



(706) 561-1401

Life is Good at Covenant Woods

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Welcoming Spring

The vernal equinox, which marks the beginning of spring in the Northern Hemisphere, occurs on March 20. On this day, the sun is directly over the equator, so day and night are of equal length.



World-Changing Women

In honor of Women's History Month in March, consider the words of abolitionist Harriet Tubman: "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars, to change the world."



Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

Simple Pleasures

"Some old-fashioned things like fresh air and sunshine are hard to beat." —Laura Ingalls Wilder

Turn Around, Bright Eyes

It's a total eclipse of the moon on March 3, starting at about 6 AM.

Hero Status

Since 1943, Red Cross Month has been observed in March to honor committed volunteers. Every year, the Red Cross responds to more than 60,000 disasters and collects more than 4 million blood donations.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game</p>	<p>2</p> <p>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 Mr. Brooks 6:30 A Bingo</p>	<p>3</p> <p>Doctor Day 10:00 C Stretch & Balance 1:00 L Trip to Midtown Shopping Center (ALDI) 2:00 A \$Let's Converse 6:30 A Coolette Game</p>	<p>4</p> <p>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 Mr. Brooks 6:30 A Bingo</p>	<p>5</p> <p>9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Rayley 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</p>	<p>6</p> <p>10:30 L Out 2 Lunch - Jr's Steakhouse 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Annie 6:30 A Bingo</p>	<p>7</p> <p>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</p>
<p>8</p> <p>Daylight Saving Time Begins 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 L Music by George Corradino 3:00 G2 Pool Game</p>	<p>9</p> <p>Bookmobile Day 1pm 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 Mr. Brooks 6:30 A Bingo</p>	<p>10</p> <p>Doctor Day 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 2:00 A Celebrating Women's History Month: 100 Years of Women's Voting Right Documentary 6:00 L Trivia @ Mellow Mushroom 6:30 A Coolette Game</p>	<p>11</p> <p>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 by Mr. Brooks 6:30 A Bingo</p>	<p>12</p> <p>Market Day 1pm - 3pm In Nook 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Rayley 10:00 A Stretch & Balance 11:00 PD \$WWCW Meeting w/ Ms. Pat 11:00 L Men's Luncheon 12:00 PC Music by Nadine Coker 2:00 A National Plant a Flower Day 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game</p>	<p>13</p> <p>10:00 O Beauty w/ Mary Kay 11:00 L Out 2 Lunch - Rose Hill Seafood 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Annie 6:30 A Bingo</p>	<p>14</p> <p>10:00 A Word Games 12:00 L Outing w/ Annie 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</p>
<p>15</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game</p>	<p>16</p> <p>10:00 L *Target Center 10:00 D Lake Wood Baptist Church "Amen Choir" 1:00 L *Walmart 1:00 A Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Mr. Brooks 6:30 A Bingo</p>	<p>17</p> <p>Happy St. Patrick's Day/Doctor Day 10:00 C Stretch & Balance 10:15 L Trip to Chick-fil-A for Bingo & Coffee 2:00 D Hymn Songs w/ Mr. Register 3:00 A St. Patty's Day Celebration 6:30 A Coolette Game</p>	<p>18</p> <p>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 & Word Games 3:15 A Exercise by Mr. Brooks 6:30 A Bingo</p>	<p>19</p> <p>Market Day 1pm - 3pm In Nook 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Rayley 10:00 A Stretch & Balance 12:00 D Birthday Steak & Cake 2:00 A \$Pool Noodle Hockey 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game</p>	<p>20</p> <p>Spring Begins 11:00 L Out 2 Lunch - Carrabba's 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Annie 6:30 A Bingo</p>	<p>21</p> <p>10:00 A Word Games 2:00 D Music by Mark Blaxton 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</p>
<p>22</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D Songwriter Round Honors Lester Kapelka 3:00 G2 Pool Game</p>	<p>23</p> <p>Bookmobile Day 1pm 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 Mr. Brooks 6:30 A Bingo</p>	<p>24</p> <p>Doctor Day 10:00 C Stretch & Balance 1:00 L Trip to Columbus Museum 2:00 A Arts & Craft w/ Annie 4:30 L Mystery Dinner 6:00 C VFW #12110 Meeting 6:30 A Coolette Game</p>	<p>25</p> <p>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 \$Paper Relay Race 3:15 A Exercise by Mr. Brooks 6:30 A Bingo</p>	<p>26</p> <p>Market Day 1pm - 3pm In Nook 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Rayley 10:00 A Stretch & Balance 10:30 L Juliet Luncheon 12:00 PC Music by Nadine Coker 5:00 A CW Chimes 6:00 C CW Chorus 6:30 D Team Trivia Night</p>	<p>27</p> <p>11:00 L Out 2 Lunch - Hibachi Grill 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Annie 6:30 A Bingo</p>	<p>28</p> <p>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</p>
<p>29</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 L Music by Lindy Hamilton 3:00 G2 Pool Game</p>	<p>30</p> <p>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 Mr. Brooks 6:30 A Bingo</p>	<p>31</p> <p>Doctor Day 10:00 C Stretch & Balance 1:00 L Thrift Shopping 2:00 A CW Auction 6:30 A Coolette Game</p>				



March Birthdays

- 07 Connie Fitts
- 08 Martha Daniels
- 08 Curtistine Williams
- 11 Frank Smith*
- 16 George (Andy) Farmer
- 17 Faye Pylant*
- 24 Steve Stahl
- 25 Susan Oneal
- 27 Margaret Watson
- 29 Terry Thomas

* Nineties Club

Celebrating March Birthdays

Happy birthday to all our residents enjoying their special day this month! We hope your day is wonderful.



Popcorn Pick: 'March of the Penguins'

Every March in the Antarctic, emperor penguins begin an annual trek that has gone on for generations. Filmmakers followed these unique creatures and released this nature documentary in 2005 to rave reviews for its scope and breathtaking scenes. Narrating the Oscar-winning film is actor Morgan Freeman, who explains how the birds walk hundreds of miles to their ancestral breeding grounds to mate, hatch their chicks, then work to ensure their offspring survive and continue the cycle of life.

3.14159 ...

March 14 is Pi Day.

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



St. Paddy's Day Snicker

Knock, knock.

Who's there?

Irish.

Irish who?

Irish you a happy holiday!



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907