



(706) 561-1401

Life is Good at Covenant Woods

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The Difference of Labor Day

Labor Day (the first Monday in September) is different from most holidays because it is not related to the celebration or recognition of a specific individual, sect or race. Instead, Labor Day is dedicated to the social and economic achievements of American workers and their impact on the strength, prosperity and well-being of our country.

Flu Shot Tip

Before you get a flu shot this season, you may want to watch a comedy or listen to your favorite music. In a study of older adults, researchers found that being in a good mood when getting the vaccine boosted its protection against the illness months later.

Come Together

September is Intergeneration Month, a time for generations to connect through communication, celebration and education. Older adults can offer wisdom that only comes from life experience, while younger people provide new ideas and perspectives. Spend some time with each other and see how much you learn!

Fill Your Own Cup

September is Self-Care Awareness Month.

The Arrival of Fall

The word "fall" comes from the phrase "fall of the leaf," an Old English expression that was commonly used to reference the season in the 1500s. Autumn, from the French word *automne*, became part of the English language about a century later.



Squirrely Behavior

Scientists say squirrels go on the offensive as they hoard nuts in late summer and early fall. If a squirrel thinks it's being watched—by another squirrel, a predator or a human—it will hide the nut in its cheek and pretend to bury it, sometimes more than once, to protect its stash from would-be thieves.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 C Hymn Sing Along w/ Mr. Randall 4:30 A Card Games</p>	<p>2</p> <p>Happy Labor Day 1:00 A Labor Day Bingo 2:15 A Checkers Game 6:30 A Bingo</p>	<p>3</p> <p>Doctor Day 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps In" 1:00 A Writing Group Meeting 2:00 L Crochet Ladies 2:00 A Horse Race 6:30 A Coolette Game</p>	<p>4</p> <p>Doctor Day 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 Corn Hole Game 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>5</p> <p>9:00 L Bank 9:45 L / 10:30 Publix 10:00 C Stretch & Balance 11:00 O Sweet Something & Jewelry 2:00 D Town Hall 2:30 A Popcorn 5:00 PD Bell Choir w/ Kim 6:00 C Choir w/ Kim 6:30 A Coolette Game</p>	<p>6</p> <p>Wear Your Favorite College Team Shirt 11:00 L Out 2 Lunch - Ruby Tuesday 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo</p>	<p>7</p> <p>10:00 A Word Games 2:00 D Music by Mark Blaxton 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 D Covenant Woods Showcase</p>
<p>8</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 4:30 A Card Games</p>	<p>9</p> <p>National Senior Living Week Begins 9:30 N Free BP & Health Check w/ Piedmont Cols Regional 10:00 L *Target Center 1:00 L *Walmart 1:00 A Bingo & Root Beer Floats 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>10</p> <p>Doctor Day 10:30 A Bobbing for Apple Contest 12:00 PC Music by Jan Hyatt 2:00 D Music by DJ Sam Beman 6:30 A Coolette Game</p>	<p>11</p> <p>Doctor Day 10:30 L Visit to Fire and EMS Station 11 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 D Covenant Woods Gliders 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>12</p> <p>Market Day 9:00 L Bank 9:45 L / 10:30 Publix 10:30 A Table Topics 12:00 PC Music by Nadine Coker 2:00 D Birthday Celebration w/ Doc Alford 5:00 PD Bell Choir w/ Kim 6:00 C Choir w/ Kim 6:30 A Coolette Game</p>	<p>13</p> <p>Wear Your Favorite College Team Shirt 10:30 L Country Store 11:30 O Beauty w/ Mary Kay 1:00 A Exercise by Carmen 2:00 A NSLW Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo</p>	<p>14</p> <p>10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</p>
<p>15</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 C Hymn Sing Along w/ Mr. Randall 4:30 A Card Games</p>	<p>16</p> <p>10:00 L *Cols. Park Crossing 10:00 D Young Musicians 1:00 L *Peachtree Mall 1:00 A Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>17</p> <p>Doctor Day/ Flu Clinic 9:00 N Flu Shot Clinic 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps In" 2:00 L Crochet Ladies 2:00 D Hymn Sing Along w/ Mr. Register 6:30 A Coolette Game</p>	<p>18</p> <p>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 Bowling 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>19</p> <p>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 A Cheese Toss Game 4:00 L Trip to Columbus Museum 5:00 PD Bell Choir w/ Kim 6:00 C Choir w/ Kim 6:30 A Coolette Game</p>	<p>20</p> <p>Wear Your Favorite College Team Shirt 11:00 L Out 2 Lunch - Ezell's 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo</p>	<p>21</p> <p>10:00 A Word Games 2:00 D Music by Ron Gavin 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</p>
<p>22</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 3:30 L Wheel of Fortune @ RiverCenter 4:30 A Card Games</p>	<p>23</p> <p>10:00 L *Target Center 1:00 L *Walmart 1:00 A Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>24</p> <p>Doctor Day 10:00 C Stretch & Balance 1:00 A Pet Day (Bring Your Fur Babies) 2:00 A CW Auction 4:00 L Mystery Dinner 6:00 C VFW #12110 Meeting 6:30 A Coolette Game</p>	<p>25</p> <p>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 Bingo</p>	<p>26</p> <p>Market Day 9:00 L Bank 9:45 L / 10:30 Publix 10:00 C Stretch & Balance 11:00 L Romeo Luncheon 5:00 PD Bell Choir w/ Kim 6:00 C Choir w/ Kim 6:30 D Tailgating Dance w/ Back Trackin Band</p>	<p>27</p> <p>Wear Your Favorite College Team Shirt 11:00 L Out 2 Lunch - Outback Steakhouse 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo</p>	<p>28</p> <p>10:00 A Word Games 10:30 L Fields of Grace Dahlia Fest 2:00 D Music by Lindy Hamilton 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</p>
<p>29</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Book Club "The Women" 2:00 L Music by Jan Hyatt 4:30 A Card Games</p>	<p>30</p> <p>8:30 L "Rod Squad" Fishing Trip 10:00 L *Cols. Park Crossing 1:00 L *Peachtree Mall 1:00 A Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo</p>					



