



(706) 561-1401

Life is Good at Covenant Woods

Find us on 

Think Pink

October is National Breast Cancer Awareness Month.



To Your Health: Sip Some Soup

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better.

A Full Schedule of Sports

October is prime time for sports fans. It's the only time of the year when there is action in all of the Big Four professional sports leagues—the MLB, NFL, NBA and NHL.

A Glowing Goodbye

"Autumn glows upon us like a splendid evening; it is the very sunset of the year." —Mary Russell Mifford



Door-Decorating Contest

Our residents always add a splash of seasonal décor to their living space, and we're holding a contest to find the best decorated doors. So get creative! See calendar for deadline and when we'll announce the winners.

Happy Halloween!

We hope you have a spook-tacular holiday!

Save the Date



- Nov 11th: Veterans Day Luncheon
- Nov 24th: Thanksgiving Meal (RSVP)
- Dec 4th: Christmas @ The Woods Holiday Bazaar



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



10:00 A Word Games
3:00 A Saturday Matinee
6:30 A Bingo

2
9:30 C Church Service
10:30 C Livestream Mass / Communion from St. Anne
4:30 A Sunday Night Movie

3
9:30 C "When the morning begins" Devotion Time w/ Rev. Kinley
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 Dancing Classes
3:00 C Big Screen & Virtual Time
3:15 A Exercise by Carmen
6:30 A L-R-C Game

4
Doctor Day/ Flu & Booster Clinic Sign up 9am-12pm
10:00 C Stretch & Balance
12:15 A Kiwanis Club
1:00 C A Sign of The Times Current Events
2:00 L Crochet Ladies
2:00 D Share the Spirit w/ Bob Osborn
2:30 A National Taco Day
3:00 C Big Screen & Virtual Time
6:30 A Bingo

5
Doctor Day/ Flu & Booster Clinic Sign up 9am-12pm
10:00 O Martha's Sales
11:30 L Visit w/ Therapy Dogs, Gus & Zack
12:00 D Birthday Steak & Cake
12:00 PC Music by Nadine Coker
1:00 A Bingo
2:00 A Arts & Crafts w/ Annie
3:00 C Big Screen & Virtual Time
3:15 A Exercise by Carmen
6:30 A Coolette Game

6
9:00 PC - 2 VA Benefits Appt
9:00 L Bank
9:45 L /10:30 Publix
10:00 C Stretch & Balance
2:00 D Town Hall Meeting
2:30 A Popcorn & Card Games
3:00 C Big Screen & Virtual Time
5:00 L *Shrine Club Bingo
6:30 A Bingo

7
10:30 L Out 2 Lunch - Wild Animal Safari & Lunch
11:00 O Sweet Somethings
2:00 A Happy Hour w/ Annie
3:00 C Big Screen & Virtual Time
4:00 L Jazz Music by Leonard Blunt
6:15 C CW Bible Study
6:30 A Bingo

8
10:00 A Word Games
1:00 A Let's play "Coolette"
3:00 A Saturday Matinee
6:30 A Bingo

9
9:30 C Church Service
10:30 C Livestream Mass / Communion from St. Anne
2:00 C Cathedral Of Hope Worship Music
4:30 A Sunday Night Movie

10
Columbus Day
9:30 C "When the morning begins" Devotion Time w/ Rev. Kinley
9:30 A Coffee Chat & Sweets by Dennis
10:00 L *Target Center
1:00 L *Walmart
1:00 A Bingo
2:15 A Line Dancing Classes
3:00 C Big Screen & Virtual Time
3:15 A Exercise by Carmen
6:30 A L-R-C Game

11
Doctor Day
10:00 C Stretch & Balance
11:30 A Cottage Cookout
12:00 PC Music by Jan Hyatt
12:15 A Kiwanis Club
1:00 C A Sign of The Times Current Events
2:00 A Putt Putt Golf
3:00 C Big Screen & Virtual Time
6:30 A Bingo

12
Doctor Day
10:00 C Women's Bible Study by Doris Reid
11:00 A Arts & Crafts w/ Annie
11:30 L Visit w/ Therapy Dogs, Gus & Zack
1:00 A Bingo
2:00 L Breast Cancer Awareness Balloon Release
3:00 C Big Screen & Virtual Time
3:15 A Exercise by Carmen
6:30 A Coolette Game

13
Flu & Booster Clinic 9am-3pm
9:00 PC - 2 VA Benefits Appt
9:00 L Bank
9:45 L /10:30 Publix
10:00 C Stretch & Balance
2:00 D Birthday Celebration w/ David Tyler
3:00 C Big Screen & Virtual Time
6:30 A Bingo

14
10:00 O Mary Kay Beauty w/ Cindy
11:00 L Out 2 Lunch - Chef Lee's
2:00 A Happy Hour w/ Annie
3:00 C Big Screen & Virtual Time
6:15 C CW Bible Study
6:30 A Bingo

15
10:00 A Word Games
2:00 D Music by Ron Gavin
3:00 A Saturday Matinee
6:30 A Bingo

16
9:30 C Church Service
10:30 C Livestream Mass / Communion from St. Anne
2:00 D Nona's Song Circle
4:30 A Sunday Night Movie

