



(706) 561-1401

# Life is Good at Covenant Woods

Find us on 



## Here's to Teachers

Whether you're still in school or have been out for many years, chances are there's a teacher who made a profound impact on you. Celebrate them on Oct. 5, World Teachers' Day.



## Come Sail Away

The hobby of building ships in bottles began as far back as 1784—the date of the oldest surviving specimen of this intricate craft, now housed in a German museum. In their heyday, ships in bottles were made by sailors, fishermen and lighthouse keepers and sold as souvenirs. Later, the hobby came to be enjoyed by all, and you can now find model-building kits in a variety of materials and skill levels.



## Wash Germs Away

Your hands become covered with germs every time you push an elevator button, open a door or flip a light switch—which is why washing your hands is the best way to keep from getting sick. Scrub with soap and hot water for 20 seconds. Use an alcohol-based hand sanitizer if you can't get to a sink.



## Happy October!





"Autumn leaves are falling, filling up the streets; Golden colors on the lawn, nature's trick or treat!"  
—Rusty Fischer

## True Colors

The shades of red, orange and yellow you see on fall leaves are actually present year-round. The chlorophyll in the trees turns the leaves green in the spring and summer, covering up the other colors.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Doctor Day</b> 1 10:00 <span style="color: blue;">C</span> Stretch & Balance 1:00 <span style="color: green;">L</span> Walking Club "Get Your Steps in" 2:00 <span style="color: green;">L</span> Crochet Ladies 2:00 <span style="color: brown;">D</span> Muffins & Medicare / Understanding Medicare Changes 2025 6:30 <span style="color: red;">A</span> Coolette Game	<b>Doctor Day</b> 2 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 1:00 <span style="color: blue;">C</span> St. Anne Mass 2:00 <span style="color: red;">A</span> Chair Balloon Volleyball 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	3 9:00 <span style="color: green;">L</span> / 10:00 Publix 9:00 <span style="color: green;">L</span> Bank 10:00 <span style="color: blue;">C</span> Stretch & Balance 11:00 <span style="color: orange;">O</span> Sweet Something & Jewelry 2:00 <span style="color: brown;">D</span> Town Hall 2:30 <span style="color: red;">A</span> Popcorn 5:00 <span style="color: purple;">PD</span> Chimes w/ Kim 6:00 <span style="color: blue;">C</span> CW Chorus w/ Kim 6:30 <span style="color: red;">A</span> Coolette Game	<b>Wear Your Favorite College Team Shirt</b> 4 11:00 <span style="color: green;">L</span> Out 2 Lunch - Rosehill 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	5 10:00 <span style="color: red;">A</span> Word Games 2:00 <span style="color: lightgreen;">G2</span> Poker Time 3:00 <span style="color: red;">A</span> Let's Play Games 6:30 <span style="color: red;">A</span> Bingo
6 9:30 <span style="color: blue;">C</span> Church Service 10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne 1:00 <span style="color: blue;">C</span> Hymn Sing Along w/ Mr. Randall 4:30 <span style="color: red;">A</span> Card Games	7 9:30 <span style="color: blue;">N</span> Free BP & Health Check w/ Piedmont Cols Regional 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 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:00 <span style="color: green;">L</span> CCO Concert @ St Mark 6:30 <span style="color: red;">A</span> Bingo	<b>Doctor Day</b> 8 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> Decorating Pumpkins 6:30 <span style="color: red;">A</span> Coolette Game	<b>Doctor Day</b> 9 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> Horse Race 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	10 9:00 <span style="color: green;">L</span> / 10:00 Publix 9:00 <span style="color: green;">L</span> Bank 10:00 <span style="color: blue;">C</span> Stretch & Balance 12:00 <span style="color: teal;">PC</span> Music by Nadine Coker 2:00 <span style="color: brown;">D</span> Birthday Celebration w/ Mark Blaxton 5:00 <span style="color: purple;">PD</span> Chimes w/ Kim 6:00 <span style="color: blue;">C</span> CW Chorus w/ Kim 6:30 <span style="color: red;">A</span> Coolette Game	<b>Wear Your Favorite College Team Shirt</b> 11 11:00 <span style="color: green;">L</span> Out 2 Lunch - Deorio's Pizza 11:30 <span style="color: orange;">O</span> Beauty w/ Mary Kay 1:00 <span style="color: red;">A</span> Exercise by Carmen 3:00 <span style="color: green;">L</span> Mix & Mingle in the Woods 6:15 <span style="color: blue;">C</span> CW Bible Study 6:30 <span style="color: red;">A</span> Bingo	12 10:00 <span style="color: red;">A</span> Word Games 2:00 <span style="color: brown;">D</span> Music by Ron Gavin 2:00 <span style="color: lightgreen;">G2</span> Poker Time 3:00 <span style="color: red;">A</span> Let's Play Games 6:30 <span style="color: red;">A</span> Bingo
