



(706) 561-1401

Life is Good at Covenant Woods

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Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

Spring Is in the Air

The first day of spring, also known as the vernal equinox, falls on March 20 this year. Longer warmer days are on their way!



A Cheery Sight

Wearing a chest of bold orange feathers and chirping a cheery song, the robin is known as the herald of spring. This hardy North American bird is often a year-round resident that spends the winter roosting in trees to conserve energy. As the weather warms, robins become a more noticeable sight as they come out to search for food and begin nesting.

Celebrate Women's History

In 1848, the first women's rights convention took place in Seneca Falls, N.Y., and included leading reformers Elizabeth Cady Stanton and Lucretia Mott. They crafted the Declaration of Sentiments to state their claim to the rights they felt women were entitled to as American citizens. The 19th amendment granting women the right to vote was not passed, however, for another 72 years.



Thanks, Doc!

National Doctors' Day is March 30.

'Pearl' Is One

How many words can you come up with using the letters in "leprechaun"?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>2</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 A Bridge Club 4:30 A Card Games</p>	 <p>3</p> <p>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 2:00 A Caregiver Appreciation Day Gathering 3:15 A Exercise by Carmen 6:30 A Bingo</p>	 <p>4</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 A Mardi Gras Celebration 6:30 A Coquette Game</p>	 <p>5</p> <p>Ash Wednesday/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 D Music by David Tyler 3:15 A Exercise by Carmen 6:30 A Bingo</p>	 <p>6</p> <p>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 National Oreo Cookie Day 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coquette Game</p>	 <p>7</p> <p>11:00 L Out 2 Lunch - Rose Hill Seafood 1:00 O -3 Girl Scout Cookies Sale 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>8</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>9</p> <p>Daylight Saving Time Begins 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 A Bridge Club 2:00 C Worship Service w/ Rev. Ronnie 4:30 A Card Games</p>	<p>10</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>11</p> <p>Doctor Day 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 1:00 A Arts & Craft w/ Annie 2:00 A Sign up Club Day 6:30 A Coquette Game</p>	<p>12</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 Plant a Flower Day 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>13</p> <p>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 Coquette Game</p>	<p>14</p> <p>11:00 L Out 2 Lunch - B. Merrell's 11:30 O Beauty w/ Mary Kay 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>15</p> <p>10:00 A Word Games 10:30 L Trip to Field of Grace Flower Farm 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</p>
<p>16</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 A Bridge Club 4:30 A Card Games</p>	<p>17</p> <p>Happy St. Patrick's Day 10:00 L *Cols. Park Crossing 1:00 L *Peachtree Mall 1:00 A Bingo 2:00 A St. Patty's Day Party 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>18</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 Sam Beman 6:30 A Coquette Game</p>	<p>19</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 Popcorn & Games 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>20</p> <p>Spring Begins/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 1:00 L Trip to The National Infantry Museum 2:00 D Hymn Sing Along w/ Mr. Register 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coquette Game</p>	<p>21</p> <p>9:00 L Out 2 Lunch - Trip to Wind Creek Casino & Lunch 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>22</p> <p>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</p>
<p>23</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 A Bridge Club 2:00 C Worship Service w/ Rev. Ronnie 4:30 A Card Games</p>	<p>24</p> <p>8:30 L "Rod Squad" Fishing Trip 10:00 L *Target Center 1:00 L *Walmart 1:00 A Bingo 2:15 A Line Dance Class w/ Mr. Brooks</p>	<p>25</p> <p>Doctor Day 10:00 C Stretch & Balance 2:00 A CW Auction 4:00 L Mystery Dinner 6:00 C VFW #12110 Meeting 6:30 A Coquette Game</p>	<p>26</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 C Bible Study w/ Pastor Mike 3:15 A Exercise by Carmen 6:30 A Bingo</p>	<p>27</p> <p>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 Crawford Pickers 5:00 A CW Chimes 6:00 C CW Chorus 6:30 D Go Green Dance w/ Misty Harbor</p>	<p>28</p> <p>11:00 L Out 2 Lunch - Fuji Steakhouse 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>29</p> <p>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</p>
<p>30</p> <p>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 1:00 A Book Club 2:00 A Bridge Club 2:00 L Music by Jan Hyatt</p>	<p>31</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</p>					



March Birthdays

- 07 Connie Fitts
- 16 Andy Farmer
- 17 Faye Pylant*
- 24 Steve Stahl*
- 25 Susan O'Neal
- 27 Margaret Watson*
- 29 Terry Thomas
- 30 Layfield Haines*

* Nineties Club

Honoring Vietnam Veterans

Vietnam War Veterans Day is observed every year on March 29. We offer a salute to all the Vietnam War vets in our community and thank you for your service.



March Madness

It means office pools. Heartbreak. Buzzer beaters. Braggin' rights. "March Madness" strikes this month each year. The goal is to crown a national champion in college basketball. But did you know "March Madness" originally was coined in relation to high school hoops? In 1939, Henry V. Porter, an administrator with the Illinois High School Association, referred to "March Madness" in an article he wrote describing the hoopla surrounding the Illinois state tournament.

When TV broadcaster Brent Musburger used the phrase "March Madness" during the 1982 NCAA tournament, it ignited an association with what has become a much-anticipated March staple.

Covenant Woods Team

- General Manager Lisa Lewis
- Office Manager .. Sandy Mitchem
- Sales Stephanie Boan
- Marketing Nona Christie
- Home Care 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 Angela Scott

IMPORTANT NUMBERS

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



Anthem Anniversary

On March 3, 1931, President Herbert Hoover signed a congressional resolution making "The Star-Spangled Banner" the official national anthem of the United States.



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907