COVENANT WOODS
A SENIOR LIVING COMMUNITY

(706) 561-1401

Life is Good at Covenant Woods

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Happiness Helper: Practice Gratitude

The Thanksgiving holiday is centered on expressing gratitude, but making it a practice throughout the year can lead to more overall happiness. Taking time to think about the things you appreciate contributes to feelings of optimism and satisfaction and a greater sense of connection to others.

Recognition for Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces.



Attitude of Gratitude

"Be present in all things and thankful for all things."
—Maya Angelou





Getting Creative for Brain Health

New research suggests picking up a creative hobby may slow brain aging. According to a study in Nature Communications, the strongest brain boost was found in tango dancers, estimating that their "brain ages" were about seven years younger than their actual ages. While researchers found that the more skilled a participant was in their respective creative field, the younger their brain appeared, the study also indicated even short-term creative activity benefited brain health.







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November 2026

L Lobby
A Activity Room
C Chapel
D Main Dining Room
PC PC Dining Room
N Nook
G2 Billiards/Game Rm C, 2nd Fl
O Outside Act. Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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	**2** 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	**Doctor Day** **3** 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	**Doctor Day** **4** 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 1:00 C St. Anne Mass 2:15 A Arts & Craft 3:15 A Exercise by Ms. Jamella 6:30 A Bingo	**Market Day 1pm - 3pm In Nook** **5** 9:00 L *Bank 9:00 L - 10:00 Publix 10:00 C Bible Study w/ Lee Railey 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	**6** 10:30 L Out 2 Lunch - Bullock House 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Deidra 6:30 A Bingo	**7** 10:00 A Word Games 1:00 A Come Learn New Card Games 2:00 G2 Poker Time 6:30 A Bingo
8 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 L *CCO Veterans Day Concert @ St. Mark 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game	**Bookmobile Day** **9** 9:30 L Trip to Chick-fil-A for Breakfast 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	**Doctor Day** **10** 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 1:00 L *Thrift Shopping 2:00 A $Pool Noodle Hockey 6:30 A Coolette Game	**Happy Veterans Day** **11** 11:00 A Veterans Appreciation Luncheon 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 L VFW Ceremony 2:00 A Bingo 3:15 A Exercise by Ms. Jamella 6:30 A Bingo	**Market Day 1pm - 3pm In Nook** **12** 9:00 L *Bank 9:00 L - 10:00 Publix 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 10:30 L WWCW Luncheon w/ Ms. Pat 12:00 PC Music by Nadine Coker 2:00 A $Bowling 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	**13** 11:00 L Out 2 Lunch - Olive Garden 11:30 O Beauty w/ Mary Kay 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Deidra 6:30 A Bingo	**14** 8:00 L $Veterans Day Parade 10:00 A Word Games 1:00 A Come Learn New Card Games 2:00 G2 Poker Time 6:30 A Bingo
15 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D Stephen & Kimberly Chapman Gospel Concert 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game	**16** 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	**Doctor Day** **17** 10:00 C Stretch & Balance 2:00 A Chili Cook-Off 6:30 A Coolette Game	**Doctor Day** **18** 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 2:00 A Spike Cider Bar 3:15 A Exercise by Ms. Jamella 6:30 A Bingo	**Market Day 1pm - 3pm In Nook** **19** 9:00 L *Bank 9:00 L - 10:00 Publix 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 12:00 D Birthday Steak & Cake 5:00 A CW Chimes 6:00 C CW Chorus 6:30 D Autumn Moon Dance w/ Vinyl 45 Band	**20** 11:00 L Out 2 Lunch - Country's BBQ 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Deidra 6:30 A Bingo	**21** 10:00 A Word Games 1:00 A Come Learn New Card Games 2:00 G2 Poker Time 6:30 A Bingo
22 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D The Lord's Supper/ Communion Service w/ Music by CW Choir 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game	**Bookmobile Day** **23** 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	**Doctor Day** **24** 10:00 C Stretch & Balance 2:00 A CW Auction 4:30 L Mystery Dinner 6:00 C VFW #12110 Meeting 6:30 A Coolette Game	**Doctor Day** **25** 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 2:00 A Turkey Hunting Game 3:15 A Exercise by Ms. Jamella 6:30 A Bingo	**Happy Thanksgiving** **26** 10:00 C Bible Study w/ Lee Railey 1:00 A Gobble Bingo w/ Prizes 6:30 A Coolette Game	**27** 11:00 L Out 2 Lunch - Ruby Tuesday 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Deidra 6:30 A Bingo	**28** 10:00 A Word Games 1:00 A Bunco Game w/ Ms. Julie 2:00 D Music by Lindy Hamilton 2:00 G2 Poker Time 6:30 A Bingo
29 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	**30** 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					



November Birthdays

01 Kathy DeRoche
02 Sandra Griffard
07 Amy Flynn
06 Barbara Morgan
08 John Wells*
09 Emma Fulwood*
09 Arlette Cone*
10 Lester Kapelka*
10 Rolf Wind
15 Emily Eldridge
15 Leon Futch
16 Peggy Brooks*
18 Virginia Hammett*
22 Connie Geter
24 Faye Cook
25 Brenda Morgan
30 Ginger Kemp

*** Nineties Club**

Virtual Visits: National WWI Museum and Memorial

On Nov. 11, 1926, President Calvin Coolidge dedicated the Liberty Memorial in Kansas City, Mo., a 217-foot tower honoring World War I veterans. In the year after World War I ended, more than $2.5 million was raised in 10 days to create the monument — more than $40 million by today's standards. Today, the National WWI Museum and Memorial still offers the most comprehensive collection of World War I artifacts and educational exhibits in the world.

Close Call

Q. What do you call a turkey on the day after Thanksgiving?

A. Lucky.



Ancient History Uncovered

On Nov. 4, 1922, archaeologists uncovered the 3,000-year-old remains of King Tut's tomb in Luxor, Egypt.

Covenant Woods Team

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Office Manager .. Sandy Mitchem
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Pines ..... Iysha Godbee, LPN
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Dining Services ..... Lucy Greene
Dining Room ..... Tiffany Thomas
Recreation ..... Alisha Brooks
Recreation Asst ..... Deidra Tobin
Pines Activities ..... Brenda Rivas
Transportation ..... Dennis Johnson
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Above and Beyond

Dancing Leaves

"Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day."

—Shira Tamir

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Illustratus
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