



(706) 561-1401

Life is Good at Covenant Woods

Find us on 



Reading Challenge: Sand, Surf and Storytime

Celebrate summer with a "beach read" challenge! Check out bestselling beach reads from the last few years, and aim to finish five new-to-you titles. Or take a more creative approach by finding books with "beach" in the title or that take place near an ocean.

Celebrate Our Freedom

On July 4, all across the land of the free and the home of the brave, the U.S. commemorates the adoption of the Declaration of Independence by the Continental Congress in 1776. Happy birthday, America!

Brainteaser

Q: A pitcher in a baseball game faced only 27 batters, and he struck out every batter. He allowed no hits and no runs, yet his team lost by a score of 3-0. Can you explain how this could happen?

A: The pitcher came in as a relief pitcher.

Wonderful Watermelon

Nothing says summer like a juicy slice of watermelon. Not only is this refreshing fruit a great way to stay hydrated on hot days, but it also contains a type of amino acid that can provide relief to sore muscles.

Avoid Delays at the Doctor

The average wait time to see a doctor is 18 minutes. To help avoid this delay, doctors advise asking for the first or second appointment of the day. These are prime slots because office schedules aren't yet backed up due to emergencies and late patients.

Don't Forget Your Feet

If warmer weather has you wearing sandals or kicking off your shoes when you're outside, be sure to protect the tops of your feet with sunscreen. Feet are often overlooked when it comes to sun protection, so slather up—head to toes.



