



(706) 561-1401

Life is Good at Covenant Woods

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Handcrafted Happiness

Knitting, drawing and woodworking are just some of the handicrafts that can amp up your happiness. Experts studying the benefits of these pursuits say making something with your hands fosters creative thought, which can produce moments of joy. Crafters also report feeling more energetic and enthusiastic not only while working on a project, but also after completing it.

Reading Challenge: Revisit a Favorite

December can be a busy month, so seek some peace and quiet by rereading a favorite book. It could be a new title you discovered this year or a cherished story from childhood. Make some hot tea or cocoa, cozy up with a blanket and find comfort in a familiar tale.

'Tis the Season

Ho, ho, ho! Break out the mistletoe! Merry Christmas and Happy New Year to you and your family. With the holidays coming quickly, we hope yours will be wonderful. Please watch for information about all the activities we have planned for this special time of year.



Get Cozy With a Cup of Coffee

Caffeine shouldn't get all the credit for making you feel awake and alert. Experts say that the antioxidants in coffee—even decaf—may improve cognitive function.





Wintertime Wit

Q: What is Jack Frost's favorite thing about school?
A: Snow and tell!

Frosty and Festive

"Winter is not a season, it's a celebration." —Anamika Mishra



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 6:30 L Fort Moore MCOE Band's Holiday Concert</p>	<p>2</p> <p>9:30 N Free BP & Health Check w/ Piedmont Cols Regional 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>3</p> <p>Doctor Day 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps in" 2:00 L Crochet Ladies 2:00 D Music by David Tyler 6:30 A Coolette Game</p>	<p>4</p> <p>Doctor Day 10:00 C Ladies' Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 1:00 C St. Anne Mass 2:00 A Caroling w/ Residents 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>5</p> <p>9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Stretch & Balance 2:00 A Popcorn 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game</p>	<p>6</p> <p>11:00 L Out 2 Lunch - Chef Viet's 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 4:00 L Mystery Dinner - Carriage & Horses in Pine Mountain 6:15 C CW Bible Study 6:30 A Bingo</p>	<p>7</p> <p>10:00 L Gingerbread Village & Christmas w/ The Wave @ RiverCenter 11:00 A Visit w/ Greater Shady Grove Miss. Baptist Church 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</p>
<p>8</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 D Nona's Christmas Song Circle 4:30 A Card Games</p>	<p>9</p> <p>10:00 L *Cols. Park Crossing 10:00 D Lakewood Baptist Church "Amen Choir" 1:00 L *Peachtree Mall 1:00 A Bingo 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:00 L Christmas CCO Concert @ St Mark 6:30 A Bingo</p>	<p>10</p> <p>Doctor Day 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 1:00 A Ugly Christmas Sweater Contest 2:00 A Christmas Pine Cone Craft 6:30 A Coolette Game</p>	<p>11</p> <p>Doctor Day 10:00 C Ladies' Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A Making Hot Chocolate 3:15 A Exercise by Carmen 5:00 A CW Chimes 6:30 A Bingo 6:30 D CW Choir & Cast</p>	<p>12</p> <p>9:00 L - 10:00 Publix 9:00 L Bank 10:00 D St. Luke School Christmas Program 12:00 PC Music by Nadine Coker 1:00 L Shopping @ HomeGoods 4:00 D Covenant Woods Holiday Dinner 6:00 D Covenant Woods Holiday Dinner 6:30 A Coolette Game</p>	<p>13</p> <p>11:00 L Out 2 Lunch - Deorio's Pizza 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 5:00 D CW Chimes, Choir & Cast 6:15 C CW Bible Study 6:30 A Bingo</p>	<p>14</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 6:30 D Color of Christmas Program</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 *Target Center 10:00 D Young Musicians 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>17</p> <p>Doctor Day 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 10:00 C Ladies' Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 D Music by Mark Sasser 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>19</p> <p>9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Stretch & Balance 12:00 D Birthday Steak & Cake 2:00 A Christmas Bake Sale 6:30 C Coolette Game 6:30 L Fantasy in Lights @ Callaway \$20</p>	<p>20</p> <p>11:00 L Out 2 Lunch - Ezell's 1:00 A Exercise by Carmen 3:00 L Mix & Mingle in The Woods 6:15 C CW Bible Study 6:30 A Bingo</p>	<p>21</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>22</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 4:30 A Card Games</p>	<p>23</p> <p>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 5:15 L Shine @ Botanical Garden \$15 6:30 A Bingo</p>	<p>24</p> <p>Doctor Day 10:00 C Stretch & Balance 2:00 A CW Auction 6:00 C VFW #12110 Meeting 6:30 A Coolette Game</p>	<p>25</p> <p>Merry Christmas 10:30 A Christmas Word Games 1:00 A Holly Jolly Bingo 6:30 A Bingo</p>	<p>26</p> <p>9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Stretch & Balance 12:00 PC Music by Nadine Coker 2:00 A Card Games 6:30 A Coolette Game</p>	<p>27</p> <p>11:00 L Out 2 Lunch - Cheddar'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>28</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>29</p> <p>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</p>	<p>30</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>31</p> <p>New Year's Eve 10:00 C Stretch & Balance 1:00 A Popcorn & Games 6:30 D New Year's Eve Dance w/ Jim Evans & Band</p>				



December Birthdays

- 02 Chuck Wilson
- 03 Helen Rowe*
- 05 Betty Parker*
- 07 Frances Gaylor
- 07 Wesley Wildman*
- 07 Sandra Garrett
- 08 Connie Dervan*
- 10 Ronnie Bush*
- 12 Bonnie Vannoy*
- 13 Emory Cooper*
- 15 Gene Whitlow
- 17 Ivan Gamet*
- 17 Mary Harrell*
- 17 Merne Posey*
- 18 Gladly Fuller*
- 21 Cecelia Mohler*
- 24 James McCoy
- 25 Jack Hendrix*
- 27 Harry Jackson
- 27 Doyle Register
- 31 Elaine Payne
- 31 Clarence Rhymes

* **Nineties Club**

Staying Active With Arthritis

Doctors say light exercise can help manage arthritic joint pain, especially in the winter. Indoor walking and swimming, riding a stationary bike, yoga and tai chi are all good options.

Wild World: Narwhal

With the nickname “unicorn of the sea,” it’s no wonder that some people are surprised to learn that the narwhal is a real animal. Close relatives of the beluga whale, narwhals are known for their spiraled tusk, which is actually an extremely long tooth. Most males have them, and occasionally females do too, but scientists still aren’t sure of their purpose. Covered in millions of nerve endings, the tusks likely help the whales sense their Arctic surroundings, such as the temperature of the water. Narwhals usually travel in pods, following drifting sea ice, and can dive as deep as a mile, staying submerged for up to 25 minutes.

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



We’ve Got Mail

About 1.3 billion holiday cards are sent each year in the U.S., says the Greeting Card Association.



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907