17
9:30 C "When the morning begins" Devotion Time w/ Rev. Kinley
10:00 L *Target Center
1:00 L *Walmart
1:00 A Bingo
2:15 A Line Dancing Classes
3:00 C Big Screen & Virtual Time
3:15 A Exercise by Carmen
6:30 A L-R-C Game

18
Doctor Day
10:00 C Stretch & Balance
12:15 A Kiwanis Club
1:00 C A Sign of The Times Current Events
2:00 A Meet & Greet New Residents
2:00 L Crochet Ladies
3:00 C Big Screen & Virtual Time
6:30 A Bingo

19
Doctor Day
10:00 C Women's Bible Study by Doris Reid
11:00 A Arts & Crafts w/ Annie
11:30 L Visit w/ Therapy Dogs, Gus & Zack
1:00 A Bingo
2:00 D Music by Nadine Coker
3:00 C Big Screen & Virtual Time
3:15 A Exercise by Carmen
6:30 A Coolette Game

20
9:00 PC - 2 VA Benefits Appt
9:00 L Bank
9:45 L /10:30 Publix
10:00 C Stretch & Balance
11:00 L Juliets Women's Luncheon
2:00 D Hymn Sing Along w/ Mr. Bobby
3:00 C Big Screen & Virtual Time
6:30 A Bingo

21
9:30 L Out 2 Lunch - The Wicked River Cities Tour & Lunch
2:00 A Happy Hour / Chili Cook-Off
3:00 C Big Screen & Virtual Time
6:15 C CW Bible Study
6:30 A Bingo

22
9:30 L Lane Peach Orchard: Fall Farm Festival
10:00 A Word Games
3:00 A Saturday Matinee
6:30 A Bingo

23
9:30 C Church Service
10:30 C Livestream Mass / Communion from St. Anne
1:00 A Let's play "Coolette"
4:30 A Sunday Night Movie

24
9:30 C "When the morning begins" Devotion Time w/ Rev. Kinley
1:00 A Bingo
6:00 L *The Columbus Community Orchestra: A Haunted Evening

25
Doctor Day
10:00 C Stretch & Balance
12:15 A Kiwanis Club
1:00 C A Sign of The Times Current Events
2:00 A CW Auction
3:00 C Big Screen & Virtual Time
6:00 C VFW #12110 Meeting
6:30 A Bingo

26
Doctor Day
10:00 C Women's Bible Study by Doris Reid
11:00 A Arts & Crafts w/ Annie
11:30 L Visit w/ Therapy Dogs, Gus & Zack
1:00 A Bingo
2:00 A Popcorn & Card Games
3:00 C Big Screen & Virtual Time
3:15 A Exercise by Carmen
5:00 L *Mystery Dinner
6:30 A Coolette Game

27
9:00 PC - 2 VA Benefits Appt
9:00 L Bank
9:45 L /10:30 Publix
10:00 C Stretch & Balance
11:30 L Romeos Men's Luncheon
3:00 C Big Screen & Virtual Time
6:30 A Glow Party Dance w/ DJ Gary

28
11:00 L Out 2 Lunch - Rose Hill Seafood
2:00 A Happy Hour w/ Annie
3:00 C Big Screen & Virtual Time
6:15 C CW Bible Study
6:30 A Bingo

29
10:00 A Word Games
3:00 A Saturday Matinee
6:30 L *The Phantom of The Opera & River Center
6:30 A Bingo

30
9:30 C Church Service
10:30 C Livestream Mass / Communion from St. Anne
2:00 D Music by Jan Hyatt
4:30 A Sunday Night Movie

31
Happy Halloween
9:30 C "When the morning begins" Devotion Time w/ Rev. Kinley
11:00 L Trick or Treat w/ Residents
1:00 A Bingo
3:15 A Exercise by Carmen



October Birthdays

- 02 Kathleen McCrea *100
- 02 Nancy Gunn
- 04 Elvira Bass*
- 04 Hale Vannoy*
- 05 Clara Russell
- 08 Dot Worthy*
- 10 Michael Lacy
- 12 Joyce Rahaim*
- 14 Jack Fitts
- 16 Kenneth Perkinson
- 17 Lois Marie Osborn
- 21 Ruby Wnek*
- 24 Ethel Meininger
- 27 Laura Berry
- 30 Sis Dionne
- 31 Kathy Orsini

* Nineties Club

Popcorn and Movies

Whether watching a movie at home or at the theater, popcorn is the go-to snack. The partnership between popcorn and cinema began when the first talkies were released in the late 1920s. Movie attendance exploded, and theaters welcomed popcorn vendors as a way to draw in customers. When sugar was rationed during World War II, the salty snack popped to the top of concession stand options, and film fans have been craving popcorn ever since.

Folklore Forecasts

Look to these old proverbs for a possible forecast of the winter ahead:

Much rain in October, much wind in December.

If in October many fall leaves wither and hang on the boughs, it betokens a frosty winter and much snow.

For every fog in October, a snow in the winter.

A warm October means a cold February.

Covenant Woods Staff

- General Manager Lisa Lewis
- Business Office Kerri Woodall
- Resident Care Toni Mundy, LPN
- Sales Angie Nobes
- 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



Breathe in Fall Fragrances

Surround yourself with the fragrances of fall by looking for scented products in woody or spicy aromas, such as cinnamon, clove, eucalyptus, juniper berry, patchouli or pine.



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907