

(706) 561-1401

# Life is Good at Covenant Woods

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### Mother Knows Best

No matter when or where you grew up, you are likely to relate to the advice and admonishments mothers frequently voice when parenting. See if these classic, and sometimes comical, "motherisms" sound familiar:

*Eat your vegetables; they're good for you.*

*Put that down; you don't know where it's been.*

*If everyone else jumped off a cliff, would you do it, too?*

Can you think of others that you've heard or used yourself?

### Saluting the Golden Years

May celebrates Older Americans Month.



### Enjoy a Teatime Treat

A soothing cup of tea becomes a real party when you add some snacks! While you can nibble on whatever you're in the mood for, certain foods pair especially well with different teas. Desserts that are slightly sweet, like shortbread cookies or scones, are a good choice since they won't overpower the tea's flavor. If sipping a fruity blend, spread the same flavor of jam on toast or a biscuit. Cinnamon treats can enhance a spicy chai, and citrus is an excellent match for Earl Grey.



### History of Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who died in our nation's service. It was officially proclaimed on May 5, 1868, by a general. It was first observed on May 30, 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.

### May Flower

Lily of the valley is the birth flower for May. The fragrant flower symbolizes sweetness, humility and happiness.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>HAPPY Mother's DAY</b></p>	<p><b>1</b></p> <p>9:30 <span style="color: blue;">C</span> "When the morning Begins" Devotion Time w/ Rev. Kinley            9:30 <span style="color: red;">A</span> Coffee Chat &amp; Sweet w/ Dennis            9:30 <span style="color: darkblue;">N</span> Free BP &amp; Health Check w/ Piedmont Cols Regional            10:00 <span style="color: green;">L</span> *Cols Park Crossing            1:00 <span style="color: green;">L</span> *Peachtree Mall            1:00 <span style="color: red;">A</span> Bingo            2:15 <span style="color: red;">A</span> Line Dance Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            3:15 <span style="color: red;">A</span> Exercise by Carmen            6:30 <span style="color: red;">A</span> L-R-C Game</p>	<p><b>2</b></p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: red;">A</span> Stretch &amp; Balance            2:00 <span style="color: green;">L</span> Crochet Ladies            2:00 <span style="color: brown;">D</span> Share the Spirit w/ Bob Osbon            2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            6:30 <span style="color: red;">A</span> Bingo</p>	<p><b>3</b></p> <p><b>Doctor Day</b></p> <p>10:30 <span style="color: red;">A</span> Arts &amp; Craft w/ Annie            11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus &amp; Zack            12:00 <span style="color: blue;">PC</span> Music by Nadine Coker            1:00 <span style="color: red;">A</span> Bingo            1:00 <span style="color: blue;">C</span> St. Anne Mass            2:00 <span style="color: red;">A</span> Chair Balloon Volleyball            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            3:15 <span style="color: red;">A</span> Exercise by Carmen            6:30 <span style="color: red;">A</span> Coolette Game</p>	<p><b>4</b></p> <p>9:00 <span style="color: purple;">PC</span> - 2 VA Benefits Appt            9:00 <span style="color: green;">L</span> Bank            9:45 <span style="color: green;">L</span> /10:30 Publix            10:00 <span style="color: red;">A</span> Stretch &amp; Balance            11:00 <span style="color: orange;">O</span> Sweet Nothings            1:00 <span style="color: blue;">C</span> Conversations &amp; Show &amp; Tell            2:00 <span style="color: brown;">D</span> Town Hall            2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            5:00 <span style="color: green;">L</span> *Shrine Club Bingo            6:30 <span style="color: red;">A</span> Bingo</p>	<p><b>5</b></p> <p><b>Happy Cinco De Mayo</b></p> <p>11:00 <span style="color: green;">L</span> Out 2 Lunch - El Carrizo            1:00 <span style="color: red;">A</span> Exercise by Carmen            2:00 <span style="color: red;">A</span> Cinco De Mayo Happy Hour w/ Annie            6:15 <span style="color: blue;">C</span> CW Bible Study            6:30 <span style="color: red;">A</span> Bingo</p>	<p><b>6</b></p> <p>10:30 <span style="color: green;">L</span> Outing w/ Annie            2:00 <span style="color: red;">A</span> Mary Nell's Birthday Party            3:00 <span style="color: brown;">D</span> Music by Mark Blaxton            6:30 <span style="color: red;">A</span> Bingo</p>
