

(706) 561-1401

Life is Good at Covenant Woods

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Happy Valentine's Day

As Valentine's Day approaches, we'd like to take a moment to express our affection for our residents. Thanks for making our community such a fun place to live. Happy Valentine's Day from your staff.

Take a Leap

2024 is a leap year, when February has an extra day. Take inspiration from Leap Day on Feb. 29 to "take a leap" and try something new in your life, such as joining a club or taking a class.

Honoring Black History

February is Black History Month, a time to reflect on the achievements of African Americans who helped shape our great nation. These heroes will be the focus of several events this month, so check the calendar and be sure to join us.



Making a Splash

If you watch sports, then you probably know about the famed Gatorade shower, also known as the Gatorade dunk or bath. This tradition of dumping a cooler full of liquid onto the head coach—or star player—began with New York Giants defensive tackle Jim Burt in 1984. After some grueling practices that resulted in a winning game, Burt, linebacker Harry Carson and team dumped the icy drink all over head coach Bill Parcells. This bit of fun has since become a beloved tradition for victorious teams.







America's Favorite Cookie

It may come as no surprise, with around half of the population agreeing: The favorite homemade cookie of Americans is chocolate chip. The second most popular? Peanut butter!

A Little Self-Love

"To fall in love with yourself is the first secret to happiness."
—Robert Morley



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>4</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 4:30 A Sunday Night Movie</p>	 <p>5</p> <p>9:30 N Free BP & Health Check w/ Piedmont Cols Regional 10:00 C "When the morning begins" Devotion Time w/ Rev. Kinley 10:00 L *Cols. Park Crossing 1:00 L *Peachtree Mall 1:00 A Bingo 1:00 PD Free Memory Screening 2:15 A Line Dance Class 3:15 A Exercise by Carmen 6:30 A Bingo</p>	 <p>6</p> <p>Doctor Day 10:00 C Stretch & Balance 1:00 PD Free Memory Screening 2:00 L Crochet Ladies 2:00 A Frozen Yogurt Day 6:30 A Bingo</p>	 <p>7</p> <p>Doctor Day 10:30 A Arts & Crafts w/ Annie 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 1:00 PD Free Memory Screening 1:00 C St. Anne Mass 2:00 C Honoring Black History Month 3:15 A Exercise by Carmen 6:30 A Coolette Game</p>	<p>1</p> <p>9:00 L Bank 9:45 L / 10:30 Publix 10:00 C Stretch & Balance 11:00 O Sweet Somethings 2:00 D Town Hall 2:30 A Popcorn 6:30 A Bingo</p>	<p>2</p> <p>11:00 L Out 2 Lunch - Jr's Steakhouse 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Coolette Game</p>	<p>3</p> <p>10:00 A Word Games 10:30 L Outing w/ Dennis 3:00 A Saturday Matinee 6:30 A Bingo</p>
<p>11</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D Piano Music by Scarlet Harbour 4:30 A Sunday Night Movie</p>	<p>12</p> <p>10:00 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 Dance Class 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>13</p> <p>Doctor Day 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 2:00 A Making Valentine's Day Cards 6:30 A Bingo</p>	<p>14</p> <p>Valentine's Day, Ash Wednesday 10:30 A Arts & Crafts w/ Annie 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A Making Valentine Wafers 3:15 A Exercise by Carmen 6:30 A Coolette Game</p>	<p>15</p> <p>9:00 L Bank 9:45 L / 10:30 Publix 10:00 C Stretch & Balance 10:30 L JULIET Luncheon 12:00 D Birthday Steak & Cake 2:00 A Popcorn & Games 6:30 A Bingo</p>	<p>16</p> <p>11:00 L Out 2 Lunch - The Juicy Seafood 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Coolette Game</p>	<p>17</p> <p>10:00 A Word Games 2:00 D Music by Sam Beman 3:00 A Saturday Matinee 6:30 A Bingo Hosted by Adams' Destiny</p>
<p>18</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:30 L Celebrate the Wave with Ken Double @ RiverCenter 4:30 A Sunday Night Movie</p>	<p>19</p> <p>Presidents Day 9:30 A Coffee Chat & Sweet 10:00 C "When the morning begins" Devotion Time w/ Rev. Kinley 10:00 L *Cols. Park Crossing 1:00 L *Peachtree Mall 1:00 A Bingo 2:15 A Line Dance Class 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>20</p> <p>Doctor Day 10:00 C Stretch & Balance 2:00 A Cherry Pie Day 2:00 L Crochet Ladies 6:30 A Bingo</p>	<p>21</p> <p>Doctor Day 10:30 A Arts & Crafts w/ Annie 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A Show & Tell 3:15 A Exercise by Carmen 6:30 A Coolette Game</p>	<p>22</p> <p>9:00 L Bank 9:45 L / 10:30 Publix 10:00 C Stretch & Balance 11:00 L Romeo Luncheon 12:00 PC Music by Nadine Coker 6:30 D The Royal Dance w/ Back Tracking Band</p>	<p>23</p> <p>11:00 L Out 2 Lunch - Ole Time Country Buffet 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Coolette Game</p>	<p>24</p> <p>10:00 A Word Games 2:00 O - 6 Girl Scout Cookie Sale 2:00 D Music by Lindy Hamilton 3:00 A Saturday Matinee 6:30 A Bingo</p>
<p>25</p> <p>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</p>	<p>26</p> <p>10:00 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 Dance Class 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>27</p> <p>Doctor Day 10:00 C Stretch & Balance 2:00 A CW Auction 6:00 C VFW #12110 Meeting 6:30 A Bingo</p>	<p>28</p> <p>Doctor Day 10:30 A Arts & Crafts w/ Annie 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A Sing-Along w/ Mr. King 3:15 A Exercise by Carmen 6:30 A Coolette Game</p>	<p>29</p> <p>9:00 L Bank 9:45 L / 10:30 Publix 10:00 C Stretch & Balance 1:00 A Baking Cookies 6:30 A Bingo</p>		



February Birthdays

- 04 Venita Eldridge
- 11 Linda Smith
- 11 Dora Lynn
- 14 Jerrie Murphree
- 16 John King*
- 20 Betty Posey*
- 21 Laretta Gordon
- 22 Mary Stokes*102
- 25 Robert Corey
- 26 Herbert Phinney*

* Nineties Club

'Hint' Is One

How many words can you come up with using the letters in "date night"?



Wild World: Mute Swan

Common in North America, mute swans have pure white feathers, a bright orange bill and a black knob of flesh between their eyes. Don't let their name deceive you: Their sounds may often come out hoarse or muffled when compared to other swans, but they can grunt, snort and hiss. Even as one of the largest flying birds, mute swans can soar as fast as 50 mph when traveling with their flock. Often associated with love because they mate for life, you can spot a pair by their head-to-head posturing that almost resembles a heart.

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



Awaiting the Season's Change

"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch." —Patience Strong



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907