



(706) 561-1401

# Life is Good at Covenant Woods

Find us on 

## Dog Days of Summer

The term "dog days" was first used by the ancient Romans to refer to late July and early August. That is when Sirius, the "dog star," would rise and set in conjunction with the sun. The Romans believed the star added to the heat produced by the sun.



## 'Oz' Turns 85

It's been 85 years since movie audiences first followed the yellow brick road, but viewers of all ages are still enchanted by "The Wizard of Oz." The film's charming storyline, sentimental songs and groundbreaking special effects have contributed to its widespread status as one of the greatest movies of all time as well as a pop culture icon.



## Back to Greek Roots

The medals awarded at this year's Summer Olympics have a new design. Olympic organizers chose symbols that better represent the Greek origin of the games. The Roman amphitheater has been replaced, and Nike (Greek goddess of victory) is shown descending into Athens' Panathinaiko Stadium (site of the first modern Olympics in 1896).



## Be Like a Bee

It's important to drink enough water to stay hydrated in the summer heat. To help increase your intake, add flavor and



sweetness to your water with a teaspoon of honey.






## School Supply Drive

Summer is coming to an end, and soon our area schools will be back in session! Let's help local students have a great start to the year by collecting school supplies to donate to those in need. Look for posted flyers with a wish list of items plus other information, or stop by the front desk. Thank you for helping serve our community!

## Good Vibrations

"With the right vibes and the right people, it's easy to create something magical." —Dinah Jane



