



(706) 561-1401

Life is Good at Covenant Woods

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Happy Mother's Day!

"A mother's love for her child is like nothing else in the world." — Agatha Christie

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us, we wish all the moms who call our community home a very happy Mother's Day!

Happy Cinco de Mayo!

We hope our residents have a bright and festive holiday!



Memorial Day

A day to remember the sacrifice of the country's fallen service members has been observed since the Civil War. Known as Decoration Day for a century, the holiday was renamed Memorial Day by federal law in 1967.

Hats and Horses

Hats off to those who sport special headwear at the Kentucky Derby. The hat tradition—with options ranging from sublime to silly—dates back to 1875. At that time, those attending the Derby considered it a social affair. As a result, race organizers invited women's clubs, whose members dressed in their finest attire.



Spring Scents

From blooming flowers to fresh-cut grass, the scents of spring are in the air now. Studies show that getting a whiff of these aromas can make you feel calm and happy.

Ease Aches With Avocado

Feel free to indulge in guacamole during your Cinco de Mayo celebrations, especially if you suffer from stiff or achy joints. The avocado in the dip contains anti-inflammatory omega-3 fatty acids and vitamin E, which can help repair damaged cartilage.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Derby Day 1	2
3 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D Nona's Song Circle 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game	4 9:30 N Free BP & Health Check w/ Piedmont Cols Regional 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	5 Doctor Day 10:00 C Stretch & Balance 1:00 L Trip to Midtown Shopping Center (ALDI) 2:00 A Cinco de Mayo Celebration 6:30 A Coolette Game	6 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 Pretty Nails 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	7 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Rayley 10:00 A Stretch & Balance 2:00 D Town Hall 2:30 A Popcorn 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	8 11:00 L Out 2 Lunch - Charred Oak 1:00 A Exercise by Mr. Brooks 2:00 A Horse Race & Happy Hour w/ Annie 6:30 A Bingo	9 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
10 Happy Mother's Day 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game	11 Bookmobile Day 9:30 L \$Trip to Golden Donuts for Bingo & Prizes 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	12 Doctor Day 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 1:00 L Walking Club "Get Your Steps in" 2:00 A \$Let's Converse 6:00 L Trivia @ Mellow Mushroom 6:30 A Coolette Game	13 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 \$Pool Noodle Hockey 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	14 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 WWCW Luncheon @ Wynn House 3:00 A \$Show & Tell 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	15 Food Truck Friday 9:30 L Out 2 Lunch - Lunch & Shopping @ Belk 1:00 A Exercise by Mr. Brooks 2:00 L - 2 Peanut Plug Food truck 2:00 A Happy Hour w/ Annie 6:30 A Bingo	16 10:00 A Word Games 2:00 D Music by David Tyler 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
17 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game	18 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	19 Doctor Day 10:00 C Stretch & Balance 1:00 Pool \$Corn Hole Game 2:00 D Hymn Sing w/ Mr. Register 6:30 A Coolette Game	20 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 Arts & Craft w/ Annie 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	21 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 2:00 A \$Duck Hunting Game 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	22 Welcome Home Miracle Riders TBA 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	23 10:00 A Word Games 10:30 L Outing w/ Annie 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
24 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game	25 Happy Memorial Day 8:30 L "Rod Squad" Fishing Trip 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	26 Doctor Day 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps in" 2:00 A CW Auction 4:00 L Mystery Dinner 6:00 C VFW #12110 Meeting 6:30 A Coolette Game	27 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	28 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 L Men's Luncheon 5:00 A CW Chimes 6:00 C CW Chorus 6:30 D Flower Power Dance w/ Back Trackin Band	29 11:00 L Out @ Lunch - Texas Roadhouse 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Annie 6:30 A Bingo	30 James Bussey Day 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
31 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 L Music by Jan Hyatt 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game						



May Birthdays

- 04 Tony Guzman
- 06 Ann Overton
- 14 Robert Lemon
- 14 Jacqueline Baca*
- 21 Lindora Llewellyn
- 22 Josette Ray*
- 23 Curtis Lockhart*
- 24 John Donaldson
- 24 Stewart MacDougall
- 26 Martha Granger
- 30 James Bussey(100yrs)*
- 31 Caroline Rabon*
- 31 James Dixon

* Nineties Club

Hobbies for Health and Happiness

Hobby trends come and go, but research shows that some tried-and-true pastimes can improve overall health and happiness. Before you impulse buy that mushroom growing kit or photography drone, consider these pursuits:

Reading. A 2021 study conducted over 14 years found that participants who read at least once a week were at lower risk for cognitive decline, regardless of educational background.

Dancing. A 2019 research review found that the practice of dancing regularly improved memory, attention and balance.

Learning a new language. Research shows there are cognitive benefits of learning a new language at any age. A 2019 study found that participants 59 to 79 years old experienced improved cognition after just a 4-month language course.

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



Brainteaser

Q. I am a protector. I sit on a bridge. One person can see right through me, while others wonder what I hide. What am I?

A. Sunglasses.



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907