

Life is Good at Covenant Woods

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Happy Mother's Day!

"A mother's love for her child is like nothing else in the world." — Agatha Christie

Mother's Day is set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us, we wish all the moms who call our community home a very happy Mother's Day!

Spring Scents

From blooming flowers to fresh-cut grass, the scents of spring are in the air now. Studies show that getting a whiff of these aromas can make you feel calm and happy.



Thank a Teacher

Think back and remember your most memorable teachers. How did they inspire you to become the person you are today? Share your gratitude for educators past and present on the first Tuesday in May, National Teacher Day.

Honoring Nurses

The important role of nurses in health care is recognized during National Nurses Week, beginning May 6. The annual celebration ends May 12, the birthday of Florence Nightingale, founder of the modern nursing profession.



Salute America's Military




In May, America observes Armed Forces Day, Memorial Day, National Military Appreciation Month and Military Spouse Appreciation Day. Take the time this month to honor the men and women in uniform, past and present, and their families.



Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  </div> <div> <div>4</div> <div> 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 A Bridge Club w/ Ms. Fran 3:00 A Book Club 4:30 A Card Games </div> </div>	<div>  </div> <div> <div>5</div> <div> Happy Cinco de Mayo 9:30 N Free BP & Health Check w/ Piedmont Cols Regional 10:00 L *Target Center 1:00 L *Walmart 1:00 A Bingo 2:00 D Exercise by Carmen 3:00 A Cinco de Mayo Celebration 6:30 A Bingo </div> </div>	<div>  </div> <div> <div>6</div> <div> Doctor Day 10:00 C Stretch & Balance 1:00 A Arts & Craft w/ Annie 2:00 D Teachers Appreciation Day 6:30 A Coolette Game </div> </div>	<div>  </div> <div> <div>7</div> <div> Doctor Day 10:00 C Ladies Bible Study w/ Mrs. Garrett 11:00 A WWCW Meeting w/ Ms. Pat 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 1:00 C St. Anne Mass 2:00 D Exercise by Carmen 6:30 A Bingo </div> </div>	<div> <div>1</div> <div> 9:00 L 10:00 Publix 9:00 L Bank 10:00 C Stretch & Balance 11:00 O Sweet Something & Jewelry 2:00 A Derby Day Horse Race 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game </div> </div>	<div> <div>2</div> <div> 11:00 L Out 2 Lunch - Cheddars 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo </div> </div>	<div> <div>3</div> <div> 9:00 L Strut the Hooch Parade 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>11</div> <div> Happy Mother's Day 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 A Bridge Club w/ Ms. Fran 2:00 C Worship Service w/ Rev. Ronnie 4:30 A Card Games </div> </div>	<div> <div>12</div> <div> 9:30 L Donuts & Coffee Shop 1:00 L *Cols. Park Crossing 1:00 A Bingo 2:00 D Exercise by Carmen 3:00 A Line Dance Class w/ Mr. Brooks 6:30 A Bingo </div> </div>	<div> <div>13</div> <div> Doctor Day 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 1:00 L Walking Club "Get Your Steps in" 2:00 D Music by Lady J 6:30 L Chicago The Musical @ River Center 6:30 A Coolette Game </div> </div>	<div> <div>14</div> <div> 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 Exercise by Carmen 3:00 A Popcorn & Games 6:30 A Bingo </div> </div>	<div> <div>15</div> <div> Market Day 1pm - 3pm 9:00 L 10:00 Publix 10:00 C Stretch & Balance 12:00 D Birthday Steak & Cake 1:00 L Thrift Shopping 2:00 D Hymn Sing Along w/ Mr. Register 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game </div> </div>	<div> <div>16</div> <div> 9:00 L Out 2 Lunch - Historic Tour of Columbus & Lunch 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo </div> </div>	<div> <div>17</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>18</div> <div> 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 A Bridge Club w/ Ms. Fran 2:00 L Music by Jan Hyatt 4:30 A Card Games </div> </div>	<div> <div>19</div> <div> 8:30 L "Rod Squad" Fishing Trip 1:00 L *Walmart 1:00 A Bingo 2:00 D Exercise by Carmen 3:00 A Line Dance Class w/ Mr. Brooks 6:30 A Bingo </div> </div>	<div> <div>20</div> <div> Doctor Day 10:00 C Stretch & Balance 1:00 A Arts & Craft w/ Annie 2:00 A Banana Split Ice Cream Social 6:30 A Coolette Game </div> </div>	<div> <div>21</div> <div> 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 Exercise by Carmen 3:00 A Coloring Therapy 6:30 A Bingo </div> </div>	<div> <div>22</div> <div> Market Day 1pm - 3pm 9:00 L 10:00 Publix 10:00 C Stretch & Balance 11:00 L Juliet Luncheon 12:00 PC Music by Nadine Coker 2:00 A Chair Balloon Volleyball 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game </div> </div>	<div> <div>23</div> <div> 11:00 L Out 2 Lunch - Deorio's Pizza 1:00 A Exercise by Carmen 3:00 L Memorial Mix & Mingle in the Woods 6:30 A Bingo </div> </div>	<div> <div>24</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>25</div> <div> 9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 A Bridge Club w/ Ms. Fran 2:00 C Worship Service w/ Rev. Ronnie 4:30 A Card Games </div> </div>	<div> <div>26</div> <div> Memorial Day 1:00 A Memorial Day Bingo 2:00 D Exercise by Carmen 3:00 A Memorial Day Word Games 6:30 A Bingo </div> </div>	<div> <div>27</div> <div> Doctor Day 10:00 C Stretch & Balance 1:00 L Walking Club "Get Your Steps in" 2:00 A CW Auction 6:00 C VFW #12110 Meeting 6:30 A Coolette Game </div> </div>	<div> <div>28</div> <div> 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 Exercise by Carmen 6:30 A Bingo </div> </div>	<div> <div>29</div> <div> Market Day 1pm - 3pm 9:00 L 10:00 Publix 10:00 C Stretch & Balance 10:30 L Romeo Luncheon @ The Whistling Pig 5:00 A CW Chimes 6:00 C CW Chorus 6:30 D Blossom Bash Dance w/ Misty Harbor </div> </div>	<div> <div>30</div> <div> 11:00 L Out 2 Lunch - King's Super Buffet 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo </div> </div>	<div> <div>31</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> </div>