13 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> Piano Music by Kenny Lewis 4:30 <span style="color: red;">A</span> Card Games	<b>Columbus Day</b> 14 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 2:00 <span style="color: red;">A</span> The Baking Challenge 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	<b>Doctor Day</b> 15 10:00 <span style="color: blue;">C</span> Stretch & Balance 1:00 <span style="color: green;">L</span> Walking Club "Get Your Steps in" 2:00 <span style="color: green;">L</span> Crochet Ladies 2:00 <span style="color: brown;">D</span> Hymn Sing Along w/ Mr. Register 6:30 <span style="color: red;">A</span> Coolette Game	<b>Doctor Day</b> 16 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: green;">L</span> Breast Cancer Awareness Balloon Release Gathering 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	17 9:00 <span style="color: green;">L</span> / 10:00 Publix 9:00 <span style="color: green;">L</span> Bank 10:00 <span style="color: blue;">C</span> Stretch & Balance 10:30 <span style="color: green;">L</span> Juliet Luncheon 12:00 <span style="color: brown;">D</span> Birthday Steak & Cake 2:00 <span style="color: brown;">D</span> Crawford Pickers 5:00 <span style="color: purple;">PD</span> Chimes w/ Kim 6:00 <span style="color: blue;">C</span> CW Chorus w/ Kim 6:30 <span style="color: red;">A</span> Coolette Game	<b>Wear Your Favorite College Team Shirt</b> 18 10:30 <span style="color: green;">L</span> Out 2 Lunch - Bullock House 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	19 10:00 <span style="color: red;">A</span> Word Games 2:00 <span style="color: lightgreen;">G2</span> Poker Time 3:00 <span style="color: red;">A</span> Let's Play Games 6:30 <span style="color: red;">A</span> Bingo
20 9:30 <span style="color: blue;">C</span> Church Service 10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne 1:00 <span style="color: blue;">C</span> Hymn Sing Along w/ Mr. Randall 4:30 <span style="color: red;">A</span> Card Games	21 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 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	<b>Doctor Day</b> 22 10:00 <span style="color: blue;">C</span> Stretch & Balance 1:00 <span style="color: red;">A</span> Pet Costumes Parade 2:00 <span style="color: red;">A</span> Fall Fabric Pumpkins 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> 23 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> Making Apple Nachos 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	24 9:00 <span style="color: green;">L</span> / 10:00 Publix 9:00 <span style="color: green;">L</span> Bank 10:00 <span style="color: blue;">C</span> Stretch & Balance 12:00 <span style="color: teal;">PC</span> Music by Nadine Coker 1:00 <span style="color: green;">L</span> *Goodwill 5:00 <span style="color: purple;">PD</span> Chimes w/ Kim 6:00 <span style="color: blue;">C</span> CW Chorus w/ Kim 6:30 <span style="color: brown;">D</span> Glow Party Dance w/ Jim Evans & Band	<b>Wear Your Favorite College Team Shirt</b> 25 11:00 <span style="color: green;">L</span> Out 2 Lunch - El Carrizo 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: green;">L</span> *U.S. Air Force Concert Band & Singing Sergeants 6:30 <span style="color: red;">A</span> Bingo	<b>TBA Truck or Treat @ Morningside Baptist Church</b> 26 10:00 <span style="color: red;">A</span> Word Games 2:00 <span style="color: brown;">D</span> Music by Lindy Hamilton 2:00 <span style="color: lightgreen;">G2</span> Poker Time 3:00 <span style="color: red;">A</span> Let's Play Games 6:30 <span style="color: red;">A</span> Bingo
27 9:30 <span style="color: blue;">C</span> Church Service 10:30 <span style="color: blue;">C</span> Livestream Mass / Communion from St. Anne 1:00 <span style="color: red;">A</span> Book Club 2:00 <span style="color: green;">L</span> Music by Jan Hyatt 4:30 <span style="color: red;">A</span> Card Games	28 8:30 <span style="color: green;">L</span> "Rod Squad" Fishing Trip 1:00 <span style="color: green;">L</span> *Cols. Park Crossing 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> 29 10:00 <span style="color: blue;">C</span> Stretch & Balance 1:00 <span style="color: green;">L</span> Walking Club "Get Your Steps in" 2:00 <span style="color: red;">A</span> CW Auction 3:00 <span style="color: green;">L</span> Mystery Dinner & Pumpkins @ Callaway 6:30 <span style="color: red;">A</span> Coolette Game	<b>Doctor Day</b> 30 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> Music by DJ Sam 3:15 <span style="color: red;">A</span> Exercise by Carmen 6:30 <span style="color: red;">A</span> Bingo	<b>Happy Halloween</b> 31 9:00 <span style="color: green;">L</span> / 10:00 Publix 9:00 <span style="color: green;">L</span> Bank 10:00 <span style="color: blue;">C</span> Stretch & Balance 11:00 <span style="color: green;">L</span> Romeo Luncheon 2:00 <span style="color: red;">A</span> Trick or Treat w/ Residents 5:00 <span style="color: purple;">PD</span> Chimes w/ Kim 6:00 <span style="color: blue;">C</span> CW Chorus w/ Kim 6:30 <span style="color: red;">A</span> Coolette Game		



