



(706) 561-1401

Life is Good at Covenant Woods

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An Official Fourth

With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.

Thank a Postal Worker

July 1 is National Postal Workers Day. With words or a sweet treat, thank one of the wonderful men and women who make sure our mail gets to us every day.



Independence Day by the Numbers

150 million. Hot dogs eaten on the Fourth of July.

56. Signers of the Declaration of Independence.

2.5 million. Approximate population of the U.S. in July 1776.

342 million. Approximate population of the U.S. today.



A Little Self-Reflection





July 3 is Compliment Your Mirror Day—but why not start every day with a self-esteem boost? Therapeutic research has shown that looking in a mirror while giving yourself an encouraging pep talk has stronger soothing effects than just saying the words alone.

Two-Finger Method for Sunscreen Application

On average, people use only half of the sunscreen they need.

Try the two-finger method to apply the right amount. Simply squeeze a line of sunscreen up the length of two fingers and apply that amount to each of these 11 listed body parts, repeating until all sun-exposed areas are covered: (1) head, face and neck; (2) left arm; (3) right arm; (4) upper back; (5) lower back; (6) upper torso; (7) lower torso; (8); right thigh; (9) left thigh; (10) right lower leg and foot; (11) left lower leg and foot.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																									
			American Icon Day 1	Made in the USA 2	Red White & Blue 3	Independence Day 4																									
<p>10:00 A \$Name The Famous Person</p> <p>11:30 L Visit w/ Therapy Dogs, Zack & Theo</p> <p>1:00 A Bingo</p> <p>1:00 C St. Anne Mass</p> <p>2:00 D The Elvis Show</p> <p>3:15 A Exercise by Mr. Brooks</p> <p>6:30 A Bingo</p>	<p>9:00 L - 10:00 Publix</p> <p>9:00 L Bank</p> <p>10:00 C Bible Study w/ Lee Rayley</p> <p>1:00 A \$Corn Hole Game</p> <p>1:00 Pool Aqua Motion</p> <p>2:00 A Making Red White & Blue Yogurt Parfait</p> <p>5:00 A CW Chimes</p> <p>6:00 C CW Chorus</p> <p>6:30 A Coolette Game</p>	<p>9:00 L Out 2 Lunch - Trip to Little White House & Lunch @ Bullock House</p> <p>1:00 A Exercise by Mr. Brooks</p> <p>2:00 A Happy Hour w/ Ms. Chris</p> <p>6:30 A Bingo</p>	<p>10:00 A Word Games</p> <p>2:00 G2 Poker Time</p> <p>3:00 A Let's Play Games</p> <p>6:30 A Fireworks Bingo</p>	<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>2:30 A Bridge Club w/ Ms. Fran</p> <p>3:00 G2 Pool Game</p>	<p>9:30 N Free BP & Health Check w/ Piedmont Cols Regional</p> <p>1:00 A Bingo w/ Robin From Reliance</p> <p>2:15 A Line Dance Class w/ Mr. Brooks</p> <p>3:15 A Exercise by Mr. Brooks</p> <p>6:30 A Bingo</p>	<p>10:00 C Stretch & Balance</p> <p>1:00 Pool \$Aqua Motion</p> <p>1:00 L Trip to Midtown Shopping Center (ALDI)</p> <p>2:00 A Let's Converse</p> <p>6:30 A Coolette Game</p>	<p>11:30 L Visit w/ Therapy Dogs, Zack & Theo</p> <p>1:00 A Bingo</p> <p>2:00 Pool Wind Down Wednesday</p> <p>3:15 A Exercise by Mr. Brooks</p> <p>6:30 A Bingo</p>	<p>9:00 L - 10:00 Publix</p> <p>9:00 L Bank</p> <p>10:00 C Bible Study w/ Lee Rayley</p> <p>11:00 PD WWCW Meeting w/ Ms. Pat</p> <p>12:00 PC Music by Nadine Coker</p> <p>1:00 Pool Aqua Motion</p> <p>2:00 D Town Hall</p> <p>2:30 A Popcorn</p> <p>5:00 A CW Chimes</p> <p>6:00 C CW Chorus</p> <p>6:30 A Coolette Game</p>	<p>10:00 O Beauty w/ Mary Kay</p> <p>11:00 L Out 2 Lunch - Old Chicago</p> <p>1:00 A Exercise by Mr. Brooks</p> <p>2:00 A Happy Hour w/ Annie (Piña Colada Day)</p> <p>6:30 A Bingo</p>	<p>10:00 A Word Games</p> <p>10:30 L Outing w/ Dennis</p> <p>2:00 G2 Poker Time</p> <p>3:00 A Let's Play Games</p> <p>6:30 A Bingo</p>	<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>2:30 A Bridge Club w/ Ms. Fran</p> <p>3:00 G2 Pool Game</p>	<p>9:30 L Trip to Golden Donuts for Bingo & Prizes</p> <p>1:00 L *Cols. Park Crossing</p> <p>1:00 A Bingo</p> <p>2:15 A Line Dance Class w/ Mr. Brooks</p> <p>3:15 A Exercise by Mr. Brooks</p> <p>6:30 A Bingo</p>	<p>10:00 C Stretch & Balance</p> <p>12:00 PC Music by Jan Hyatt</p> <p>1:00 Pool Aqua Motion</p> <p>1:00 L Thrift Shopping</p> <p>2:00 A \$Jelly Bean Challenge</p> <p>6:00 