May Birthdays

06	Ann Overton
10	Mary Nell Nail*
14	Robert Lemon
14	Jacqueline Baca*
22	Josette Ray*
23	Curtis Lockhart*
26	Martha Granger
31	James Dixon

* Nineties Club

Arthritis Awareness

May is National Arthritis Awareness Month, bringing attention and support to the 50 million people in the U.S. with the joint condition.

Brainteaser

Q: A pitcher in a baseball game faced only 27 batters, and he struck out every batter. He allowed no hits and no runs, yet his team lost by a score of 3-0. Can you explain how this could happen?

A: The pitcher came in as a relief pitcher.



Poetry Lesson

May 12 is Limerick Day, a tribute to the creative, five-line poem that has been popular since the mid-1800s. The first, second and last lines rhyme, while the third and fourth lines rhyme and have fewer syllables. Can you come up with your own limerick?

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
Recreation Asst Annie Morgan
Transportation Dennis Johnson
Housekeeping Malinda Dowell
Maintenance Jamar Brooks
Resident Care Angela Scott
Pines Recreation Brenda Rivas

IMPORTANT NUMBERS

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



Keep Dreaming

"You are never too old to set another goal or to dream a new dream." —C. S. Lewis



COVENANT WOODS

A SENIOR LIVING COMMUNITY

5424 Woodruff Farm Rd. • Columbus, GA 31907