<p><b>7</b></p> <p>9:30 <span style="color: blue;">C</span> Church Service            10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne            4:30 <span style="color: red;">A</span> Sunday Night Movie</p>	<p><b>8</b></p> <p>9:30 <span style="color: blue;">C</span> "When the morning Begins" Devotion Time w/ Rev. Kinley            10:00 <span style="color: green;">L</span> *Target Center            10:00 <span style="color: brown;">D</span> Lake Wood Baptist Church "Amen Choir"            1:00 <span style="color: green;">L</span> *Walmart            1:00 <span style="color: red;">A</span> Bingo            2:15 <span style="color: red;">A</span> Line Dance Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            3:15 <span style="color: red;">A</span> Exercise by Carmen            6:30 <span style="color: red;">A</span> L-R-C Game</p>	<p><b>9</b></p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: red;">A</span> Stretch &amp; Balance            12:00 <span style="color: purple;">PC</span> Music by Jan Hyatt            1:00 <span style="color: red;">A</span> Learn How to Play Bridge w/ Ms. Fran            2:00 <span style="color: red;">A</span> Cottages Ice Cream Social            2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            6:30 <span style="color: red;">A</span> Bingo</p>	<p><b>10</b></p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: orange;">O</span> Martha's Sale            10:30 <span style="color: red;">A</span> Arts &amp; Craft w/ Annie            11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus &amp; Zack            1:00 <span style="color: red;">A</span> Bingo            2:00 <span style="color: red;">A</span> Hot Ball Toss Game            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            3:15 <span style="color: red;">A</span> Exercise by Carmen            6:30 <span style="color: red;">A</span> Coolette Game</p>	<p><b>11</b></p> <p>9:00 <span style="color: purple;">PC</span> - 2 VA Benefits Appt            9:00 <span style="color: green;">L</span> Bank            9:45 <span style="color: green;">L</span> /10:30 Publix            10:00 <span style="color: red;">A</span> Stretch &amp; Balance            1:00 <span style="color: blue;">C</span> Conversations &amp; Show &amp; Tell            2:00 <span style="color: red;">A</span> Birthday Celebration            2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            6:30 <span style="color: red;">A</span> Bingo</p>	<p><b>12</b></p> <p>10:00 <span style="color: orange;">O</span> Mary Kay Beauty w/ Cindy            11:00 <span style="color: green;">L</span> Out 2 Lunch - Cracker Barrel            1:00 <span style="color: red;">A</span> Exercise by Carmen            2:00 <span style="color: red;">A</span> Happy Hour w/ Annie            6:15 <span style="color: blue;">C</span> CW Bible Study            6:30 <span style="color: red;">A</span> Bingo            6:45 <span style="color: brown;">D</span> Pre Mother's Day Concert w/ Edgewood Baptist Church Children Choir</p>	<p><b>13</b></p> <p>10:00 <span style="color: red;">A</span> Word Games            10:30 <span style="color: green;">L</span> Outing w/ Dennis            11:00 <span style="color: red;">A</span> Joanna Smith's Birthday Party            6:30 <span style="color: red;">A</span> Bingo</p>
<p><b>Happy Mother's Day</b></p> <p><b>14</b></p> <p>9:30 <span style="color: blue;">C</span> Church Service            10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne            2:00 <span style="color: brown;">D</span> Mother's Day Program w/ Bob Osbon            3:00 <span style="color: blue;">C</span> Cathedral of Hope Church            4:30 <span style="color: red;">A</span> Sunday Night Movie</p>	<p><b>15</b></p> <p>9:30 <span style="color: blue;">C</span> "When the morning Begins" Devotion Time w/ Rev. Kinley            10:00 <span style="color: green;">L</span> *Cols Park Crossing            1:00 <span style="color: green;">L</span> *Peachtree Mall            1:00 <span style="color: red;">A</span> Bingo            2:15 <span style="color: red;">A</span> Line Dance Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            3:15 <span style="color: red;">A</span> Exercise by Carmen            6:30 <span style="color: red;">A</span> L-R-C Game</p>	<p><b>16</b></p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: red;">A</span> Stretch &amp; Balance            2:00 <span style="color: green;">L</span> Crochet Ladies            2:00 <span style="color: red;">A</span> Popcorn &amp; Word Games            2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            6:30 <span style="color: red;">A</span> Bingo</p>	<p><b>17</b></p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: red;">A</span> River City Square Dancers            11:00 <span style="color: red;">A</span> Arts &amp; Craft w/ Annie            11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus &amp; Zack            1:00 <span style="color: red;">A</span> Bingo            2:00 <span style="color: brown;">D</span> Music by Nadine Coker            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            3:15 <span style="color: red;">A</span> Exercise by Carmen            6:30 <span style="color: red;">A</span> Coolette Game</p>	<p><b>18</b></p> <p>9:00 <span style="color: purple;">PC</span> - 2 VA Benefits Appt            9:00 <span style="color: green;">L</span> Bank            9:45 <span style="color: green;">L</span> /10:30 Publix            10:00 <span style="color: red;">A</span> Stretch &amp; Balance            10:30 <span style="color: green;">L</span> Juliet's Luncheon            12:00 <span style="color: brown;">D</span> Birthday Steak &amp; Cake            1:00 <span style="color: blue;">C</span> Conversations &amp; Show &amp; Tell            2:00 <span style="color: red;">A</span> Hey, Who Is That?            2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            6:30 <span style="color: red;">A</span> Bingo</p>	<p><b>19</b></p> <p>10:00 <span style="color: green;">L</span> Out 2 Lunch - BonWorth Shopping &amp; Lunch @Western Sizzlin in Opelika, AL            1:00 <span style="color: red;">A</span> Exercise by Carmen            2:00 <span style="color: red;">A</span> Happy Hour w/ Annie            6:15 <span style="color: blue;">C</span> CW Bible Study            6:30 <span style="color: red;">A</span> Bingo</p>	<p><b>20</b></p> <p>10:00 <span style="color: red;">A</span> Word Games            1:00 <span style="color: red;">A</span> Let's Play Coolette w/ Penelope            2:00 <span style="color: brown;">D</span> Music by Ron Gavin            3:00 <span style="color: red;">A</span> Saturday Matinee            6:30 <span style="color: red;">A</span> Bingo</p>