### October Birthdays

- 02 Nancy Gunn
- 03 Julie Wagenti
- 04 Elvira Bass\*
- 04 Dorothy Smith
- 09 Vira McGill
- 14 Jack Fitts
- 15 Betty McGuire
- 16 Martha Kittle
- 17 Marie Osborn
- 22 Joyce Saville
- 23 Beverly Lee
- 24 Ethel Meininger
- 25 Patricia Lisle
- 27 Laura Berry
- 28 Otis Smith\*
- 29 Betty Tomlinson
- 30 Ed Tante

**\* Nineties Club**

### Wild World: Opossum

Whether you find them strangely cute or a little spooky, opossums (also called “possums”) are fascinating critters. They’re the only marsupial species native to North America, and like raccoons, they’ve become a common fixture in residential areas. When afraid, the animals are known for “playing possum,” or pretending to be dead by collapsing and staying in a trance until the threat is gone. More commonly, an opossum will bare its toothy grin and hiss to scare away enemies. Their resistance to many diseases is another defense mechanism, as is their immunity from certain snakebites—a discovery that’s led to research into the development of synthetic antivenom medicines.



### Covenant Woods Staff

General Manager ..... Lisa Lewis  
 Office Manager .. Sandy Mitchem  
 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  
 Resident Care ..... OPEN

### IMPORTANT NUMBERS

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



### An Encouraging Word

“While you’re busy doubting yourself, someone else is admiring your strength.” —Kristen Butler



**COVENANT WOODS**

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907