July 2024



- N Nook
- A Activity Room
- L Lobby
- C Chapel
- D Private Dining Room
- C Pool
- O Outside Act. Room
- C Cottages
- A Main Dining Room
- C PC Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>2:00 C Hymn Sing Along w/ Mr. Randall</p> <p>4:30 A Card Games</p>	<p>9:30 N Free BP & Health Check w/ Piedmont Cds Regional</p> <p>10:00 C "When the morning begins" Devotion Time w/ Rev. Kinley</p> <p>10:00 L *Cols. Park Crossing</p> <p>1:00 L *Peachtree Mall</p> <p>1:00 A Bingo</p> <p>2:15 A Line Dance Class</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Doctor Day</p> <p>10:00 C Stretch & Balance</p> <p>1:00 A Writing Group Meeting</p> <p>2:00 A Corn Hole Game Practice</p> <p>2:00 L Crochet Ladies</p> <p>6:30 A Coquette Game</p>	<p>11:00 L Pre 4th of July Pool Party & Cookout</p> <p>11:30 A Visit w/ Therapy Dogs, Gus & Zack</p> <p>1:00 C St. Anne Mass</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Happy 4th of July</p> <p>11:00 O Sweet Something & Jewelry</p> <p>2:00 A Fire Work Bingo</p> <p>6:30 A Coquette Game</p>	<p>11:00 L Out 2 Lunch - Ruby Tuesday</p> <p>1:00 A Exercise by Carmen</p> <p>2:00 A Happy Hour w/ Annie</p> <p>6:15 C CW Bible Study</p> <p>6:30 A Bingo</p>	<p>10:00 A Word Games</p> <p>2:00 D Music by Mark Blaxton</p> <p>3:00 A Let's Play Games</p> <p>6:30 A Bingo</p>
<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>2:00 C Hymn Sing Along w/ Mr. Randall</p> <p>4:30 A Card Games</p>	<p>10:00 C "When the morning begins" Devotion Time w/ Rev. Kinley</p> <p>10:00 L *Target Center</p> <p>1:00 L *Wal-Mart</p> <p>1:00 A Bingo</p> <p>2:15 A Share a picture of yourself as a kid / National Be A Kid Again Day</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Doctor Day</p> <p>10:00 C Stretch & Balance</p> <p>12:00 C Music by Jan Hyatt</p> <p>1:00 A Chair Volley Balloon Practice</p> <p>2:00 A Play Checkers Day</p> <p>6:30 A Coquette Game</p>	<p>Doctor Day</p> <p>10:00 A Questions & Answers w/ Home Health Dept.</p> <p>11:30 L Visit w/ Therapy Dogs, Gus & Zack</p> <p>1:00 A Bingo</p> <p>2:00 D Cottage Ice Cream Social</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Market Day</p> <p>9:00 L Bank</p> <p>9:30 L Produce Truck</p> <p>9:45 L /10:30 Publix</p> <p>10:00 L Stretch & Balance</p> <p>12:00 C Music by Nadine Coker</p> <p>1:00 C Aqua Motion</p> <p>2:00 D Birthday Celebration w/ Sam Beman</p> <p>5:00 C Bell Choir w/ Kim</p> <p>6:00 C Choir w/ Kim</p> <p>6:30 A Coquette Game</p>	<p>10:00 L Out 2 Lunch - Yoder's & William L Brown Farm</p> <p>11:30 O Beauty w/ Mary Kay</p> <p>1:00 A Exercise by Carmen</p> <p>2:00 A Happy Hour w/ Annie</p> <p>6:15 C CW Bible Study</p> <p>6:30 A Bingo</p>	<p>10:00 A Word Games</p> <p>2:00 D Music by Ron Gavin</p> <p>3:00 A Let's Play Games</p> <p>6:30 A Bingo</p>
<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>4:30 A Card Games</p>	<p>10:00 C "When the morning begins" Devotion Time w/ Rev. Kinley</p> <p>10:00 L *Cols. Park Crossing</p> <p>1:00 L *Peachtree Mall</p> <p>1:00 A Bingo</p> <p>2:15 A Line Dance Class</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Doctor Day</p> <p>10:00 C Stretch & Balance</p> <p>1:00 A Corn Hole Game Practice</p> <p>2:00 L Crochet Ladies</p> <p>2:00 D Jazz Music by Jonathan Lilly</p> <p>6:30 A Coquette Game</p>	<p>Doctor Day</p> <p>10:00 A Estate Planning Seminar</p> <p>10:30 A Arts & Craft w/ Annie</p> <p>11:30 L Visit w/ Therapy Dogs, Gus & Zack</p> <p>12:00 D Birthday Steak & Cake</p> <p>1:00 A Bingo</p> <p>2:00 A Watermelon Social</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Market Day</p> <p>9:00 L Bank</p> <p>9:45 L /10:30 Publix</p> <p>10:00 L Stretch & Balance</p> <p>10:30 C Juliet Luncheon</p> <p>1:00 C Aqua Motion</p> <p>2:00 A Making Candy Salad</p> <p>4:00 D Trip to Columbus Museum</p> <p>5:00 C Bell Choir w/ Kim</p> <p>6:00 C Choir w/ Kim</p> <p>6:30 A Coquette Game</p>	<p>11:00 L Out 2 Lunch - B. Merrell's</p> <p>1:00 A Exercise by Carmen</p> <p>2:00 A Happy Hour w/ Annie</p> <p>6:15 C CW Bible Study</p> <p>6:30 A Bingo</p>	<p>10:00 A Word Games</p> <p>10:30 L Outing w/ Dennis</p> <p>3:00 A Let's Play Games</p> <p>6:30 A Bingo</p>
<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>2:00 C Hymn Sing Along w/ Mr. Randall</p> <p>4:30 A Card Games</p>	<p>10:00 C "When the morning begins" Devotion Time w/ Rev. Kinley</p> <p>10:00 L *Target Center</p> <p>1:00 L *Wal-Mart</p> <p>1:00 A Bingo</p> <p>2:15 A Line Dance Class</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Doctor Day</p> <p>10:00 C Stretch & Balance</p> <p>1:00 A Chair Volley Balloon Practice</p> <p>2:00 A National Vanilla Ice Cream Day</p> <p>6:30 A Coquette Game</p>	<p>Doctor Day</p> <p>10:30 A Arts & Craft w/ Annie</p> <p>11:30 L Visit w/ Therapy Dogs, Gus & Zack</p> <p>1:00 A Bingo</p> <p>2:00 A Popcorn & Word Games</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Market Day</p> <p>9:00 L Bank</p> <p>9:45 L /10:30 Publix</p> <p>10:00 C Stretch & Balance</p> <p>11:00 L Romeo Luncheon/ Dinglewoods</p> <p>12:00 C Music by Nadine Coker</p> <p>1:00 C Aqua Motion</p> <p>5:00 C Bell Choir w/ Kim</p> <p>6:00 C Choir w/ Kim</p> <p>6:30 D Hill Billy Dance w/ David Tyler & Friend</p>	<p>10:30 L Out 2 Lunch - Jr's Steakhouse</p> <p>1:00 A Exercise by Carmen</p> <p>2:00 A Happy Hour w/ Annie</p> <p>6:15 C CW Bible Study</p> <p>6:30 A Bingo</p>	<p>10:00 A Word Games</p> <p>2:00 D Music by Lindy Hamilton</p> <p>3:00 A Let's Play Games</p> <p>6:30 A Bingo</p>
<p>9:30 C Church Service</p> <p>10:30 C Livestream Mass / Communion from St. Anne</p> <p>2:00 L Music by Jan Hyatt</p> <p>4:30 A Card Games</p>	<p>8:30 L "Rod Squad" Fishing Trip</p> <p>10:00 C "When the morning begins" Devotion Time w/ Rev. Kinley</p> <p>10:00 L *Cols. Park Crossing</p> <p>1:00 L *Peachtree Mall</p> <p>1:00 A Bingo</p> <p>2:15 A Line Dance Class</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Doctor Day</p> <p>10:00 C Stretch & Balance</p> <p>1:00 A Corn Hole Game Practice</p> <p>2:00 A CW Auction</p> <p>4:00 L Mystery Dinner</p> <p>6:00 C VFW #12110 Meeting</p> <p>6:30 A Coquette Game</p>	<p>Doctor Day</p> <p>10:30 A Arts & Craft w/ Annie</p> <p>11:30 L Visit w/ Therapy Dogs, Gus & Zack</p> <p>1:00 A Bingo</p> <p>2:00 A Pet Day (Bring Your Fur Babies)</p> <p>3:15 A Exercise by Carmen</p> <p>6:30 A Bingo</p>	<p>Market Day</p> <p>9:00 L Bank</p> <p>9:45 L /10:30 Publix</p> <p>10:00 C Stretch & Balance</p> <p>11:00 L Romeo Luncheon/ Dinglewoods</p> <p>12:00 C Music by Nadine Coker</p> <p>1:00 C Aqua Motion</p> <p>5:00 C Bell Choir w/ Kim</p> <p>6:00 C Choir w/ Kim</p> <p>6:30 D Hill Billy Dance w/ David Tyler & Friend</p>	<p>10:30 L Out 2 Lunch - Jr's Steakhouse</p> <p>1:00 A Exercise by Carmen</p> <p>2:00 A Happy Hour w/ Annie</p> <p>6:15 C CW Bible Study</p> <p>6:30 A Bingo</p>	<p>10:00 A Word Games</p> <p>2:00 D Music by Lindy Hamilton</p> <p>3:00 A Let's Play Games</p> <p>6:30 A Bingo</p>





