

(706) 561-1401

## Life is Good at Covenant Woods

Find us on 

### Happy Thanksgiving to All

"What I love about Thanksgiving is that it's purely about getting together with friends or family and enjoying food. It's really for everybody, and it doesn't matter where you're from." —Daniel Humm



### November Gratitude

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?



### A Day of Honor

Nov. 11 is Veterans Day, defined by the Department of Veterans Affairs as: "A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good." In addition to local and regional events, a Veterans Day National Ceremony is held each year at Arlington National Cemetery.



### Let Go and Grow

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



### De-stress Your Holidays

For many of us, the holidays come with a dose of extra stress. Here's a one-minute stress reliever that you can do anywhere, anytime: mindful breathing. Take deep breaths that expand your entire abdomen (stomach, sides and lower back) while focusing solely on your breath.

### To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.

### You Are Home

"Home is people. Not a place." —Robin Hobb





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>3</div> <div>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</div>	<div></div> <div>4</div> <div>9:30 N Free BP &amp; Health Check w/ Piedmont Cols Regional 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 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>5</div> <div>Doctor Day 10:00 C Stretch &amp; Balance 1:00 A Making a Thankful Tree 2:00 L Crochet Ladies 2:00 D Music by Sam Beman 6:30 A Coolette Game</div>	<div></div> <div>6</div> <div>Doctor Day 10:00 C 4 week Ladies' Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus &amp; Zack 1:00 A Bingo 1:00 Chili Social 1:00 C St. Anne Mass 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>7</div> <div>9:00 L /10:00 Publix 9:00 L Bank 10:00 C Stretch &amp; Balance 11:00 O Sweet Something &amp; Jewelry 2:00 D Town Hall 2:30 A Popcorn 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game</div>	<div></div> <div>8</div> <div>11:00 L Out 2 Lunch - Jr's Steakhouse 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo</div>	<div></div> <div>2</div> <div>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 A Bingo</div>
<div></div> <div>10</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 L CCO Veterans Day Concert 4:30 A Card Games</div>	<div></div> <div>11</div> <div>Veterans Day 10:00 C "When the morning begins" Devotion Time w/ Rev. Kinley 10:00 L *Cols. Park Crossing 11:00 A Veterans' Appreciation Luncheon 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</div>	<div></div> <div>12</div> <div>Doctor Day 10:00 C Stretch &amp; Balance 12:00 PC Music by Jan Hyatt 1:00 L Fall Nature Walk 2:00 A Christmas Grinch in a Bottle Craft 6:30 A Coolette Game</div>	<div></div> <div>13</div> <div>Doctor Day 10:00 C 4 week Ladies' Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus &amp; Zack 1:00 A Bingo 2:00 A World Kindness Day Making Blessing Bags 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>14</div> <div>Store Day 9:00 L /10:00 Publix 9:00 L Bank 10:00 C Stretch &amp; Balance 12:00 D Birthday Steak &amp; Cake 12:00 PC Music by Nadine Coker 2:00 D Birthday Celebration w/ David Tyler 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game</div>	<div></div> <div>15</div> <div>10:30 L Out 2 Lunch - Ole Times Country Buffet &amp; Shopping @Belk 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo</div>	<div></div> <div>16</div> <div>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</div>
<div></div> <div>17</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 C Hymn Sing Along w/ Mr. Randall 2:00 L Music by George 4:30 A Card Games</div>	<div></div> <div>18</div> <div>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 w/ Apple Cider 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>19</div> <div>Doctor Day 10:00 C Stretch &amp; Balance 1:00 A Buttons Snowman Ornament Craft 2:00 L Crochet Ladies 2:00 D Hymn Sing Along w/ Mr. Register 6:30 A Coolette Game</div>	<div></div> <div>20</div> <div>Doctor Day 10:00 C 4 week Ladies' Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus &amp; Zack 1:00 A Bingo 2:00 D Island Praise Group 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>21</div> <div>Store Day 9:00 L /10:00 Publix 9:00 L Bank 10:00 C Stretch &amp; Balance 1:00 L Joey's Thrift Mall 5:00 A CW Chimes 6:00 C CW Chorus 6:30 D Boots &amp; Pearls Dance w/ Mark Blaxton</div>	<div></div> <div>22</div> <div>11:00 L Out 2 Lunch - Red Lobster 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo</div>	<div></div> <div>23</div> <div>10:00 A Word Games 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</div>
<div></div> <div>24</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Book Club 2:00 L Music by Jan Hyatt 4:30 A Card Games</div>	<div></div> <div>25</div> <div>8:30 L "Rod Squad" Fishing Trip 10:00 C "When the morning begins" Devotion Time w/ Rev. Kinley 1:00 L *Cols. Park Crossing 1:00 A Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>26</div> <div>Doctor Day 10:00 C Stretch &amp; Balance 1:00 L Fall Nature Walk 2:00 A CW Auction 6:00 C VFW #12110 Meeting 6:30 A Coolette Game</div>	<div></div> <div>27</div> <div>Doctor Day 10:00 C 4 week Ladies' Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus &amp; Zack 1:00 A Bingo 2:00 A Popcorn &amp; Games 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>28</div> <div>Happy Thanksgiving 10:30 A Thanksgiving Word Games 1:00 A Bingo 6:30 A Coolette Game</div>	<div></div> <div>29</div> <div>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</div>	<div></div> <div>30</div> <div>10:00 A Word Games 2:00 D Music by Lindy Hamilton 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</div>



## November Birthdays

03	Don Haney
06	Bob Donaldson
09	Emma Fulwood
09	Gil Stephenson
10	Lester Kapelka*
15	Emily Eldridge
15	Leon Futch
18	Virginia Hammett
22	Charles Foskey
23	Mildred Grewell*
24	Faye Cook
26	Patricia Gilbreath
29	Mildred King
30	Ginger Kemp

### \* Nineties Club

## Remember When: U.S. Savings Stamps

For Americans who wanted to support the military during World War II but didn't have the extra funds to buy war bonds, savings stamps were an affordable alternative. The stamps were available in the amounts of 10 cents, 25 cents, 50 cents, \$1 and \$5, each designated by a different color. The purpose of the stamps was not to send mail; instead, they were collected in a booklet and eventually traded in for a war bond in a larger amount (\$25, \$50 or \$100). Sporting an inspiring image of a Revolutionary War Minuteman statue, the stamps were a patriotic reminder to U.S. residents that their support, no matter how small, mattered to the soldiers serving their country. Children were encouraged to collect the stamps as well, and the U.S. Treasury Department even produced curriculum featuring the stamps for teachers to use in their math lessons.

## 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



## Positive Thought

"That's my gift. I let that negativity roll off me like water off a duck's back. If it's not positive, I didn't hear it. If you can overcome that, fights are easy."  
—George Foreman



**COVENANT WOODS**

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907