



(706) 561-1401

## Life is Good at Covenant Woods

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### Labor Day

Labor Day, observed on the first Monday in September, became a federal holiday in 1894. The day recognizes the contributions and achievements of American workers. Labor Day also symbolizes the end of summer for many Americans.

### Brainteaser

Question: I appear once in summer and twice in autumn, but I don't appear in any other season of the year. What am I?

Answer: The letter U.

### Acorns Aplenty

With their familiar brown caps, acorns are the falling fruit of the oak tree. During late summer and early fall, the trees drop the nuts, and squirrels are often seen happily hoarding them. When there's a bumper crop of acorns, it's known as a mast year. Chipmunks, birds, deer and other wildlife that depend on the nutritious nuts can't eat all of them, leaving the excess acorns to grow into new oak trees.



### Did You Know?

No other month ends on the same day of the week as September.

### Age Doesn't Matter

"Age is something that doesn't matter, unless you are a cheese."  
—Billie Burke



### The Longest Year

How many times has Neptune circled the sun since being discovered in September 1846?

Once. It takes Neptune almost 165 (Earth) years to orbit the sun.

### The Gift of 'Grands'






Recognizing the importance of the bonds between generations, Grandparents Day honors the gifts that grandparents and grandfriends bring to families and communities. Celebrate the first Sunday after Labor Day.







