



(706) 561-1401

# Life is Good at Covenant Woods

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### Our Nation's Veterans

Veterans Day on Nov. 11 is your chance to recognize and thank those who have served our country. Veterans live all over the U.S., but Alaska, Virginia and Wyoming are the states with the highest percentage of veterans within their borders.

### An Artful Age

"Youth is the gift of nature, but age is a work of art."  
—Stanislaw Jerzy Lec



### Harvest Trail Mix

Combine your favorite harvest-colored snacks to make a yummy, festive trail mix. Suggested ingredients include candy corn, Reese's Pieces, pretzels, Bugles chips and Honeycomb or Chex cereal.



### Word for November: Thankful






This Thanksgiving, at tables across the country, friends and families will sit down and enjoy a bountiful meal together. Yet the holiday means more than having a delicious dinner. It's also a day to express thanks—to be thankful for our freedom, our loved ones and our lives, as well as mindful of the ways we are blessed, not just on Thanksgiving, but each and every day of the year.

### Chatting With Chums

Better Conversation Week is held annually during the week of Thanksgiving. Get to chattin' with one of these conversation starters:

1. What is your favorite season and why?
2. What is the best TV show, movie or book you've come across recently?
3. What superpower would you want if you could have one?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>5 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>6 9:30 <span style="color: darkblue;">N</span> Free BP &amp; Health Check w/ Piedmont Cols Regional 10:00 <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 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 Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo</p>	 <p>7 <b>Doctor Day</b> 10:30 <span style="color: red;">A</span> Stretch &amp; Balance 11:30 <span style="color: red;">A</span> Veterans Appreciation Luncheon 2:00 <span style="color: green;">L</span> Crochet Ladies 2:00 <span style="color: brown;">D</span> Music by David Tyler 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual Time 6:30 <span style="color: red;">A</span> Bingo</p>	<p>1 <b>Doctor Day</b> 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> Pretty Nails 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>2 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 Somethings 1:00 <span style="color: blue;">C</span> Conversation &amp; Show Tell 2:00 <span style="color: brown;">D</span> Town Hall 2:30 <span style="color: red;">A</span> Popcorn 6:30 <span style="color: red;">A</span> Bingo</p>	<p>3 11:00 <span style="color: green;">L</span> Out 2 Lunch - JR's Steakhouse 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: green;">L</span> Happy Hour w/ Annie 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>4 10:00 <span style="color: red;">A</span> Word Games 1:00 <span style="color: red;">A</span> Coolette &amp; Card Game w/ Penelope 3:00 <span style="color: red;">A</span> Saturday Matinee 6:30 <span style="color: red;">A</span> Bingo</p>
<p>12 9:30 <span style="color: blue;">C</span> Church Service 10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne 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>13 <b>Bookmobile Day</b> 9:00 <span style="color: green;">L</span> Coffee Chat &amp; Sweet @ Golden Donuts 10:00 <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 Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo</p>	<p>14 <b>Doctor Day</b> 10:00 <span style="color: red;">A</span> Stretch &amp; Balance 12:00 <span style="color: blue;">PC</span> Music by Jan Hyatt 1:00 <span style="color: green;">B3</span> Learn how to Play Bridge w/ Ms. Fran 2:00 <span style="color: red;">A</span> Sing-Along w/ Mr. King 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual Time 6:30 <span style="color: red;">A</span> Bingo</p>	<p>15 <b>Doctor Day</b> 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 2:00 <span style="color: red;">A</span> Toilet Paper Game 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>16 9:00 <span style="color: purple;">PC</span> -2 VA Benefits Appt 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 Luncheon 12:00 <span style="color: brown;">D</span> Birthday Steak &amp; Cake 1:00 <span style="color: blue;">C</span> Conversation &amp; Show Tell 2:00 <span style="color: red;">A</span> Cheese Toss Game 2:00 <span style="color: blue;">C</span> Train Your Brain 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual Time 6:30 <span style="color: red;">A</span> Bingo</p>	<p>17 10:30 <span style="color: green;">L</span> Out 2 Lunch - Burts Butcher Shoppe 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: green;">L</span> Happy Hour w/ Annie 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>18 10:00 <span style="color: red;">A</span> Word Games 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>19 9:30 <span style="color: blue;">C</span> Church Service 10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne 11:00 <span style="color: orange;">O</span> Penelope's 1 of 1 Sale 2:00 <span style="color: brown;">D</span> Nona's Song Circle 4:30 <span style="color: red;">A</span> Sunday Night Movie</p>	<p>20 10:00 <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 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 Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo</p>	<p>21 <b>Doctor Day</b> 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> Ginger Bread Cookie Day 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual Time 6:30 <span style="color: red;">A</span> Bingo</p>	<p>22 <b>Doctor Day</b> 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; Word Games 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>23 <b>Happy Thanksgiving</b> 2:00 <span style="color: red;">A</span> Movie &amp; Snacks 6:30 <span style="color: red;">A</span> Thanksgiving Bingo</p>	<p>24 11:00 <span style="color: green;">L</span> Out 2 Lunch - Ruby Tuesday 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: green;">L</span> Happy Hour w/ Annie 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>25 10:00 <span style="color: red;">A</span> Word Games 2:00 <span style="color: brown;">D</span> Music by Lindy Hamilton 2:30 <span style="color: red;">A</span> Auburn vs Alabama Game 6:30 <span style="color: red;">A</span> Bingo</p>
<p>26 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: green;">L</span> Music by Jan Hyatt 4:30 <span style="color: red;">A</span> Sunday Night Movie</p>	<p>27 <b>Bookmobile Day</b> 10:00 <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 Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo</p>	<p>28 <b>Doctor Day</b> 10:00 <span style="color: red;">A</span> Stretch &amp; Balance 1:00 <span style="color: green;">B3</span> Learn how to Play Bridge w/ Ms. Fran 2:00 <span style="color: red;">A</span> CW Auction 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual Time 6:00 <span style="color: blue;">C</span> VFW #12110 Meeting 6:30 <span style="color: red;">A</span> Bingo</p>	<p>29 <b>Doctor Day</b> 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> Lemon Cream Pie Day 3:00 <span style="color: blue;">C</span> Big Screen &amp; Virtual Time 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Coolette Game</p>	<p>30 9:00 <span style="color: purple;">PC</span> -2 VA Benefits Appt 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> Romeo Luncheon 1:00 <span style="color: blue;">C</span> Conversation &amp; Show Tell 2:00 <span style="color: blue;">C</span> Train Your Brain 6:30 <span style="color: red;">A</span> Harvest Dance w/ Mark Blaxton</p>		



