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Life is Good at Covenant Woods

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Are You Sirius?

The dog days of summer mean that scorching temperatures have arrived, but have you ever wondered why this sultry period is called the dog days? Ancient astronomers noticed that Sirius, the dog star, is the brightest star in the night sky and that it occasionally rises and sets with the sun. Many believed that the extreme heat during this time was because Sirius was adding its heat to the sun's. Thus this period—20 days before and 20 days after the conjunction of the dog star and the sun—became known as the dog days of summer. While we now know that Sirius isn't the reason for the extra heat, we still use this name for the time from July 3 to Aug. 11.

Remember When: Statement Swim Caps

Swim caps today are generally relegated to Olympic pools, but the hair-protecting caps used to be a must-have accessory in the first half of the 20th century. During the Roaring Twenties, flappers protected their fragile, hard-earned waves with brightly patterned toppers. The trend evolved throughout the following decades, peaking in popularity in the 1950s with bright floral additions.

A Summer Light Show

Looking for a summer showstopper? Step outside in the early morning hours of Aug. 12-13, when the Perseid meteor shower reaches its peak. Viewers can potentially see more than 50 shooting stars each hour. Finding a dark place to watch increases your chances of getting to wish on a falling star.

Trail Mix It Up






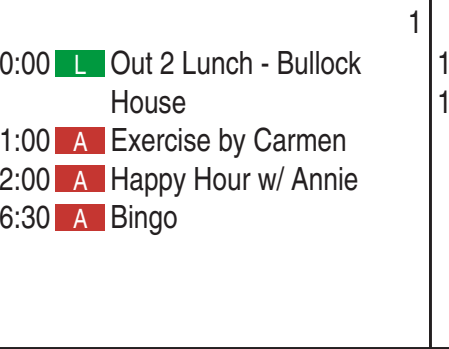
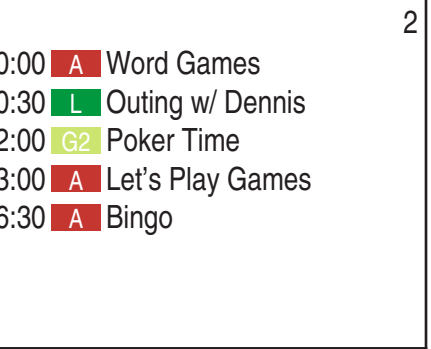

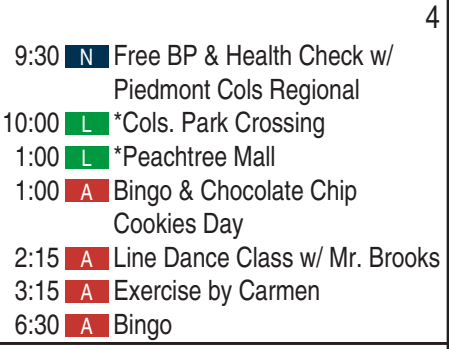
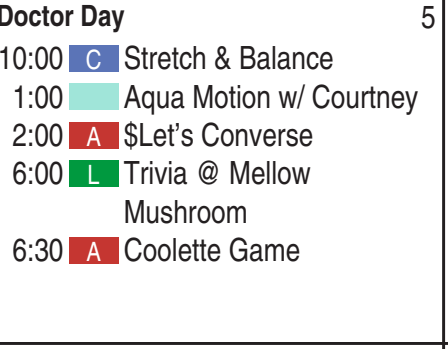
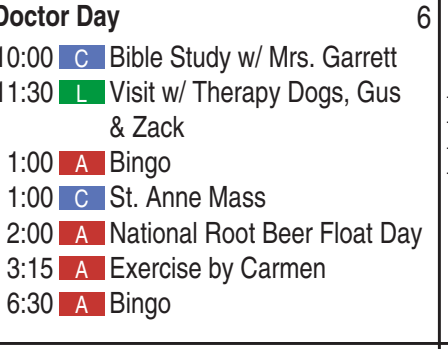