<p><b>21</b></p> <p>9:30 <span style="color: blue;">C</span> Church Service            10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne            1:00 <span style="color: red;">A</span> Let's Play Coolette w/ Penelope            2:00 <span style="color: green;">L</span> *CCO Pre Memorial Day Concert            4:30 <span style="color: red;">A</span> Sunday Night Movie</p>	<p><b>22</b></p> <p>9:30 <span style="color: blue;">C</span> "When the morning Begins" Devotion Time w/ Rev. Kinley            9:30 <span style="color: red;">A</span> Coffee Chat &amp; Sweet w/ Dennis            10:00 <span style="color: green;">L</span> *Target Center            1:00 <span style="color: green;">L</span> *Walmart            1:00 <span style="color: red;">A</span> Bingo            2:15 <span style="color: red;">A</span> Line Dance Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            3:15 <span style="color: red;">A</span> Exercise by Carmen            6:30 <span style="color: red;">A</span> L-R-C Game</p>	<p><b>23</b></p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: red;">A</span> Stretch &amp; Balance            1:00 <span style="color: red;">A</span> Learn How to Play Bridge w/ Ms. Fran            2:00 <span style="color: red;">A</span> Sing A Long w/ Mr. King            2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            6:00 <span style="color: blue;">C</span> VFW #12110 Meeting            6:30 <span style="color: red;">A</span> Bingo</p>	<p><b>24</b></p> <p><b>Doctor Day</b></p> <p>10:30 <span style="color: red;">A</span> Arts &amp; Craft w/ Annie            11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus &amp; Zack            1:00 <span style="color: red;">A</span> Bingo            2:00 <span style="color: red;">A</span> Making Banana Splits            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            3:15 <span style="color: red;">A</span> Exercise by Carmen            6:30 <span style="color: red;">A</span> Coolette Game</p>	<p><b>25</b></p> <p>9:00 <span style="color: purple;">PC</span> - 2 VA Benefits Appt            9:00 <span style="color: green;">L</span> Bank            9:45 <span style="color: green;">L</span> /10:30 Publix            10:00 <span style="color: red;">A</span> Stretch &amp; Balance            11:00 <span style="color: green;">L</span> Romeos' Luncheon            1:00 <span style="color: blue;">C</span> Conversations &amp; Show &amp; Tell            2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class            6:30 <span style="color: brown;">D</span> Disco Fever Dance w/ David Tyler &amp; Friend</p>	<p><b>26</b></p> <p>11:00 <span style="color: green;">L</span> Out 2 Lunch - Rose Hill Seafood            1:00 <span style="color: red;">A</span> Exercise by Carmen            2:00 <span style="color: red;">A</span> Happy Hour w/ Annie            6:15 <span style="color: blue;">C</span> CW Bible Study            6:30 <span style="color: red;">A</span> Bingo</p>	<p><b>27</b></p> <p>10:00 <span style="color: red;">A</span> Word Games            11:00 <span style="color: orange;">O</span> Penelope 1 of 1 Sale            2:00 <span style="color: brown;">D</span> Music by Lindy Hamilton            3:00 <span style="color: red;">A</span> Saturday Matinee            6:30 <span style="color: red;">A</span> Bingo</p>
<p><b>28</b></p> <p>9:30 <span style="color: blue;">C</span> Church Service            10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne            2:00 <span style="color: brown;">D</span> Music by Jan Hyatt            4:30 <span style="color: red;">A</span> Sunday Night Movie</p>	<p><b>Memorial Day</b></p> <p><b>29</b></p> <p>9:30 <span style="color: blue;">C</span> "When the morning Begins" Devotion Time w/ Rev. Kinley            1:00 <span style="color: red;">A</span> Memorial Day Bingo            3:15 <span style="color: red;">A</span> Exercise by Carmen            6:30 <span style="color: red;">A</span> L-R-C Game</p>	<p><b>30</b></p> <p><b>Doctor Day</b></p> <p>10:00 <span style="color: red;">A</span> Stretch &amp; Balance            2:00 <span style="color: red;">A</span> CW Auction            2:30 <span style="color: lightblue;">Pool</span> Aqua Motion Class            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            6:30 <span style="color: red;">A</span> Bingo</p>	<p><b>31</b></p> <p><b>Doctor Day</b></p> <p>10:30 <span style="color: red;">A</span> Arts &amp; Craft w/ Annie            11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus &amp; Zack            1:00 <span style="color: red;">A</span> Bingo            2:00 <span style="color: red;">A</span> Popcorn &amp; Games            3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual            3:15 <span style="color: red;">A</span> Exercise by Carmen            6:30 <span style="color: red;">A</span> Coolette Game</p>			



