COVENANT WOODS
A SENIOR LIVING COMMUNITY

(706) 561-1401

Life is Good at Covenant Woods

Find us on

Salute to Labor

"I believe in the dignity of labor, whether with head or hand, that the world owes no man a living but that it owes every man an opportunity to make a living."

—John D. Rockefeller Jr.

We'd like to salute the efforts of all working people this Labor Day, and we hope you enjoy the holiday to the fullest.

Fall Begins

Fall's first day is Sept. 22.

Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.

September by the Numbers

3. Minimum servings of whole grains recommended daily. September is Whole Grains Month.

70 million. Approximate number of grandparents in the U.S. Celebrate Grandparents Day on the first Sunday after Labor Day.

39. Number of Founding Fathers who signed the U.S. Constitution on Sept. 17, 1787.

Positive Thought

"Aging is not lost youth, but a new stage of opportunity and strength." —Betty Friedan

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September 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Doctor Day 1 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** 2 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 1:00 C St. Anne Mass 2:00 A Arts & Craft w/ Lisa 3:15 A Exercise by Ms. Jamella 6:30 A Bingo	3 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 D Town Hall 2:30 A Popcorn 5:00 A CW Chimes 6:30 A Coolette Game 6:30 C CW Chorus	4 11:00 L Out 2 Lunch - Rose Hill Seafood 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Alisha 6:30 A Bingo	5 10:00 A Word Games 1:00 A Let's Play Games 2:00 G2 Poker Time 6:30 A Bingo
6 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	**Happy Labor Day** 7 1:00 A Labor Day Bingo & Prizes 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Mr. Brooks 6:30 A Bingo	**Doctor Day** 8 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 1:00 L *Thrift Shopping 2:00 A Chair Basketball 6:30 A Coolette Game	**Doctor Day** 9 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 2:00 Wind Down Wednesday 3:15 A Exercise by Ms. Jamella 6:30 A Bingo	**Market Day 1pm - 3pm In Nook/ Flu Sign-Up** 10 9:00 L - 10:00 Publix 9:00 L -12 Sign-Up Flu Clinic 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 Putt Putt Golf 5:00 A CW Chimes 6:30 A Coolette Game 6:30 C CW Chorus	11 10:00 O Beauty w/ Mary Kay 10:30 L Out 2 Lunch - Trip to Fire Station & Lunch @ Pepper's 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Alisha 6:30 A Bingo	12 10:00 A Word Games 10:30 L Outing w/ Dennis 1:00 A Let's Play Games 2:00 G2 Poker Time 6:30 A Bingo
Happy Grandparents Day/ NASLW Begins 13 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Ice Cream Social 2:30 A Bridge Club w/ Ms. Fran 3:00 G2 Pool Game	**Bookmobile Day/ Pajama Day** 14 9:30 N Free BP & Health Check w/ Piedmont Cols Regional 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	**Doctor Day/ Crazy Hat Day** 15 9:30 L Trip to Chick-fil-A for Bingo & Coffee 10:00 C Stretch & Balance 12:00 L Donut NV Food Truck 1:00 A $Pool Noodle Hockey 2:00 D Hymn Singing w/ Mr. Register 6:30 A Coolette Game	**Doctor Day/ Wacky Tacky Day** 16 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 2:00 A $Horse Race 3:15 A Exercise by Ms. Jamella 6:30 A Bingo	**Market Day 1pm - 3pm In Nook/ Shining Bright Like a Diamond Day** 17 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 2:00 A $Corn Hole Game 5:00 A CW Chimes 6:30 C CW Chorus 6:30 D Price is Right	**Football Friday** 18 11:00 Out 2 Lunch - CW Cookout 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Alisha 6:30 A Bingo	19 10:00 A Word Games 1:00 A Let's Play Games 2:00 D Music by Mark Blaxton 2:00 G2 Poker Time 6:30 A Bingo
20 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	21 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** 22 10:00 C Stretch & Balance 2:00 A Arts & Craft w/ Lisa 6:00 C VFW #12110 Meeting 6:30 A Coolette Game	**Doctor Day** 23 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 2:00 Wind Down Wednesday 3:15 A Exercise by Ms. Jamella 6:30 A Bingo	**Market Day 1pm - 3pm In Nook** 24 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 2:00 A Making Apple Pie in a Cup 5:00 A CW Chimes 6:30 L U.S. Air Force Band Concert	25 11:00 L Out 2 Lunch - B Merrell's 1:00 A Exercise by Mr. Brooks 2:00 A Happy Hour w/ Alisha 6:30 A Bingo	26 10:00 A Word Games 1:00 A Bunco Game w/ Ms. Julie 2:00 G2 Poker Time 6:30 A Bingo
27 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	**Bookmobile Day** 28 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** 29 10:00 C Stretch & Balance 2:00 A CW Auction 4:30 L Mystery Dinner 6:30 A Coolette Game	**Doctor Day** 30 11:30 L Visit w/ Therapy Dogs, Zack & Theo 1:00 A Bingo 2:00 A Popcorn & Word Games 3:15 A Exercise by Ms. Jamella 6:30 A Bingo			

September

01 Barbra Weigle
06 Mary Langford*
07 Fran Miller*
08 Frank Jones
10 Susan Aguilar
12 Martha Powell
14 June Leggett*
15 Margaret Milner 105*
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
26 Carol Orr

* Nineties Club

Health & Wellness

3 Ways to Improve Mature Skin Care

Did you know that skin becomes drier with age? The American Academy of Dermatology recommends three ways older adults can improve their skin care:

1. Use warm but not hot water when washing and bathing.
2. Opt for fragrance-free soaps and moisturizers.
3. After bathing and washing hands, gently pat skin to be almost dry and then apply a moisturizer.

Hearing Aid Cleaning

Audiologists recommend that hearing aid users do regular daily cleanings, weekly deep cleanings and biannual or annual professional cleanings on their hearing aids. Also, wax guards should be replaced monthly. Visit *audiologists.org* for instructions.

Covenant Woods Team

General Manager ..... Lisa Lewis
Office Manager .. Sandy Mitchem
Sales ..... Stephanie Boan
Marketing ..... Nona Christie
Pines ..... Iysha Godbee, LPN
Home Care ..... Twyna Rutledge
Dining Services ..... Lucy Greene
Dining Room ..... Tiffany Thomas
Activities ..... Alisha Brooks
Pines Activities ..... Brenda Rivas
Transportation ..... Dennis Johnson
Housekeeping ..... Malinda Dowell
Maintenance ..... Jamar Brooks

IMPORTANT NUMBERS

Front Desk ..... (706) 561-1401
Beauty Shop ..... (706) 568-1723
Fire, Police & Ambulance 911

Above and Beyond

Brainteaser

Q. Where do you find roads without vehicles, forests without trees, and cities without houses?

A. On a map.

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Illustratus
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