



(706) 561-1401

Life is Good at Covenant Woods

Find us on 



Thanks, Dad

Dads play an important role in the lives of their kids. Dads not only serve as role models, but they also offer their children plenty of wisdom and advice on all aspects of life. We salute all the dads in our community. We hope you have a wonderful Father's Day. Keep up the good work, and never underestimate how important you are!

Honoring Old Glory

In 1916, President Woodrow Wilson officially established June 14 as Flag Day. It honors the day in 1777 when the first version of the flag, featuring 13 stars and 13 stripes, was adopted as the nation's official flag.



Appreciation for Nursing Assistants

Salute the hard work and dedication of those who help provide patient care by celebrating National Nursing Assistants Week in June.



It's Strawberry Season

The first fruit to ripen in spring, fresh strawberries are a sweet favorite. The average person in America eats more than 3 pounds of them each year. But it only takes a few to get a taste of their benefits. One serving, about eight strawberries, packs more vitamin C than an orange.



JUNETEENTH




Freedom for All

On Friday, June 19, we honor Juneteenth, commemorating the full enforcement of the Emancipation Proclamation on June 19, 1865, freeing all enslaved people. In the words of activist Fannie Lou Hamer, "Nobody's free until everybody's free."

The Science Behind Mosquito Bites

Do you often get eaten alive by mosquitoes, while your friends remain bite-free? Blame your family tree: Scientists estimate that genetics influence a person's susceptibility to mosquito bites, almost as much as our genes influence our height! Research has also shown that these pesky insects may prefer people with type O blood.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right; margin-right: 5px;">1</p> <p>9:30 N Free BP & Health Check w/ Piedmont Cols Regional</p> <p>10:00 L *Cols. Park Crossing</p> <p>1:00 L *Peachtree Mall</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 style="text-align: right; margin-right: 5px;">2</p> <p>Doctor Day</p> <p>10:00 C Stretch & Balance</p> <p>1:00 L Trip to Midtown Shopping Center (ALDI)</p> <p>2:00 A \$Fashion Show Meeting</p> <p>6:00 L Trivia @ Mellow Mushroom</p> <p>6:30 A Coolette Game</p>	<p style="text-align: right; margin-right: 5px;">3</p> <p>Doctor Day</p> <p>10:00 C Joy Ministry Program</p> <p>11:30 L Visit w/ Therapy Dogs, Zack</p> <p>1:00 A Bingo</p> <p>1:00 C St. Anne Mass</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 style="text-align: right; margin-right: 5px;">4</p> <p>9:00 L - 10:00 Publix</p> <p>9:00 L Bank</p> <p>10:00 C Bible Study w/ Lee Railey</p> <p>10:00 A Stretch & Balance</p> <p>2:00 D Town Hall</p> <p>2:30 A \$Cookie Class hosted by Cols. Hospice</p> <p>5:00 A CW Chimes</p> <p>6:00 C CW Chorus</p> <p>6:30 A Coolette Game</p>	<p style="text-align: right; margin-right: 5px;">5</p> <p>Food Truck Friday</p> <p>11:00 L Out 2 Lunch - Toasted</p> <p>12:00 L Chilliez Chillers</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 style="text-align: right; margin-right: 5px;">6</p> <p>10:30 L Outing w/ Dennis</p> <p>2:00 G2 Poker Time</p> <p>6:30 A Bingo</p>
<p style="text-align: right; margin-right: 5px;">7</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 style="text-align: right; margin-right: 5px;">8</p> <p>Bookmobile Day</p> <p>9:30 L \$Trip to Golden Donuts for Bingo & Prizes</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 style="text-align: right; margin-right: 5px;">9</p> <p>Doctor Day</p> <p>10:00 C Stretch & Balance</p> <p>12:00 PC Music by Jan Hyatt</p> <p>1:00 L Thrift Shopping</p> <p>2:00 A Fashion Show Meeting</p> <p>4:00 L Clingstone Game</p> <p>6:30 A Coolette Game</p>	<p style="text-align: right; margin-right: 5px;">10</p> <p>Doctor Day</p> <p>11:30 L Visit w/ Therapy Dogs, Zack</p> <p>1:00 A Bingo</p> <p>2:00 A \$Jelly Bean Challenge</p> <p>3:15 A Exercise by Mr. Brooks</p> <p>6:30 A Bingo</p>	<p style="text-align: right; margin-right: 5px;">11</p> <p>Market Day 1pm - 3pm In Nook</p> <p>9:00 L - 10:00 Publix</p> <p>9:00 L Bank</p> <p>10:00 C Bible Study w/ Lee Railey</p> <p>10:00 A Stretch & Balance</p> <p>12:00 PC Music by Nadine Coker</p> <p>2:00 A National German Chocolate Cake Day</p> <p>5:00 A CW Chimes</p> <p>6:00 C CW Chorus</p> <p>6:30 A Coolette Game</p>	<p style="text-align: right; margin-right: 5px;">12</p> <p>10:30 O Beauty w/ Mary Kay</p> <p>11:00 L Out 2 Lunch - Mark's City Grill</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 style="text-align: right; margin-right: 5px;">13</p> <p>10:30 L Outing w/ Annie</p> <p>2:00 G2 Poker Time</p> <p>6:30 A Bingo</p>