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pop-Up Shop</b> <b>Thursdays in the Nook</b> <b>1st Thursday No Store</b> <b>2nd Thursday 1pm - 2pm</b> <b>3rd Thursday 2pm - 4pm</b> <b>4th Thursday 2pm - 4pm</b>				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: blue;">C</span> Stretch & Balance 11:00 <span style="color: orange;">O</span> Sweet Something & Jewelry 1:00 <span style="color: lightblue;">Pool</span> Aqua Motion 2:00 <span style="color: brown;">D</span> Town Hall 2:30 <span style="color: red;">A</span> Popcorn 4:00 <span style="color: green;">L</span> Trip to Columbus Museum 5:00 <span style="color: purple;">PD</span> Bell Choir w/ Kim 6:00 <span style="color: blue;">C</span> Choir w/ Kim 6:30 <span style="color: red;">A</span> Coolette Game	11:00 <span style="color: green;">L</span> Out 2 Lunch - Rose Hill Seafood 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: red;">A</span> Happy Hour w/ Annie 4:00 <span style="color: green;">L</span> Jazz Music by Leonard Blount 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Bingo	10:00 <span style="color: red;">A</span> Word Games 10:30 <span style="color: green;">L</span> Outing w/ Dennis 2:00 <span style="color: brown;">D</span> Music by Mark Blaxton 3:00 <span style="color: red;">A</span> Let's Play Games 6:30 <span style="color: red;">A</span> Bingo
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: blue;">C</span> Hymn Sing Along w/ Mr. Randall 4:30 <span style="color: red;">A</span> Card Games	<b>CW Olympic Games Begin</b> 9:30 <span style="color: blue;">N</span> Free BP & 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 10:30 <span style="color: red;">A</span> Olympic Checkers Game 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> Olympic Horse Race Game 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	<b>Doctor Day</b> 10:30 <span style="color: red;">A</span> Olympic Lawn Dart Game 1:00 <span style="color: red;">A</span> Writing Group Meeting 2:00 <span style="color: green;">L</span> Crochet Ladies 2:00 <span style="color: red;">A</span> Olympic Ring Toss Game 6:30 <span style="color: red;">A</span> Coolette Game	<b>Doctor Day</b> 10:30 <span style="color: red;">A</span> Olympic Corn Hole Game 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus & Zack 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> Olympic Chair Volleyball Game 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	<b>Market Day</b> 9:00 <span style="color: green;">L</span> Bank 9:45 <span style="color: green;">L</span> / 10:30 Publix 10:30 <span style="color: lightblue;">Pool</span> Olympic Duck Race Game 12:00 <span style="color: teal;">PC</span> Music by Nadine Coker 1:00 <span style="color: lightblue;">Pool</span> Aqua Motion 2:00 <span style="color: red;">A</span> Olympic Bowling Game 5:00 <span style="color: purple;">PD</span> Bell Choir w/ Kim 6:00 <span style="color: blue;">C</span> Choir w/ Kim 6:30 <span style="color: red;">A</span> Coolette Game	10:30 <span style="color: orange;">O</span> Olympic Marshmallow Drive Game 11:00 <span style="color: green;">L</span> Out 2 Lunch - New China 11:30 <span style="color: orange;">O</span> Beauty w/ Mary Kay 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: brown;">D</span> Olympic Closing Ceremony w/ DJ Sam 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Bingo	10:00 <span style="color: red;">A</span> Word Games 3:00 <span style="color: red;">A</span> Let's Play Games 6:30 <span style="color: red;">A</span> Bingo
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> Saxophone Music by George Corrandino 4:30 <span style="color: red;">A</span> Card Games	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 w/ Mr. Brooks 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	<b>Doctor Day</b> 10:00 <span style="color: blue;">C</span> Stretch & Balance 12:00 <span style="color: teal;">PC</span> Music by Jan Hyatt 2:00 <span style="color: red;">A</span> Pretty Nails 6:30 <span style="color: red;">A</span> Coolette Game	<b>Doctor Day</b> 10:30 <span style="color: red;">A</span> Arts & Craft w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus & Zack 12:00 <span style="color: brown;">D</span> Birthday Steak & Cake 1:00 <span style="color: red;">A</span> Bingo 2:00 <span style="color: red;">A</span> Popcorn & Word Games 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	<b>Market Day</b> 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: blue;">C</span> Stretch & Balance 1:00 <span style="color: lightblue;">Pool</span> Aqua Motion 2:00 <span style="color: brown;">D</span> Birthday Celebration w/ David Tyler 5:00 <span style="color: purple;">PD</span> Bell Choir w/ Kim 6:00 <span style="color: blue;">C</span> Choir w/ Kim 6:30 <span style="color: red;">A</span> Coolette Game	9:30 <span style="color: green;">L</span> Out 2 Lunch - Trip to Wind Creek Casino & Lunch 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: red;">A</span> Happy Hour w/ Annie 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Bingo	10:00 <span style="color: red;">A</span> Word Games 2:00 <span style="color: brown;">D</span> Piano Music by Kenny Lewis 3:00 <span style="color: red;">A</span> Let's Play Games 6:30 <span style="color: red;">A</span> Bingo
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: blue;">C</span> Hymn Sing Along w/ Mr. Randall 4:30 <span style="color: red;">A</span> Card Games	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 w/ Mr. Brooks 2:15 <span style="color: blue;">N</span> World Photography Day/ Share Family Photos 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	<b>Doctor Day</b> 10:00 <span style="color: blue;">C</span> Stretch & Balance 2:00 <span style="color: green;">L</span> Crochet Ladies 2:00 <span style="color: red;">A</span> National Lemonade Day 6:30 <span style="color: red;">A</span> Coolette Game	<b>Doctor Day</b> 10:30 <span style="color: red;">A</span> Arts & Craft w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus & Zack 1:00 <span style="color: red;">A</span> Bingo 2:00 <span style="color: red;">A</span> Guess Who 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	<b>Market Day</b> 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: blue;">C</span> Stretch & Balance 11:00 <span style="color: green;">L</span> Romeo Luncheon 12:00 <span style="color: teal;">PC</span> Music by Nadine Coker 1:00 <span style="color: lightblue;">Pool</span> Aqua Motion 5:00 <span style="color: purple;">PD</span> Bell Choir w/ Kim 6:00 <span style="color: blue;">C</span> Choir w/ Kim 6:30 <span style="color: brown;">D</span> Sock Hop Dance w/ Misty Harbor Band	11:00 <span style="color: green;">L</span> Out 2 Lunch - Mark's City Grill 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: red;">A</span> Happy Hour w/ Annie 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Bingo	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> Let's Play Games 6:30 <span style="color: red;">A</span> Bingo
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> Card Games	8:30 <span style="color: green;">L</span> "Rod Squad" Fishing Trip 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 w/ Mr. Brooks 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	<b>Doctor Day</b> 10:00 <span style="color: blue;">C</span> Stretch & Balance 2:00 <span style="color: red;">A</span> CW Auction 4:00 <span style="color: green;">L</span> Mystery Dinner 6:00 <span style="color: blue;">C</span> VFW #12110 Meeting 6:30 <span style="color: red;">A</span> Coolette Game	<b>Doctor Day</b> 10:30 <span style="color: red;">A</span> Arts & Craft w/ Annie 11:30 <span style="color: green;">L</span> Visit w/ Therapy Dogs, Gus & Zack 1:00 <span style="color: red;">A</span> Bingo 2:00 <span style="color: red;">A</span> Pet Day (Bring your Fur Babies) 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	<b>Market Day</b> 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: blue;">C</span> Stretch & Balance 10:30 <span style="color: green;">L</span> Juliet Luncheon 1:00 <span style="color: lightblue;">Pool</span> Aqua Motion 2:00 <span style="color: red;">A</span> Apple Pie in a Cup 5:00 <span style="color: purple;">PD</span> Bell Choir w/ Kim 6:00 <span style="color: blue;">C</span> Choir w/ Kim 6:30 <span style="color: red;">A</span> Coolette Game	11:00 <span style="color: green;">L</span> Out 2 Lunch - Carrabba's 1:00 <span style="color: red;">A</span> Exercise by Carmen 2:00 <span style="color: red;">A</span> Happy Hour w/ Annie 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Bingo	10:00 <span style="color: red;">A</span> Word Games 2:00 <span style="color: brown;">D</span> Music by Lindy Hamilton 3:00 <span style="color: red;">A</span> Let's Play Games 6:30 <span style="color: red;">A</span> Bingo



## Change Puzzles for a Challenge

Word games and number puzzles help boost your brain power. But researchers say brainteasers stop forming new neural connections in your mind once you've mastered them. So if it takes you no time to complete a crossword, it may be time to try cryptograms or sudoku.



## Share Your Wisdom

What are some things you've learned about life that you wish you had known in your younger years? Write them down and share them with your children and grandchildren. There's nothing like the gift of wisdom!

## 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



## Say Hello to Aloe

Keep a bottle of aloe vera gel handy in the summer. The cool balm can be applied to sunburns and bug bites to moisturize and relieve itching.

## August Birthdays

- 01 Nelson Kittle\*
- 05 David Page
- 10 Charles Hidle
- 10 Annette Ford
- 12 Janet Brogan
- 12 Bertha Buckner
- 16 Virginia Bonner
- 16 Barbara Kimbro\*
- 17 Gerry Hill
- 17 Gladys Walker
- 24 Betty Middlebrooks\*
- 28 Betty Noble
- 30 Barbara Harbour
- 31 Barbara Eldridge

\* **Nineties Club**



**COVENANT WOODS**

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907