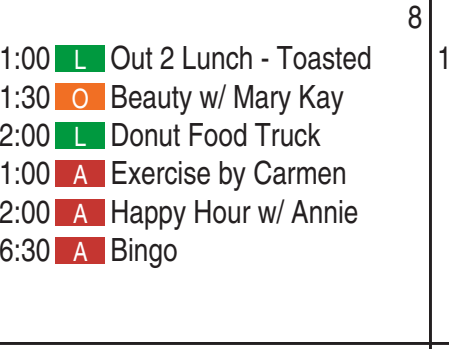

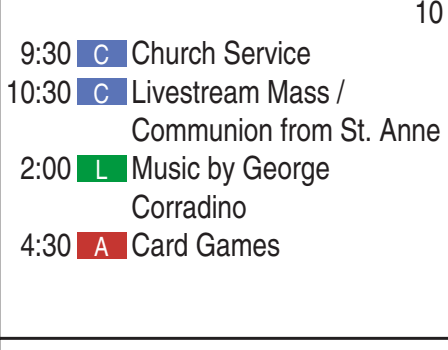
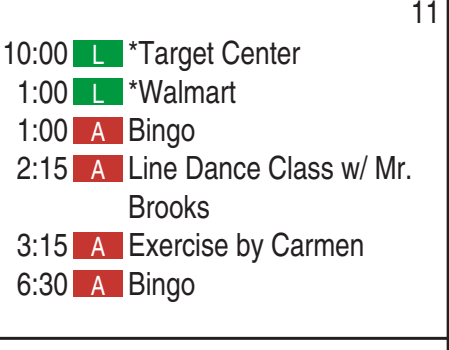
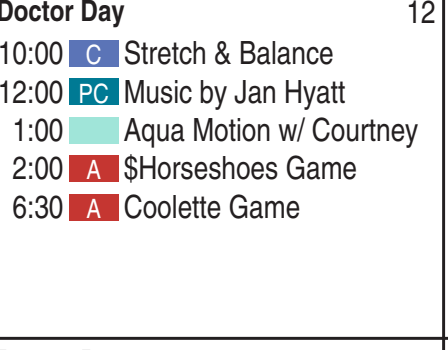
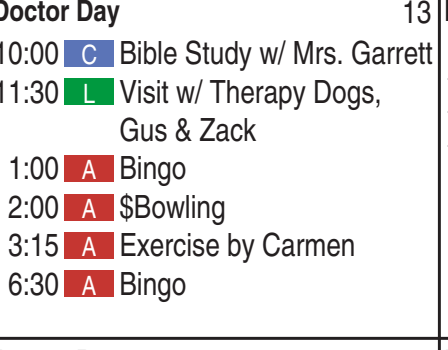
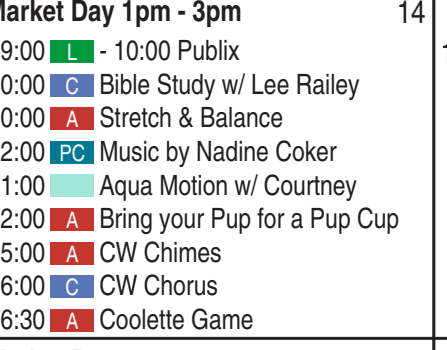
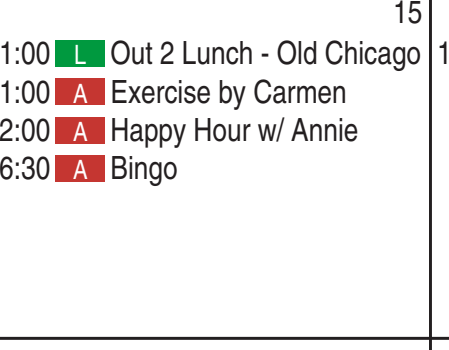

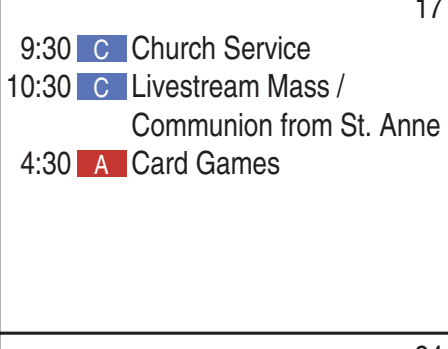
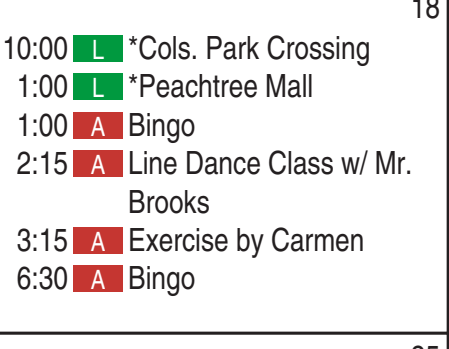
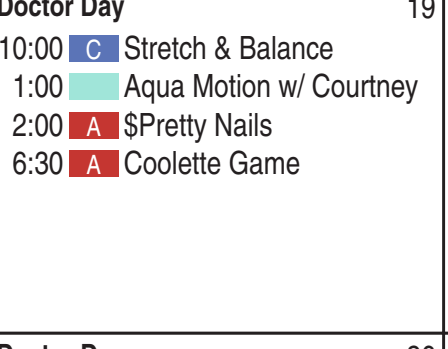
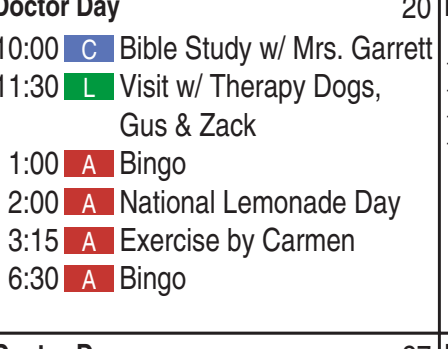