July Birthdays

- 06 Shirley Jenkins
- 07 Frances Gaylor
- 08 Ruth Gilbert*
- 12 George Temple
- 13 John Dodwell
- 14 Donna Hunt
- 15 Mamie Brown*
- 18 Skeet Miner*101
- 19 Gail Temple
- 19 Dorothy Duggins
- 20 Barbara Ausbon*102
- 23 Eris Farmer
- 27 June Boren

* Nineties Club



An All-Star Shoe

Favored for their casual, vintage vibe, Converse All Star sneakers actually began as basketball shoes. In 1917, the footwear company released shoes called "Non-Skids," but sales were slow—until semi-pro basketball player Charles H. Taylor joined the team. Not only did Taylor suggest improvements to the sneakers, now named All Stars, but he also traveled around the country giving basketball lessons and showing off the shoes. His efforts paid off: In 1932, the All Star design was updated to feature the name "Chuck Taylor." Four years later, the sneaks became the official basketball shoe of Team USA at the Olympics, an honor they held until 1968.

Covenant Woods Staff

- General Manager Lisa Lewis
- Business Office OPEN
- Resident Care Toni Hill, 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



Be Your Own Champion

"You have to believe in yourself when no one else does—that makes you a winner right there." —Venus Williams



COVENANT WOODS
A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907