



(706) 561-1401

Life is Good at Covenant Woods

Find us on 

Happy Halloween

It's time once again for those ghosts, goblins and other scary creatures of the night to haunt our community! Halloween is almost here, and we hope everybody has a safe and happy one.



Smile!

Put on a happy face on World Smile Day, the first Friday in October. Research shows that the simple act of smiling can help strengthen the immune system and reduce blood pressure, pain and stress.



October Pleasures

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."
—Nathaniel Hawthorne



Mayberry Milestone

With a cast of beloved characters and one of the most recognized theme songs in TV history, "The Andy Griffith Show" premiered Oct. 3, 1960. Viewers whistled along and met Andy, Barney, Aunt Bee, Opie and the folks of the fictional North Carolina town of Mayberry.

Did You Hear?

October is National Audiology Awareness Month.





Oyez! Oyez! Oyez!

Those words and the sound of a gavel are part of the traditional session opening of the U.S. Supreme Court. The nation's highest court begins its annual term on the first Monday in October.

Excellent Eats

Certain foods can reduce inflammation and improve your health. Add some of these to your diet: avocados; legumes such as beans; herbs and spices including garlic, ginger and rosemary; broccoli and other cruciferous and root vegetables; and whole grains such as quinoa.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>5</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game</div>	<div>6</div> <div>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 Carmen 6:00 L CCO Concert @ St Mark 6:30 A Bingo</div>	<div>7</div> <div>Doctor Day 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps in" 1:30 G2 Poker Time 2:00 D Q & A for Medicare 2026 6:30 A Coolette Game</div>	<div>8</div> <div>Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A \$Decorating Pumpkins 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div>9</div> <div>2 9:00 L - 10:00 Publix 10:00 C Bible Study w/ Lee Railey 11:00 A WWCW Meeting w/ Ms. Pat 4:00 L CW 40th Anniversary Celebration</div>	<div>10</div> <div>3 Wear Your Favorite College Team Shirt 11:00 L Out 2 Lunch - Rose Hill Seafood 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo</div>	<div>11</div> <div>4 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</div>
<div>12</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D Nona's Song Circle 3:00 G2 Pool Game</div>	<div>13</div> <div>Columbus Day/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 Carmen 6:30 A Bingo</div>	<div>14</div> <div>Doctor Day 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 1:00 A Arts & Craft w/ Annie 2:00 D Food Forum 6:00 L \$Trivia @ Mellow Mushroom 6:30 A Coolette Game</div>	<div>15</div> <div>Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A Making Apple Nachos 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div>16</div> <div>Market Day 1pm - 3pm In Nook/ Fall Festival Day 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 12:00 D Birthday Steak & Cake 12:00 PC Music by Nadine Coker 2:00 D Town Hall 2:30 A Popcorn 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game</div>	<div>17</div> <div>11:00 L Out 2 Lunch - El Carrizo 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo</div>	<div>18</div> <div>10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</div>
<div>19</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:00 G2 Pool Game</div>	<div>20</div> <div>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 Carmen 6:30 A Bingo</div>	<div>21</div> <div>Doctor Day 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps in" 1:30 G2 Poker Time 2:00 D Hymn Sing Along w/ Mr. Register 6:30 A Coolette Game</div>	<div>22</div> <div>Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 D Mr. Benny Music & Balloons 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div>23</div> <div>Market Day 1pm - 3pm In Nook 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 12:00 PC Music by Nadine Coker 5:00 A CW Chimes 6:00 C CW Chorus 6:30 D Harvest Moon Dance w/ Misty Harbor Band</div>	<div>24</div> <div>10:30 L Out 2 Lunch - Bullock House 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo</div>	<div>25</div> <div>10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 5:00 L Morningside Baptist Church Trunk or Treating 6:30 A Bingo</div>
<div>26</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 L Music by Jan Hyatt 3:00 G2 Pool Game</div>	<div>27</div> <div>Bookmobile Day 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 Carmen 6:30 A Bingo</div>	<div>28</div> <div>Doctor Day 10:00 C Stretch & Balance 2:00 A CW Auction 6:00 C VFW #12110 Meeting 6:30 A Coolette Game</div>	<div>29</div> <div>Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A \$Duck Hunting Game 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div>30</div> <div>Market Day 1pm - 3pm In Nook 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Railey 10:00 A Stretch & Balance 2:00 A Popcorn & Word Games 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game</div>	<div>31</div> <div>Happy Halloween 10:00 L Trick or Treat w/ Residents 1:00 A Exercise by Carmen 3:00 L Monster Mash Mix & Mingle 6:30 A Bingo</div>	



October Birthdays

02	Joan Pier*
02	Nancy Gunn
03	Julie Wagenti
09	Vira McGill
11	Gladys Arroyo
15	Betty McGuire
16	Martha Kittle*
17	Marie Osborn
20	Joe Forrest
22	Joyce Saville
22	Peggy Dunn
23	Beverly Lee
24	Ethel Meininger
27	Laura Berry
28	Otis Smith*
29	Ona Ison*
29	Betty Tomlinson
30	Jackie Miller*

* **Nineties Club**

October's Birthstone

The October birthstone is opal. The opal gets its name from the Greek "opallos" meaning "to see a change of color." The Romans believed the jewel was a symbol of purity and hope, while Greeks thought it had the power of foresight.



Don't Cross a Crow

Crows have a good memory and never forget a human face, especially someone who has ruffled their feathers. Wildlife biologists who have studied this phenomenon say the birds can remember people who have threatened them—even after several years—and warn their offspring and other crows in their flock, passing on their grudge against potential threats.

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



Fall in Love With Fall

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves." —Joe L. Wheeler



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907