<p style="text-align: right; margin-right: 5px;">14</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 style="text-align: right; margin-right: 5px;">15</p> <p>10:00 L *Cols. Park Crossing</p> <p>1:00 L *Peachtree Mall</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 style="text-align: right; margin-right: 5px;">16</p> <p>Doctor Day</p> <p>9:30 L \$Trip to Chick-fil-A for Bingo & Coffee</p> <p>10:00 C Stretch & Balance</p> <p>1:00 D Fashion Show Practice</p> <p>2:00 D Hymn Sing w/ Mr. Register</p> <p>6:30 A Coolette Game</p>	<p style="text-align: right; margin-right: 5px;">17</p> <p>Doctor Day</p> <p>11:30 L Visit w/ Therapy Dogs, Zack</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 style="text-align: right; margin-right: 5px;">18</p> <p>Market Day 1pm - 3pm In Nook</p> <p>9:00 L - 10:00 Publix</p> <p>9:00 L Bank</p> <p>10:00 C Bible Study w/ Lee Railey</p> <p>10:00 A Stretch & Balance</p> <p>12:00 D Birthday Steak & Cake</p> <p>2:00 Cottages National Picnic Day</p> <p>5:00 A CW Chimes</p> <p>6:00 C CW Chorus</p> <p>6:30 A Coolette Game</p>	<p style="text-align: right; margin-right: 5px;">19</p> <p>Happy Juneteenth</p> <p>11:00 L Out 2 Lunch - Rose Hill Seafood</p> <p>1:00 A Exercise by Mr. Brooks</p> <p>2:00 A Juneteenth Happy Hour w/ Annie</p> <p>6:30 A Bingo</p>	<p style="text-align: right; margin-right: 5px;">20</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 Bingo</p>
<p style="text-align: right; margin-right: 5px;">21</p> <p>Happy Father's Day</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 style="text-align: right; margin-right: 5px;">22</p> <p>Bookmobile Day</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 style="text-align: right; margin-right: 5px;">23</p> <p>Doctor Day</p> <p>10:00 C Stretch & Balance</p> <p>1:00 A \$Pool Noodle Hockey</p> <p>2:00 A Medicare Scams w/ Robin from Humana</p> <p>6:00 C VFW #12110 Meeting</p> <p>6:30 A Coolette Game</p>	<p style="text-align: right; margin-right: 5px;">24</p> <p>Doctor Day</p> <p>11:30 L Visit w/ Therapy Dogs, Zack</p> <p>1:00 A Bingo</p> <p>2:00 D Fashion Show Practice</p> <p>3:15 A Exercise by Mr. Brooks</p> <p>6:30 A Bingo</p>	<p style="text-align: right; margin-right: 5px;">25</p> <p>Market Day 1pm - 3pm In Nook</p> <p>9:00 L - 10:00 Publix</p> <p>9:00 L Bank</p> <p>10:00 C Bible Study w/ Lee Railey</p> <p>10:00 A Stretch & Balance</p> <p>2:00 D CW Fashion Show w/ DJ Sam</p> <p>5:00 A CW Chimes</p> <p>6:00 C CW Chorus</p> <p>6:30 A Coolette Game</p>	<p style="text-align: right; margin-right: 5px;">26</p> <p>11:00 L Out 2 Lunch - Cheddars</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>6:30 D Edgewood Baptist Church Children Choir</p>	<p style="text-align: right; margin-right: 5px;">27</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 D CW Choir presents A Shining Light...</p>
<p style="text-align: right; margin-right: 5px;">28</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 style="text-align: right; margin-right: 5px;">29</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 style="text-align: right; margin-right: 5px;">30</p> <p>Doctor Day</p> <p>10:00 C Stretch & Balance</p> <p>2:00 A CW Auction</p> <p>4:30 L Mystery Dinner</p> <p>6:30 A Coolette Game</p>				



June Birthdays

- 01 Patricia Guy
- 02 Patricia Reeder
- 02 Wortley White
- 04 Elaine Futch
- 07 Dotty Lipford*
- 09 Mable Ditchfield
- 09 Lucile Lambert* 100th
- 10 Barbara Koons
- 11 Charlene Rallo
- 11 Jane Tjoflat
- 12 Elvia King
- 13 Terry Irvin
- 18 Clare Conine
- 18 Miles Henslee
- 18 Tom Craddock
- 19 Sarah Smith
- 22 Byron Thomas
- 23 Berkley Tante
- 24 Betty McCluster*
- 27 Norman Landot

* Nineties Club



Health & Wellness

Protect Your Hands

The skin on the backs of your hands is thin and prone to sun damage that can later appear as wrinkles and dark spots. When applying sunscreen, don't forget to protect these areas, too.

Man-go for It

This summer, treat your taste buds to a mango. Called the king of fruits, one mango contains more than 20 different vitamins and minerals, including high levels of vitamins A and C, fiber and folate.



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



Summer Days Ahead

"Summertime is always the best of what might be." — Charles Bowden



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907