110 Meeting 6:30 <div>A</div> Coolette Game</div>	<div>28</div> <div>Doctor Day 10:00 <div>C</div> Bible Study w/ Mrs. Garrett 11:30 <div>L</div> Visit w/ Therapy Dogs, Gus & Zack 1:00 <div>A</div> Bingo 2:00 <div>A</div> \$Putt Putt Golf 3:15 <div>A</div> Exercise by Carmen 6:30 <div>A</div> Bingo</div>	<div>Market Day 1pm - 3pm In Nook 29</div> <div>9:00 <div>L</div> - 10:00 Publix 9:00 <div>L</div> Bank 10:00 <div>C</div> Bible Study w/ Lee Railey 10:00 <div>A</div> Stretch & Balance 2:00 <div>A</div> Popcorn & Word Games 5:00 <div>A</div> CW Chimes 6:00 <div>C</div> CW Chorus 6:30 <div>D</div> Bingo Bash</div>	<div>30</div> <div>11:00 <div>L</div> Out 2 Lunch - Country's BBQ 1:00 <div>A</div> Exercise by Carmen 2:00 <div>A</div> Happy Hour w/ Annie 6:30 <div>A</div> Bingo</div>	<div>31</div> <div>10:00 <div>A</div> Word Games 2:00 <div>D</div> Music by Lindy Hamilton 2:00 <div>G2</div> Poker Time 3:00 <div>A</div> Let's Play Games 6:30 <div>A</div> Bingo</div>



HAPPY
BIRTHDAY

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