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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Happy Labor Day</b> 1 1:00 <span>A</span> Labor Day Bingo & Prizes 3:00 <span>A</span> Word Games 6:30 <span>A</span> Bingo	<b>Doctor Day</b> 2 10:00 <span>C</span> Stretch & Balance 1:00 <span>L</span> Walking Club “Get Your Steps in” 2:00 <span>A</span> \$Let’s Converse 6:30 <span>A</span> Coolette Game	<b>Doctor Day</b> 3 11:30 <span>L</span> Visit w/ Therapy Dogs, Gus & Zack 1:00 <span>C</span> St. Anne Mass 2:00 <span>A</span> \$Cheese Toss Game 3:15 <span>A</span> Exercise by Carmen 6:30 <span>A</span> Bingo	9:00 <span>L</span> - 10:00 Publix 9:00 <span>L</span> Bank 10:00 <span>C</span> Bible Study w/ Lee Railey 10:00 <span>A</span> Stretch & Balance 11:00 <span>O</span> Sweet Something & Jewelry 11:00 <span>PD</span> WWCW Meeting w/ Ms. Pat 2:00 <span>D</span> Town Hall 2:30 <span>A</span> Popcorn 5:00 <span>A</span> CW Chimes 6:00 <span>C</span> CW Chorus 6:30 <span>A</span> Coolette Game	11:00 <span>L</span> Out 2 Lunch - Ruby Tuesday 1:00 <span>A</span> Exercise by Carmen 2:00 <span>A</span> Happy Hour w/ Annie 6:30 <span>A</span> Bingo	10:00 <span>A</span> Word Games 2:00 <span>G2</span> Poker Time 3:00 <span>A</span> Let’s Play Games 6:30 <span>A</span> Bingo
<b>Happy Grandparents Day</b> 7 9:30 <span>C</span> Church Service 10:30 <span>C</span> Livestream Mass / Communion from St. Anne 2:00 <span>D</span> Music by Sam Beman 4:30 <span>A</span> Card Games	<b>Assisted Living Week Begins/ PJs Day</b> 8 9:30 <span>N</span> Free BP & Health Check w/ Piedmont Cols Regional 10:00 <span>L</span> \$Trip to Golden Donuts for Bingo & Prizes 1:00 <span>L</span> *Cols. Park Crossing 1:00 <span>A</span> Bingo 2:15 <span>A</span> Line Dance Class w/ Mr. Brooks 3:15 <span>A</span> Exercise by Carmen 6:30 <span>A</span> Bingo	<b>Doctor Day/ Wacky Tacky Day</b> 9 10:00 <span>C</span> Stretch & Balance 12:00 <span>PC</span> Music by Jan Hyatt 1:00 <span>A</span> Wacky Tacky Dress Contest 2:00 <span>A</span> \$Duck Hunting Game 6:30 <span>A</span> Coolette Game	<b>Doctor Day/ Disco Day</b> 10 11:30 <span>L</span> Visit w/ Therapy Dogs, Gus & Zack 1:00 <span>A</span> Bingo 3:15 <span>A</span> Exercise by Carmen 6:30 <span>D</span> Disco Bingo Bash	<b>Market Day 1pm - 3pm In Nook/ Red, White &amp; Blue Day</b> 11 9:00 <span>L</span> - 10:00 Publix 9:00 <span>L</span> Bank 10:00 <span>C</span> Bible Study w/ Lee Railey 10:00 <span>A</span> Stretch & Balance 11:00 <span>L</span> Trip to Fire Station & Lunch @ Pepper’s 1:00 <span>L</span> Thrift Shopping 5:00 <span>A</span> CW Chimes 6:00 <span>C</span> CW Chorus 6:30 <span>A</span> Coolette Game	<b>Wear Your Favorite College Team Shirt</b> 12 11:00 <span>L</span> Out 2 Lunch - LongHorn Steak house 11:30 <span>O</span> Beauty w/ Mary Kay 1:00 <span>A</span> Exercise by Carmen 1:00 <span>L</span> Ice Cream Bar 3:00 <span>L</span> Mix & Mingle in The Woods 6:30 <span>A</span> Bingo	10:00 <span>A</span> Word Games 2:00 <span>G2</span> Poker Time 3:00 <span>A</span> Let’s Play Games 6:30 <span>A</span> Bingo
9:30 <span>C</span> Church Service 10:30 <span>C</span> Livestream Mass / Communion from St. Anne 4:30 <span>A</span> Card Games	10:00 <span>L</span> *Target Center 1:00 <span>L</span> *Walmart 1:00 <span>A</span> Bingo 2:15 <span>A</span> Line Dance Class w/ Mr. Brooks 3:15 <span>A</span> Exercise by Carmen 6:30 <span>A</span> Bingo	<b>Doctor Day</b> 16 10:00 <span>C</span> Stretch & Balance 1:00 <span>A</span> Arts & Craft w/ Annie 2:00 <span>A</span> Apple Pie in a Cup 6:00 <span>L</span> \$Trivia @ Mellow Mushroom 6:30 <span>A</span> Coolette Game	<b>Doctor Day</b> 17 11:30 <span>L</span> Visit w/ Therapy Dogs, Gus & Zack 1:00 <span>A</span> Bingo 2:00 <span>A</span> \$Bobbing for Apple Contest 3:15 <span>A</span> Exercise by Carmen 6:30 <span>A</span> Bingo	<b>Market Day 1pm - 3pm In Nook</b> 18 9:00 <span>L</span> - 10:00 Publix 9:00 <span>L</span> Bank 10:00 <span>C</span> Bible Study w/ Lee Railey 10:00 <span>A</span> Stretch & Balance 10:30 <span>L</span> Juliet Luncheon 12:00 <span>D</span> Birthday Steak & Cake 2:00 <span>A</span> National Rice Krispies Day 5:00 <span>A</span> CW Chimes 6:00 <span>C</span> CW Chorus 6:30 <span>A</span> Coolette Game	9:30 <span>L</span> Out 2 Lunch - Trip to Newnan for Shopping & Lunch 1:00 <span>A</span> Exercise by Carmen 2:00 <span>A</span> Happy Hour w/ Annie 6:30 <span>A</span> Bingo	10:00 <span>A</span> Word Games 10:30 <span>L</span> Outing w/ Annie 2:00 <span>G2</span> Poker Time 3:00 <span>A</span> Let’s Play Games 6:30 <span>A</span> Bingo
9:30 <span>C</span> Church Service 10:30 <span>C</span> Livestream Mass / Communion from St. Anne 4:30 <span>A</span> Card Games	10:00 <span>L</span> *Cols. Park Crossing 1:00 <span>L</span> *Peachtree Mall 1:00 <span>A</span> Bingo 2:15 <span>A</span> Line Dance Class w/ Mr. Brooks 3:15 <span>A</span> Exercise by Carmen 6:30 <span>A</span> Bingo	<b>Doctor Day</b> 23 10:00 <span>C</span> Stretch & Balance 1:00 <span>A</span> Popcorn & Games 2:00 <span>D</span> Hymn Sing Along w/ Mr. Register 6:00 <span>C</span> VFW #12110 Meeting 6:30 <span>A</span> Coolette Game	<b>Doctor Day</b> 24 11:30 <span>L</span> Visit w/ Therapy Dogs, Gus & Zack 1:00 <span>A</span> Bingo 2:00 <span>A</span> Arts & Craft w/ Annie 3:15 <span>A</span> Exercise by Carmen 6:30 <span>A</span> Bingo	<b>Market Day 1pm - 3pm In Nook</b> 25 9:00 <span>L</span> - 10:00 Publix 9:00 <span>L</span> Bank 10:00 <span>C</span> Bible Study w/ Lee Railey 10:00 <span>A</span> Stretch & Balance 11:00 <span>L</span> Romeo Luncheon 5:00 <span>A</span> CW Chimes 6:00 <span>C</span> CW Chorus 6:30 <span>D</span> Autumn Affair Dance	11:00 <span>L</span> Out 2 Lunch - Carrabba’s 1:00 <span>A</span> Exercise by Carmen 2:00 <span>A</span> Happy Hour w/ Annie 6:30 <span>A</span> Bingo	10:00 <span>A</span> Word Games 10:30 <span>L</span> Outing w/ Dennis Lunch @ Luke’s Pub 2:00 <span>D</span> Music by Lindy Hamilton 2:00 <span>G2</span> Poker Time 3:00 <span>A</span> Let’s Play Games 6:30 <span>A</span> Bingo
9:30 <span>C</span> Church Service 10:30 <span>C</span> Livestream Mass / Communion from St. Anne 2:00 <span>L</span> Music by Jan Hyatt 4:30 <span>A</span> Card Games	10:00 <span>L</span> *Target Center 1:00 <span>A</span> *Walmart 1:00 <span>A</span> Bingo 2:15 <span>A</span> Line Dance Class w/ Mr. Brooks 3:15 <span>A</span> Exercise by Carmen 6:30 <span>A</span> Bingo	<b>Doctor Day</b> 30 10:00 <span>C</span> Stretch & Balance 1:00 <span>L</span> Walking Club “Get Your Steps in” 2:00 <span>A</span> CW Auction 6:30 <span>A</span> Coolette Game				