### November Birthdays

- 01 James Fordham
- 03 Don Haney
- 06 Bob Donaldson
- 06 Sara Parker\*
- 09 Emma Fullwood
- 09 Gil Stephenson\*
- 10 Lester Kapelka\*
- 15 Emily Eldridge
- 15 Leon Futch
- 18 Virginia Hammett
- 18 Bobby Rollins\*
- 22 Charles Foskey
- 23 Mildred Grewell\*
- 24 Faye Cook
- 26 Patricia Gilbreath
- 29 Mildred King
- 30 Ginger Kemp

\* **Nineties Club**



### Five Fast Facts: Jellyfish

Celebrate World Jellyfish Day on Nov. 3 by learning five facts to share with family and friends! (1) Jellyfish have been around a long time, predating the dinosaurs. (2) The *T. dohrnii* is nicknamed the immortal jellyfish because if sick or threatened, it can revert to a polyp—essentially regressing to babyhood. (3) Jellyfish are 95% water. (4) The *Malo kingi* is only the size of a fingernail, but it has one of the most potent venoms. (5) About 50% of jellyfish are bioluminescent, meaning they are able to glow.

### ‘Tackle’ Is One

How many words can you come up with using the letters in “cozy blanket”?

### Covenant Woods Staff

General Manager ..... Lisa Lewis  
 Business Office ..... Kerri Woodall  
 Resident Care .... Toni Mundy, LPN  
 Sales ..... Jennifer Brown  
 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 .... Malinda Dowell  
 Maintenance ..... Jamar Brooks

### IMPORTANT NUMBERS

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



### Bringing Good Cheer

“I shall try to make my life like an open fireplace, so that people may be warmed and cheered by it and so go out themselves to warm and cheer.”  
 —George Matthew Adams



## COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907