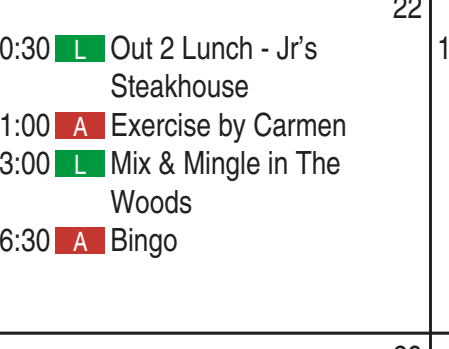

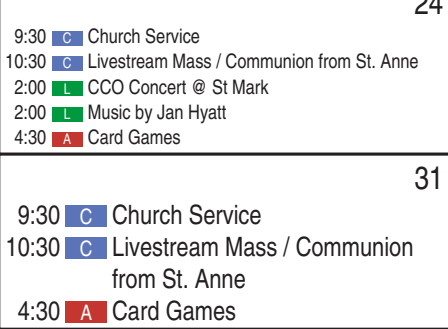
Aug. 31 is National Trail Mix Day. Trade in the raisins and peanuts for some of these yummy ingredients:

Sweet. Dried cranberries, Reese's Pieces and chocolate-dipped coffee beans.

Spicy. Dried wasabi peas, chili lime sunflower seeds and a drizzle of sriracha.