September Birthdays

- 06 Mary Langford*
- 07 Fran Miller*
- 09 Raquel Snyder
- 10 Susan Aguilar
- 14 June Leggett
- 15 Margaret Milner 103*
- 15 Laverne Taff*
- 16 Larry Tyo
- 21 Bettie Kirby
- 23 Charlene Massey
- 25 Lorie (LaRay) James*
- 27 Jean David
- 27 Lee Harrell
- 28 Paul Szucs*

* Nineties Club



A Bright Football First

Friday night lights. Monday Night Football. The Super Bowl. These prime-time staples of modern American football owe their existence to a bright spot in sports history: the first night football game, played on Sept. 28, 1892, in Pennsylvania. Powered by a 4,300-pound generator, the field's electric lights were no match for the foggy evening, and the game was called after 20 minutes. But the town of Mansfield has continued to celebrate their contribution to the sport with reenactments of the game between Wyoming Seminary and Mansfield State Normal School (now called Mansfield University).

Scientific Snicker

Never trust an atom. They make up everything.

Covenant Woods Staff

General Manager Lisa Lewis
 Office Manager .. Sandy Mitchem
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 Dining Services Lucy Greene
 Dining Room Tiffany Thomas
 Recreation Alisha Brooks
 Rec Assist Annie Morgan
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 Housekeeping Malinda Dowell
 Maintenance Jamar Brooks
 Resident Care OPEN

IMPORTANT NUMBERS

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



Let Go and Grow

"Autumn teaches us the beauty of letting go. Growth requires release—it's what the trees do." —Ka'ala



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907