



(706) 653-9191

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Our New Move-In Coordinator

We are thrilled to promote **Elvia Torres** to serve as our **Move-In Coordinator**! Elvia brings several years in senior living, hospitality, customer relations and a true passion for making people feel at home. She will work closely with Tracy Carr as our “go-to” guide to help new residents seamlessly navigate everything from floor plan layout to scheduling move-in dates. Welcome to your new role, Elvia!



Your Friendly Team

Tracy Carr
General Manager

Anne Conway-Stutson, LPN
Resident Care Director

Chantel Dixon
Memory Care Coordinator

Chiffany Lawrence
Dining Services Director

Cameron Dodson
Maintenance Director

Kristy White
Activities Director

Sunscreen Every Day

Make applying sunscreen a daily habit, just like brushing your teeth. For a visual reminder to put it on every morning, keep your tube or bottle of sunblock next to your tube of toothpaste.

August by the Numbers

12. The number of lighthouses in the United States in 1776. Aug. 7 is National Lighthouse Day, when many of the approximately 700 lighthouses standing today are open for tours.

135. Chapters in “Moby-Dick,” the epic novel by Herman Melville, who was born Aug. 1, 1819.



Celebrating Older Adults

National Senior Citizens Day on Aug. 21 celebrates older generations and their contributions to their families, communities and country. More than 60 million adults in the U.S. are 65 and older, representing nearly 20% of the general population.



Brainteaser

Q. I run but never walk. I gurgle but don’t talk. I have a bed but never sleep, and I have a mouth but never eat. What am I?
A. A river.

‘Inspire’ Is One

How many words can you come up with using the letters in “friendship”?

Which U.S. State Has the Most Lakes?

Alaska is estimated to have more than 3 million lakes. About 3,200 of those lakes are named.

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Events Are Subject to Change	 3 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Pretty Nails & Music 2:00 Bingo! 6:00 Movie Night	 4 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Vital Clinic w/ Gentiva Hospice 6:00 Movie Night	 5 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Table Games 2:00 Bingo! 6:00 Movie Night	 6 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Happy Hour w/ Sweet Treat 6:00 Movie Night	 7 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Fresh Air on the Patio 2:00 Bingo! 6:00 Movie Night	1 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night
Happy Birthday Noreen Hand 2 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night	10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Pretty Nails & Music 2:00 Bingo! 6:00 Movie Night	10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Afternoon Room Visit 6:00 Movie Night	12 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Table Games 2:00 Bingo! 6:00 Movie Night	13 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Happy Hour w/ Sweet Treat 6:00 Movie Night	14 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Fresh Air on the Patio 2:00 Bingo! 6:00 Movie Night	8 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night
Happy Birthday Frank Hawk 9 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night	10 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Pretty Nails & Music 2:00 Bingo! 6:00 Movie Night	18 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Afternoon Room Visit 6:00 Movie Night	19 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Table Games 2:00 Bingo! 6:00 Movie Night	20 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Happy Hour w/ Sweet Treat 3:00 Resident Council 6:00 Movie Night	21 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Fresh Air on the Patio 2:00 Bingo! 6:00 Movie Night	15 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night
16 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night	17 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Pretty Nails & Music 2:00 Bingo! 6:00 Movie Night	25 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Afternoon Room Visit 6:00 Movie Night	26 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Table Games 2:00 Bingo! 6:00 Movie Night	27 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Monthly Birthday Party w/ Mark 6:00 Movie Night	28 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Fresh Air on the Patio 2:00 Bingo! 6:00 Movie Night	22 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night
23 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night	24 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Pretty Nails & Music 2:00 Bingo! 6:00 Movie Night	31 10:00 Exercise 10:30 Snacks, Refreshments and Socialize 11:00 Pretty Nails & Music 2:00 Bingo! 6:00 Movie Night	29 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night	29 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night	29 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night	29 10:00 Exercise 10:30 Move to the Beat 11:00 Arts & Crafts 2:00 Creative Color 6:00 Movie Night

Happy Birthday Staff

August 3	Raymonde Joisil
August 8	Shajuana Allen
August 23	Elvia Torres
August 29	Yolanda Roland



Famous Faces Born in August

Aug. 1, 1979:	Jason Momoa
Aug. 11, 1965:	Viola Davis
Aug. 12, 1939:	George Hamilton
Aug. 21, 1956:	Kim Cattrall
Aug. 25, 1968:	Rachael Ray
Aug. 31, 1970:	Debbie Gibson



Health & Wellness

Games Are Good for Your Gray Matter

Research shows that these classic games support specific cognitive functions.

One player. Playing cards, including one-player games like solitaire, is linked to better focus and memory, according to research. Winning, even against yourself, triggers a small release of dopamine, a natural mood-boosting brain chemical.

Two players. Studies indicate that playing two-person strategy board games like chess and checkers improves problem solving and empathy, since these games require planning moves and anticipating an opponent's moves.

Three to four players. Games like mahjong and dominoes exercise both pattern recognition and memory; they also can be played with three or four players.

A Tall Glass of Coconut Water

Coconut water, sometimes called "nature's sports drink," is full of electrolytes and minerals necessary to staying hydrated. Here are three coconut water "courses" for a hot summer day.

Morning. Start your day right with a green juice made of coconut water, spinach, lemon juice and ginger, blended with ice.

Afternoon. Take a break with lemonade made from coconut water mixed with lemon juice, mint, honey and ice.

Night. Add your favorite frozen or fresh fruits, coconut water and ice to a blender for a delicious cooling dessert.



THE LANDINGS
AT COVENANT WOODS
A SENIOR LIVING COMMUNITY

6830 River Road • Columbus, GA 31904