## September Birthdays

- 06 Mary Langford\*
- 07 Fran Miller\*
- 09 Raquel Snyder
- 10 Susan Aguilar
- 10 Kathleen Bishop\*
- 12 Martha Powell
- 14 June Leggett\*
- 15 Margaret Milner 104\*
- 15 Laverne Taff\*
- 17 Jewell Massey
- 18 Laverne Wright\*
- 18 Joe Powell
- 21 Elvie Bledsoe
- 23 Charlene Massey
- 25 LaRay James\*
- 25 Beverly Lucas
- 26 Judith Barlow
- 26 Bill Beck
- 27 Jean David
- 27 Lee Harrell\*
- 28 Paul Szucs\*

\* **Nineties Club**

## Pretty as a Penny Candy

A penny used to buy more than your thoughts. In the 1800s, corner stores would display individually wrapped candies near their entrances to tempt shoppers with one-cent treats. Old-fashioned favorites like Tootsie Rolls, Smarties and lollipops can still be found on shelves today—though they're typically priced a little more than a copper coin.

## Memorable Melody: 'I Got Rhythm'

Originally a slow song for an earlier musical, this famous jazz standard ramped up its rhythm for the 1930 production of "Girl Crazy." Ethel Merman, in her Broadway debut, belted out the tune with her powerful voice and ended up stopping the show for encores. George Gershwin composed the song's elaborate melody, but his brother Ira struggled to pen rhyming lyrics for it. The pair finally decided to leave most of the lines unrhymed, an unusual and daring choice at the time.

## 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



## Our New Neighbors

We're excited to welcome our newest residents to our community this September!



**COVENANT WOODS**

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907