Strange. Marshmallows, dried seaweed, mushroom jerky and fruit snacks.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>3</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 4:30 A Card Games</div>	<div></div> <div>4</div> <div>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 & Chocolate Chip Cookies Day 2:15 A Line Dance Class w/ Mr. Brooks 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>5</div> <div>Doctor Day 10:00 C Stretch & Balance 1:00 Aqua Motion w/ Courtney 2:00 A \$Let's Converse 6:00 L Trivia @ Mellow Mushroom 6:30 A Coolette Game</div>	<div></div> <div>6</div> <div>Doctor Day 10:00 C 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 National Root Beer Float Day 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>7</div> <div>9:00 L - 10:00 Publix 9:00 L Bank 10:00 C Bible Study w/ Lee Rayley 10:00 A Stretch & Balance 11:00 L Pine's Outing 11:00 O Sweet Something & Jewelry 1:00 Aqua Motion w/ Courtney 2:00 D Town Hall 2:30 A Popcorn 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game</div>	<div></div> <div>8</div> <div>10:00 L Out 2 Lunch - Bullock House 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo</div>	<div></div> <div>9</div> <div>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</div>
<div></div> <div>10</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 L Music by George Corradino 4:30 A Card Games</div>	<div></div> <div>11</div> <div>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</div>	<div></div> <div>12</div> <div>Doctor Day 10:00 C Stretch & Balance 12:00 PC Music by Jan Hyatt 1:00 Aqua Motion w/ Courtney 2:00 A \$Horseshoes Game 6:30 A Coolette Game</div>	<div></div> <div>13</div> <div>Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A \$Bowling 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>14</div> <div>Market Day 1pm - 3pm 9:00 L - 10:00 Publix 10:00 C Bible Study w/ Lee Rayley 10:00 A Stretch & Balance 12:00 PC Music by Nadine Coker 1:00 Aqua Motion w/ Courtney 2:00 A Bring your Pup for a Pup Cup 5:00 A CW Chimes 6:00 C CW Chorus 6:30 A Coolette Game</div>	<div></div> <div>15</div> <div>11:00 L Out 2 Lunch - Old Chicago 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo</div>	<div></div> <div>16</div> <div>10:00 A Word Games 2:00 G2 Poker Time 2:00 D Songwriter Round 3:00 A Let's Play Games 6:30 A Bingo</div>
<div></div> <div>17</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 4:30 A Card Games</div>	<div></div> <div>18</div> <div>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</div>	<div></div> <div>19</div> <div>Doctor Day 10:00 C Stretch & Balance 1:00 Aqua Motion w/ Courtney 2:00 A \$Pretty Nails 6:30 A Coolette Game</div>	<div></div> <div>20</div> <div>Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A National Lemonade Day 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>21</div> <div>Market Day 1pm - 3pm 9:00 L - 10:00 Publix 10:00 C Bible Study w/ Lee Rayley 10:00 A Stretch & Balance 10:30 L Juliet Luncheon 12:00 D Birthday Steak & Cake 1:00 Aqua Motion w/ Courtney 2:00 A \$Arts & Craft w/ Annie 5:00 A CW Chimes 6:00 L Columbus Clingstones Baseball Game 6:00 C CW Chorus 6:30 A Coolette Game</div>	<div></div> <div>22</div> <div>10:30 L Out 2 Lunch - Jr's Steakhouse 1:00 A Exercise by Carmen 3:00 L Mix & Mingle in The Woods 6:30 A Bingo</div>	<div></div> <div>23</div> <div>10:00 A Word Games 2:00 D Music by Overtones 2:00 G2 Poker Time 3:00 A Let's Play Games 6:30 A Bingo</div>
<div></div> <div>24</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 2:00 L CCO Concert @ St Mark 2:00 L Music by Jan Hyatt 4:30 A Card Games</div>	<div></div> <div>25</div> <div>8:30 L "Rod Squad" Fishing Trip 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</div>	<div></div> <div>26</div> <div>Doctor Day 10:00 C Stretch & Balance 1:00 Aqua Motion w/ Courtney 2:00 A CW Auction 4:00 L Mystery Dinner 6:00 C VFW #12110 Meeting 6:30 A Coolette Game</div>	<div></div> <div>27</div> <div>Doctor Day 10:00 C Bible Study w/ Mrs. Garrett 11:30 L Visit w/ Therapy Dogs, Gus & Zack 1:00 A Bingo 2:00 A Popcorn & Word Games 3:15 A Exercise by Carmen 6:30 A Bingo</div>	<div></div> <div>28</div> <div>Market Day 1pm - 3pm 9:00 L - 10:00 Publix 10:00 C Bible Study w/ Lee Rayley 10:00 A Stretch & Balance 11:00 L Romeo Luncheon 12:00 PC Music by Nadine Coker 1:00 Aqua Motion w/ Courtney 5:00 A CW Chimes 6:00 C CW Chorus 6:30 D Dog Days of Summer Dance w/ Cotton Candy Band</div>	<div></div> <div>29</div> <div>11:00 L Out 2 Lunch - Ezell's 1:00 A Exercise by Carmen 2:00 A Happy Hour w/ Annie 6:30 A Bingo</div>	<div></div> <div>30</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></div> <div>31</div> <div>9:30 C Church Service 10:30 C Livestream Mass / Communion from St. Anne 4:30 A Card Games</div>						



August Birthdays

01	Nelson Kittle*
09	Marty Johnson
10	Charles Hidle
10	Audrey Goodwin*
12	Bertha Buckner
16	Virginia Bonner
16	Barbara Kimbro*
17	Gladly Walker
17	Gerry Hill
23	Lee Railey*
24	Betty Middlebrooks*
27	Teresa Chatman
28	Betty Noble
28	Phyllis Bennett
31	Barbara Eldridge

* **Nineties Club**

Brain Bender: In a Jam

At the local fair, Helen, Barbara, Maisie and Alice each won a prize for their homemade jams: first place, second place, third place, and honorable mention. Using the clues below, can you determine who made each jam and what prize they won?

- Each friend made a different kind of jam: strawberry, blackberry, raspberry, and apricot.
- The raspberry jam earned an honorable mention.
- Out of all the friends, Helen did not place first or last.
- Barbara did not make a red jam.
- Alice did not win first place, but she placed higher than the person who made the apricot jam.

(Answer: Barbara's blackberry jam won first place. Alice's strawberry jam won second place. Helen's apricot jam won third place. Maisie's raspberry jam earned an honorable mention.)

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 Maintenance Jamar Brooks
 Resident Care Angela Scott
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Positive Thought

"The world is full of wonderful things you haven't seen yet. Don't ever give up on the chance of seeing them." —J.K. Rowling



COVENANT WOODS

A SENIOR LIVING COMMUNITY

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