



Life is Good at Covenant Woods

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Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!

Groovy, Baby!

Rock some flares with flair! April 5 is Bell Bottoms Day.



When Spring Cleaning Blossomed

The arrival of warmer weather inspires many people to tidy-up. A thorough spring cleaning was a necessary undertaking before the days of modern appliances in order to scrub away soot produced by oil or kerosene lamps and the wood and coal used to heat homes in winter.

Step Out Into Nature

Walking is a recommended form of exercise, but taking your steps outside can benefit your mind as well as your body. Researchers say that a walk in a park or other natural surroundings appears to affect the part of the brain that controls brooding. In a study of people who strolled in a green space, scans showed less activity in that brain region, and the walkers reported fewer negative thoughts and improved mental health.



Dabble in Scrabble

Have some F-U-N on April 13, National Scrabble Day. Fans of the popular board game often turn to "The Official Scrabble Players Dictionary," which was most recently updated in 2022 and now contains more than 100,000 words. Improve your Scrabble strategy by brushing up on two-letter words—they can often be placed to take advantage of double or triple score squares.






Brainteaser

Q: I have wings and I have a tail; across the sky is where I sail. Yet I have no eyes, ears or mouth, and I bob randomly from north to south. What am I?

A: A kite.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April Fools' Day 1 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 2:00 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo	Doctor Day 2 10:00 C Stretch & Balance 1:00 A Writing Group Meeting 2:00 L Crochet Ladies 2:00 A Making Hats for Tea Party 6:30 A Bingo	Doctor Day 3 10:30 A Arts & Craft w/ Annie 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 1:00 C St. Anne Mass 2:00 A Pretty Nails 3:15 A Exercise by Carmen 6:30 A Coolette Game	Doctor Day 4 9:00 L Bank 9:45 L / 10:30 Publix 10:00 C Stretch & Balance 11:00 O Sweet Something 2:00 D Town Hall 2:30 A Popcorn 6:15 D Marcelle Mitchell's 95th Birthday Celebration w/ The Cavaliers Orchestra	Doctor Day 5 11:00 L Out 2 Lunch - Mark's City Grill 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Coolette Game	Doctor Day 6 10:00 A Word Games 3:00 A Let's Play Games 6:00 L Trip to see Columbus River Dragons Hockey Team @ Civic Center 6:30 A Bingo
7 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 C Hymn Sing Along w/ Mr. Randall 4:30 G2 Poker Time	8 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 2:00 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo	9 Doctor Day 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 1:00 L Walking Club "Get Your Steps in" 2:00 D Music by David Tyler 6:30 A Bingo	10 Doctor Day 10:30 A Arts & Craft w/ Annie 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A Theater Club Meeting 3:15 A Exercise by Carmen 6:30 A Coolette Game	11 Market Day 9:00 L Bank 9:45 L / 10:30 Publix 10:00 PD - 4 Hearing Healthcare Screening w/ HearingLife 10:00 C Stretch & Balance 12:00 PC Music by Nadine Coker 1:00 L Walking Club "Get Your Steps in" 2:00 A Pet Parade for National Pet Day 6:30 A Bingo	12 9:30 L Out 2 Lunch - Trip to Wind Creek Casino & Lunch 10:30 O Beauty w/ Mary Kay 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Coolette Game	13 10:00 A Word Games 2:00 D Music by Mark Blaxton 3:00 A Let's Play Games 6:30 A Bingo
14 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 C Piano Music by Scarlet Harbour 4:30 G2 Poker Time	15 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 2:00 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo	16 Doctor Day 10:00 C Stretch & Balance 1:00 A Writing Group Meeting 2:00 L Crochet Ladies 2:00 D Master Gardener Daylily Presentation 6:30 A Bingo	17 Doctor Day 10:30 A Arts & Craft w/ Annie 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A CW Tea Party 3:15 A Exercise by Carmen 6:30 A Coolette Game	18 Market Day 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 D Birthday Celebration w/ Sam Beman 6:30 A Bingo	19 11:00 L Out 2 Lunch - Applebee's 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Coolette Game	20 10:00 L - 2 Pet Adoption 10:00 A Word Games 3:00 A Let's Play Games 3:30 L Trip to see Muscogee Roller Girls 6:30 A Bingo
21 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 C Hymn Sing Along w/ Mr. Randall 4:30 G2 Poker Time 5:00 L Wynnbrook Baptist Church Gospel Celebration	22 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 2:00 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo	23 Doctor Day 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps in" 2:00 Pool Corn Hole Game 6:00 C VFW #12110 Meeting 6:30 A Bingo	24 Doctor Day 10:30 A Arts & Craft w/ Annie 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A Popcorn & Games 3:15 A Exercise by Carmen 6:30 A Coolette Game	25 Market Day 9:00 L Bank 9:45 L / 10:30 Publix 10:00 C Stretch & Balance 12:00 PC Music by Nadine Coker 1:00 L Walking Club "Get Your Steps in" 6:30 D Circus Dance w/ Misty Harbor Duo	26 11:00 L Out 2 Lunch - Fugi 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Coolette Game	27 10:00 A Word Games 2:00 D Music by Lindy Hamilton 3:00 A Let's Play Games 6:30 A Bingo
28 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D Nona's Song Circle 4:30 G2 Poker Time	29 8:30 L "Rod Squad" Fishing Trip 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 2:00 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo	30 Doctor Day 10:00 C Stretch & Balance 1:00 A Music Club Meeting (Bell Choir, CW Choir & Men's Quartet) 2:00 A CW Auction 5:00 L Mystery Dinner 6:30 A Bingo				



April Birthdays

- 05 Marcelle Mitchell*
- 21 Anne Thompson
- 21 Pat Culpepper
- 23 David Randall
- 29 Arthur Land
- 29 Retta Stevens

Thank You, OTs!

April is Occupational Therapy Month, a chance to recognize the role of these important health care workers. Occupational therapists make daily life easier for everyone in their care, and our ongoing gratitude goes out to them!

* Nineties Club

Memorable Melody: 'Bette Davis Eyes'

This ode to one of Hollywood's most alluring leading ladies was first recorded in 1974 by Jackie DeShannon, who co-wrote the song with Donna Weiss. But fellow singer-songwriter Kim Carnes took the tune to the top of the charts in 1981 with her version, transforming the upbeat, bluesy number to a slower, synth-driven pop hit. Carnes' raspy voice was a match for the lyrics describing a glamorous, mesmerizing woman with eyes like the famous actress. The song was the biggest hit single of the year, spending several weeks at No. 1 on Billboard's Hot 100 chart and winning two Grammys. Thrilled with the song's success, Bette Davis wrote to Weiss, DeShannon and Carnes thanking them for making her "a part of modern times" and convincing her grandson that she had "finally made it"!

The Rhythm of Spring

"It is spring again. The Earth is like a child that knows poems by heart." —Rainer Maria Rilke

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



Lessons in Laughter

"You grow up the day you have your first real laugh at yourself." —Ethel Barrymore



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907