



(706) 561-1401

# Life is Good at Covenant Woods

Find us on 



### Be My Valentine

Each year on Feb. 14, people give cards, candy, gifts or flowers on the day of love and romance called Valentine's Day. The observance dates back to the 5th century.

### Black History Month

Each February, Americans celebrate Black History Month. This tribute dates back to 1926 and is credited to Harvard scholar Dr. Carter G. Woodson. The observance originally ran one week and included the birthdays of Frederick Douglass and Abraham Lincoln. Since 1976, the contributions of African-Americans have been celebrated for the entire month of February.



### Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.



### Love and Chocolate

"All you need is love. But a little chocolate now and then doesn't hurt." —Charles M. Schulz



### Wear Red

The first Friday in February is National Wear Red Day, dedicated to raising awareness of heart disease in women. Remember to wear red to support the cause, and join us for some heart-healthy activities.

### Enjoy Flowers Longer

If you receive a bouquet of fresh flowers, help them last longer with this recipe: Dissolve 2 tablespoons each of sugar and white vinegar in a quart of warm water. Experts say another alternative is to mix one part lemon-lime soda with three parts water. Change the water mixture every few days.





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



10:00 A Word Games  
 10:30 L Outing w/ Dennis  
 2:00 G2 Poker Time  
 3:00 A Let's Play Games  
 6:30 A Bingo

2  
 9:30 C Church Service  
 10:30 C Livestream Mass / Communion from St. Anne  
 4:30 A Card Games

3  
 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

4  
**Doctor Day**  
 10:00 C Stretch & Balance  
 1:00 L Walking Club "Get Your Steps In"  
 2:00 D "Protecting Yourself From Scams" Seminar w/ Ms. Robin from Humana  
 2:00 L Crochet Ladies  
 6:30 A Coolette Game

5  
**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 Making Valentine's Day Cards  
 3:15 A Exercise by Carmen  
 6:30 A Bingo

6  
 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 Frozen Yogurt Day  
 5:00 A CW Chimes  
 6:00 C CW Chorus  
 6:30 A Coolette Game

7  
**Wear Red Day**  
 11:00 L Out 2 Lunch - The Juicy Seafood  
 1:00 A Exercise by Carmen  
 2:00 A Happy Hour w/ Annie  
 6:15 C CW Bible Study  
 6:30 A Bingo

8  
 10:00 A Word Games  
 2:00 D Music by Doc Alford  
 2:00 G2 Poker Time  
 3:00 A Let's Play Games  
 6:30 A Bingo

9  
 9:30 C Church Service  
 10:30 C Livestream Mass / Communion from St. Anne  
 2:00 C Worship Service w/ Rev. Ronnie  
 3:00 A Pre Super Bowl Party  
 4:30 A Card Games

10  
 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  
 6:00 L CCO Concert @ Rainey McCuller  
 6:30 A Bingo

11  
**Doctor Day**  
 10:00 C Stretch & Balance  
 12:00 PC Music by Jan Hyatt  
 1:00 A Valentine Wafers  
 2:00 A Making Care Packages for Damascus Way & Paws  
 6:30 A Coolette Game

12  
**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 Thank You Cards  
 3:15 A Exercise by Carmen  
 6:30 A Bingo

13  
**Market Day 1pm - 3pm**  
 9:00 L - 10:00 Publix  
 9:00 L Bank  
 10:00 C Stretch & Balance  
 11:00 L Romeo Luncheon  
 12:00 D Birthday Steak & Cake  
 12:00 PC Music by Nadine Coker  
 2:00 D Birthday Celebration w/ Mark Sasser  
 5:00 A CW Chimes  
 6:00 C CW Chorus  
 6:30 A Coolette Game

14  
**Happy Valentine's Day**  
 11:00 L Out 2 Lunch - Olive Garden  
 11:30 O Beauty w/ Mary Kay  
 1:00 A Exercise by Carmen  
 3:00 L V-Day Mix & Mingle  
 6:15 C CW Bible Study  
 6:30 A Bingo

15  
 10:00 A Word Games  
 2:00 G2 Poker Time  
 3:00 A Let's Play Games  
 6:30 A Bingo

16  
 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

17  
**Presidents Day/ Acts of Kindness Week**  
 10:00 L \*Cols. Park Crossing  
 1:00 A Bingo  
 2:00 L Trip to Paws Humane Society  
 2:15 A Line Dance Class w/ Mr. Brooks  
 3:15 A Exercise by Carmen  
 6:30 A Bingo

18  
**Doctor Day**  
 10:00 C Stretch & Balance  
 1:00 L Reading w/ Students at Johnson Elementary School  
 2:00 L Crochet Ladies  
 2:00 A Making Care Packages for House of Heroes  
 6:30 A Coolette Game

19  
**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 L Delivering Thank You Cards to our Fire Department  
 3:15 A Exercise by Carmen  
 6:30 A Bingo

20  
**Market Day 1pm - 3pm**  
 9:00 L - 10:00 Publix  
 9:00 L Bank  
 10:00 C Stretch & Balance  
 10:30 L Juliet Luncheon  
 2:00 L Care Packages for Damascus Way  
 2:00 D Hymn Sing Along w/ Mr. Register  
 5:00 A CW Chimes  
 6:00 C CW Chorus  
 6:30 A Coolette Game

21  
 11:00 L Out 2 Lunch - Chef Viet's  
 1:00 A Exercise by Carmen  
 1:30 L Visit House of Heroes  
 2:00 A Happy Hour /Chili Bar  
 6:15 C CW Bible Study  
 6:30 A Bingo

22  
 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

23  
 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

24  
 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

25  
**Doctor Day**  
 10:00 C Stretch & Balance  
 2:00 A Black History Month Program  
 4:00 L Mystery Dinner  
 6:00 C VFW #12110 Meeting  
 6:30 A Coolette Game

26  
**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

27  
**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  
 1:00 L Thrift Shopping  
 5:00 A CW Chimes  
 6:00 C CW Chorus  
 6:30 D Love Is In The Air Dance w/ David Tyler & Friend

28  
 11:00 L Out 2 Lunch - Mark's City Grill  
 1:00 A Exercise by Carmen  
 2:00 A Happy Hour w/ Annie  
 6:15 C CW Bible Study  
 6:30 A Bingo





### February Birthdays

- 06 Oletha Brown\*
- 08 Barbara Lindsay
- 09 Jeanette Zuback\*
- 11 Linda Smith
- 11 Dora Lynn
- 12 Hugh Farmer
- 14 Jerrie Murphree
- 17 Robert Capo
- 19 Muriel Gajan\*
- 21 Laretta Gordon
- 21 Clifford Lipford\*
- 22 George Corradino\*
- 23 Merlin Kimbell
- 26 Hebert Phinney\*

\* **Nineties Club**



### 5 Things About: Chocolate

- Chocolate in the form of cocoa beans was used as currency by ancient Mayans.
- It takes about 400 cocoa beans to make 1 pound of chocolate.
- Americans eat about \$21 billion worth of the sweets each year.
- Researchers say eating it can cause the brain to release endorphins, which is why it's so enjoyable for some.
- The world's largest chocolate bar weighed more than 12,000 pounds. It was made by an English candy company in 2011.

### Covenant Woods Staff

- General Manager ..... Lisa Lewis
- Office Manager .. Sandy Mitchem
- Sales ..... Stephanie Boan
- 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

"Laughter is the sun that drives winter from the human face." — Victor Hugo



## COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907