### May Birthdays

- 03 Willie Caswell
- 05 Patricia Nobes
- 05 Stacy Poydasheff\*
- 06 Johanna Find\*
- 06 Betty Hobby\*
- 10 Mary Nell Nail\*
- 13 Joanna Smith\*
- 17 Mazie White\*
- 23 Rebekah Jones
- 23 Christine Szymanski
- 25 Gloria Jones
- 27 Jean Richards\*
- 29 Ann Lutz\*
- 29 Betty Pridgeon\*
- 31 Larry Payne

### \* Nineties Club



### Lucky Giants

Representing luck, prosperity and wisdom, elephants are popular symbols in many cultures. The decorating technique of feng shui—intentional placement of items to direct energy flow—states that placing an elephant figurine just inside your front entrance, facing indoors, brings good luck into the home.

### Month of Mystery

The air is rife with suspenseful tension and eerie feelings, and we hope you have a solid alibi because May is National Mystery Month. Booklist, a publication by the American Library Association, established this holiday in 2009. Get in the spirit by curling up with a cozy mystery novel, watching your favorite thriller or hosting a whodunit game night.

### Covenant Woods Staff

General Manager ..... Lisa Lewis  
 Business Office ..... Kerri Woodall  
 Resident Care .... Toni Mundy, LPN  
 Sales ..... Van Palmer  
 Marketing ..... Nona Christie  
 Home Health ..... Twyna Rutledge  
 Dining Services ..... Lucy Greene  
 Dining Room ..... Tiffany Thomas  
 Recreation ..... Alisha Brooks  
 Rec Assist ..... Annie Morgan  
 Transportation .... Dennis Johnson  
 Housekeeping ..... Sonya Williams  
 Maintenance ..... Jamar Brooks

### IMPORTANT NUMBERS

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



### Appreciation for Education

The school year may be winding down, but be sure to give teachers and professors a shoutout during Teacher Appreciation Week, the first week of May.



## COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907