L Trivia @ Mellow Mushroom</p> <p>6:30 A Coolette Game</p>	<p>10:00 C Bible Study w/ Mrs. Garrett</p> <p>11:30 L Visit w/ Therapy Dogs, Zack & Theo</p> <p>1:00 A Bingo</p> <p>2:00 A Ice Cream Social</p> <p>3:15 A Exercise by Mr. Brooks</p> <p>6:30 A Bingo</p>	<p>9:00 L - 10:00 Publix</p> <p>9:00 L Bank</p> <p>10:00 C Bible Study w/ Lee Rayley</p> <p>12:00 D Birthday Steak & Cake</p> <p>1:00 Pool Aqua Motion</p> <p>2:00 A Arts & Crafts w/ Annie</p> <p>5:00 A CW Chimes</p> <p>6:00 C CW Chorus</p> <p>6:30 A Coolette Game</p>	<p>10:30 L Out 2 Lunch - Jr's Steakhouse</p> <p>1:00 A Exercise by Mr. Brooks</p> <p>2:00 A Happy Hour w/ Annie</p> <p>6:30 A Bingo</p>	<p>10:00 A Word Games</p> <p>10:30 L Outing w/ Annie</p> <p>2:00 G2 Poker Time</p> <p>3:00 A Let's Play Games</p> <p>6:30 A Bingo</p>	<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>2:30 A Bridge Club w/ Ms. Fran</p> <p>3:00 G2 Pool Game</p>	<p>10:00 L *Target Center</p> <p>1:00 L *Walmart</p> <p>1:00 A Bingo</p> <p>2:15 A Line Dance Class w/ Mr. Brooks</p> <p>3:15 A Exercise by Mr. Brooks</p> <p>6:30 A Bingo</p>	<p>9:30 L Trip to Chick-fil-A for Bingo & Coffee</p> <p>10:00 C Stretch & Balance</p> <p>1:00 Pool Aqua Motion</p> <p>2:00 D Hymn Singing w/ Mr. Register</p> <p>6:30 A Coolette Game</p>	<p>11:30 L Visit w/ Therapy Dogs, Zack & Theo</p> <p>1:00 A Bingo</p> <p>2:00 Pool \$Wind Down Wednesday</p> <p>3:15 A Exercise by Mr. Brooks</p> <p>6:30 A Bingo</p>	<p>9:00 L - 10:00 Publix</p> <p>9:00 L Bank</p> <p>10:00 C Bible Study w/ Lee Rayley</p> <p>12:00 PC Music by Nadine Coker</p> <p>1:00 Pool Aqua Motion</p> <p>5:00 A CW Chimes</p> <p>6:00 C CW Chorus</p> <p>6:30 D Retro American Dance w/ David Tyler & Friend</p>	<p>11:00 L Out 2 Lunch - Miles To Go</p> <p>1:00 A Exercise by Mr. Brooks</p> <p>2:00 A Happy Hour w/ Annie</p> <p>6:30 A Bingo</p>	<p>10:00 A Word Games</p> <p>1:00 A Bunco Game w/ Ms. Julie</p> <p>2:00 D Music by Lindy Hamilton</p> <p>2:00 G2 Poker Time</p> <p>6:30 A Bingo</p>	<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>2:00 L Music by Jan Hyatt</p> <p>2:30 A Bridge Club w/ Ms. Fran</p> <p>3:00 G2 Pool Game</p>	<p>8:30 L "Rod Squad" Fishing Trip</p> <p>1:00 L *Walmart</p> <p>1:00 A Bingo</p> <p>2:15 A Line Dance Class w/ Mr. Brooks</p> <p>3:15 A Exercise by Mr. Brooks</p> <p>6:30 A Bingo</p>	<p>10:00 C Stretch & Balance</p> <p>1:00 Pool Aqua Motion</p> <p>2:00 A CW Auction</p> <p>4:30 L Mystery Dinner</p> <p>6:00 C VFW #12110 Meeting</p> <p>6:30 A Coolette Game</p>	<p>11:30 L Visit w/ Therapy Dogs, Zack & Theo</p> <p>1:00 A Bingo</p> <p>2:00 A Chair Basketball</p> <p>3:15 A Exercise by Mr. Brooks</p> <p>6:30 A Bingo</p>	<p>9:00 L - 10:00 Publix</p> <p>9:00 L Bank</p> <p>10:00 C Bible Study w/ Lee Rayley</p> <p>11:00 L Men's Luncheon</p> <p>1:00 Pool Aqua Motion</p> <p>2:00 A Popcorn & Word Games</p> <p>5:00 A CW Chimes</p> <p>6:00 C CW Chorus</p> <p>6:30 A Coolette Game</p>	<p>10:00 L Out 2 Lunch - Yoder's & Peach Farm</p> <p>1:00 A Exercise by Mr. Brooks</p> <p>2:00 A Happy Hour w/ Annie</p> <p>6:30 A Bingo</p>	



July Birthdays

- 01 Linda Braski
- 02 Rosie McDuffie
- 06 Sydney Flourney
- 06 Shirley Jenkins
- 07 Frances Gaylor
- 08 Ruth Gilbert*
- 15 Mamie Brown*
- 18 Skeet Miner* 103
- 27 June Boren
- 31 Virginia Hammond

* Nineties Club

Positive Thought

"In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact." —Les Brown

Funny Foursomes

These barbershop quartets have award-winning pipes and amusing names. Here are some clever champions from the Barbershop Harmony Society:
1959: Four Pitchikers
1961: The Suntones
2022: Quorum
2024: Three and a Half Men



Mmm, Chocolate ... With Chili Peppers?

World Chocolate Day on July 7 may bring to mind truffles and favorite candy bars, but the use of chocolate far precedes today's sweet treats. Around 4,000 years ago, the Mayans used chocolate drinks to mark important ceremonies. The ancient drink was often made with chili peppers, honey and water.

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



Service and Sacrifice

"To ease another's heartache is to forget one's own." — Abraham Lincoln



COVENANT WOODS

A SENIOR LIVING COMMUNITY

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