



(706) 561-1401

Life is Good at Covenant Woods

Find us on 

Happy New Year to You

As the new year starts, many people make resolutions to change their lives in some way. Others simply resolve to enjoy what life has to offer. Whatever your outlook, we wish you a wonderful new year.



Snow Motion

Q: How does a snowman get to work?

A: By icicle.



Curl Up in Comfort

“What a splendid piece of furniture an armchair is. ... During those long winter evenings, it is often sweet and always advisable to stretch out luxuriously in one, far from the din of the crowds.” —Xavier de Maistre

Day of Service

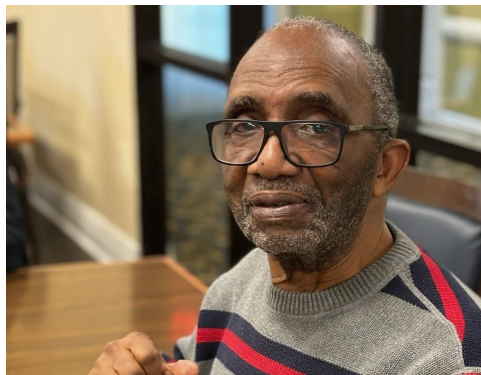
The federal holiday honoring Martin Luther King Jr. is a day off for some, but organizations across the country want folks to make it a day on—by volunteering. As a national day of service, people are encouraged to put their time and talent to work serving their community.





Happy 90th Birthday, Elvis!

Pay tribute to the King of Rock ‘n’ Roll on Elvis Presley’s birthday, Jan. 8.

Polka Dot Party

Both sophisticated and playful, polka dots are a classic pattern used in fashion and design. When they originated in the Middle Ages, they had a less cheerful connotation, since the spots were associated with disease. A couple centuries later, modern sewing machines made the pattern more uniform and easier to produce. Their leap in popularity happened at the same time as another trend—polka music from the Czech Republic—and the term “polka dots” was born.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1	2	3	4
			10:00 C Ladies Bible Study w/ Mrs. Garrett 1:00 A New Year's Bingo 1:00 C St. Anne Mass 6:30 A Bingo	9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Stretch & Balance 11:00 O Sweet Something & 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	11:00 L Out 2 Lunch - Rose Hill Seafood 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo	10:30 L Outing w/ Dennis 2:00 D Music by David Tyler 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
5	6	7	8	9	10	11
9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 4:30 A Card Games	9:30 N Free BP & Health Check w/ Piedmont Cols Regional 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	Doctor Day 10:00 C Stretch & Balance 2:00 L Crochet Ladies 2:00 A Let's Share our New Year's Resolutions 6:30 A Coolette Game	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 Tribute to Elvis Presley 3:15 A Exercise by Carmen 6:30 A Bingo	Market Day 1pm - 3pm 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Stretch & Balance 12:00 PC Music by Nadine Coker 2:00 D Birthday Celebration w/ Doc Alford 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	10:30 L Out 2 Lunch - Ole Times Country Buffet & Shopping @Belk 11:30 O Beauty w/ Mary Kay 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo	10:30 L Outing w/ Annie 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
12	13	14	15	16	17	18
9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 C Worship Service w/ Rev. Ronnie 4:30 A Card Games	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	Doctor Day 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps in" 2:00 D Music by Darlings King Gap Chapter 6:30 A Coolette Game	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 MLK Rainbow Craft 3:15 A Exercise by Carmen 6:30 A Bingo	Market Day 1pm - 3pm 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Stretch & Balance 2:00 A Show & Tell 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	11:00 L Out 2 Lunch - Bonefish Grill 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo	10:00 A Word Games 2:00 D Music by Mark Sasser 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo
19	20	21	22	23	24	25
9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 L Music by Jan Hyatt 4:30 A Card Games	Martin Luther King Jr. Day 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	Doctor Day 10:00 C Stretch & Balance 2:00 L Crochet Ladies 2:00 D Hymn Sing Along w/ Mr. Register 6:30 A Coolette Game	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 Apple Pie in a Cup 3:15 A Exercise by Carmen 6:30 A Bingo	Market Day 1pm - 3pm 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Stretch & Balance 12:00 D Birthday Steak & Cake 12:00 PC Music by Nadine Coker 2:00 A Bowling 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	11:00 L Out 2 Lunch - Carrabba's 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo	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
26	27	28	29	30	31	
9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Book Club 2:00 C Worship Service w/ Rev. Ronnie 4:30 A Card Games	10:30 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	Doctor Day 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps in" 2:00 D Music by Sam Beman 4:00 L Mystery Dinner 6:00 C VFW #12110 Meeting 6:30 A Coolette Game	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 CW Auction 3:15 A Exercise by Carmen 6:30 A Bingo	Market Day 1pm - 3pm 9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Stretch & Balance 1:00 L Shopping @ Goodwill 2:00 A Popcorn & Games 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game	11:00 L Out 2 Lunch - New China 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:15 C CW Bible Study 6:30 A Bingo	



January Birthdays

- 01 Lawannah Weaver
- 02 Renee Webb
- 02 Lavada Vice
- 03 Kathy McHale
- 04 Gloria Owens
- 05 Earl King
- 05 Paula Smith
- 08 Marie Bullock
- 08 Ricky Granger
- 18 Joyce Brown
- 22 Mary Simpson
- 28 Betty Glisson*
- 31 Betty Murphy*

* Nineties Club

A Shimmering Seed

January's birthstone, garnet, gets its name from the Latin word for "seed," since the deep red gem resembles the edible seed of a pomegranate.



Marshmallows by the Millions

Dean Martin sang, "It's a marshmallow world in the winter" back in 1966, but this sweet and fluffy confection can be spotted year-round. Whether as a topping for hot cocoa, sandwiched in a s'more, or a gooey ingredient in a variety of treats, more than 90 million pounds of marshmallows are consumed each year in the U.S.

'Movin' On Up ...'

Beloved TV sitcom "The Jeffersons" debuted Jan. 18, 1975. A spin-off of "All in the Family," the show about successful dry-cleaner George Jefferson, his wife and son, and their wisecracking housekeeper ran for 11 seasons.

Covenant Woods Staff

- General Manager Lisa Lewis
- Office Manager .. Sandy Mitchem
- Sales OPEN
- 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



A Healthy Perspective

"Never let the things you want make you forget the things you have." —Sanchita Pandey



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907