



(706) 653-9191

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Welcome Our New Resident Beautician

Rachella Smith has 30+ years of professional experience! She is passionate about helping people look and feel their best. She specializes in caring, resident-centered beauty services and has extensive experience working with a variety of hair types and special hair care needs. Welcome!



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



Two-Finger Method for Sunscreen Application

On average, people use only half of the sunscreen they need. Try the two-finger method to apply the right amount. Simply squeeze a line of sunscreen up the length of two fingers and apply that amount to each of these 11 listed body parts, repeating until all sun-exposed areas are covered: (1) head, face and neck; (2) left arm; (3) right arm; (4) upper back; (5) lower back; (6) upper torso; (7) lower torso; (8); right thigh; (9) left thigh; (10) right lower leg and foot; (11) left lower leg and foot.



Remember Beneficiaries

Experts recommend annually reviewing primary and secondary beneficiaries on 401(k)s, life insurance, bank accounts and other estate-planning assets. Set a reminder for this financial housekeeping when completing taxes for an easy 10-minute update that can save your loved ones from confusion in the future.

Self-Care Starters

International Self-Care Day is observed July 24 to represent the 24/7 need to commit to our own needs. These daily practices can improve well-being: meditation, journaling, exercise and hydration.

An Extra Layer of Protection

Planning some fun in the sun? Along with sunscreen, wear red or blue clothing. Scientists have found that these shades offer better protection from ultraviolet rays than lighter colors like yellow or white.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Happy Birthday Louise Eafford 1 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Patriotic Trivia 2:00 Bingo 6:00 Movie Night	2 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Outside Lemonade Social 2:00 Bingo 6:00 Movie Night	3 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Fourth of July Bash 2:00 Bingo 6:00 Movie Night	Independence Day 4 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Matinee Movie 2:00 Adult Coloring 6:00 Movie Night
5 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Church Service 2:00 Adult Coloring 6:00 Movie Night	6 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Guess That Song! 2:00 Bingo 6:00 Movie Night	7 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Music Therapy 2:00 Men's/Women's Manicures 6:00 Movie Night	8 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Group Puzzle 2:00 Candy Bar Bingo 6:00 Movie Night	9 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Arts & Crafts 2:00 Word Search 6:00 Movie Night	10 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Guess That Song! 2:00 Bingo 6:00 Movie Night	11 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Matinee Movie 2:00 Adult Coloring 6:00 Movie Night
12 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Church Service 2:00 Adult Coloring 6:00 Movie Night	13 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Volleyball 2:00 Bingo 6:00 Movie Night	14 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Reminisce Down Memory Lane 2:00 Watermelon Social w/ Mark 6:00 Movie Night	15 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Game Time 2:00 Bingo 6:00 Movie Night	16 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Arts & Crafts 2:00 Uno Flip 6:00 Movie Night	17 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Happy Hour 2:00 Bingo Friday 6:00 Movie Night	18 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Matinee Movie 2:00 Adult Coloring 2:30 Church Group 6:00 Movie Night
Happy Birthday William Alday 19 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Church Service 2:00 Adult Coloring 6:00 Movie Night	20 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Arts & Crafts 2:00 Bingo 6:00 Movie Night	21 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Ring Toss 2:00 Hot Fudge Sundaes 6:00 Movie Night	22 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Ice Cream Sandwiches on Patio 2:00 Bingo 6:00 Movie Night	Happy Birthday Eva Milstead 23 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Balloon Volleyball 2:00 Popcorn Social 6:00 Movie Night	24 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Balloon Volleyball 2:00 Bingo 6:00 Movie Night	25 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Matinee Movie 2:00 Adult Coloring 6:00 Movie Night
26 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Church Service 2:00 Adult Coloring 6:00 Movie Night	27 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Resident Council 2:00 Bingo 6:00 Movie Night	28 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Bean Bag 2:00 Arts & Crafts 6:00 Movie Night	Happy Birthday Jack Franklin 29 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Ball Toss 2:00 Bingo 6:00 Movie Night	30 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Move n' Groove 2:00 Happy Hour 6:00 Movie Night	31 10:00 Morning Exercise 10:30 Social Time w/ Hydration/Snacks 11:00 Arts & Crafts 2:00 July Birthday Party w/ Mark 6:00 Movie Night	

Resident Meeting Reminder

Our resident meetings are a terrific opportunity to share input, have your questions answered, and stay in the loop with what's happening in our community. Make plans to attend this month's meeting. Check the calendar for the date and time.

Happy Birthday, Residents

July 1	Louise Eafford
July 19	William Alday
July 23	Eva Milstead
July 29	Jack Franklin

Happy Birthday, Staff

July 1	Quinnetta Johnson
July 19	Donetra Hill
July 22	Deidre Butler



Funny Foursomes

These barbershop quartets have award-winning pipes and amusing names. Here are some clever champions from the Barbershop Harmony Society:

1959: Four Pitchikers

1961: The Suntones

2022: Quorum

2024: Three and a Half Men



Mmm, Chocolate ... With Chili Peppers?

World Chocolate Day on July 7 may bring to mind truffles and favorite candy bars, but the use of chocolate far precedes today's sweet treats. Around 4,000 years ago, the Mayans used chocolate drinks to mark important ceremonies. The ancient drink was often made with chili peppers, honey and water.



Reason to Shell-ebrate

Bailey-Matthews National Shell Museum and Aquarium on Sanibel Island in Florida displays nearly 600,000 shells and 60 living mollusk species. Founding director Dr. R. Tucker Abbott asked his friend, actor Raymond Burr (famous for portraying Perry Mason), to pitch in for museum funding, along with local contributions, and the museum opened to the public in 1995.

The Price of Proofreading

In 1962, NASA's unmanned Mariner 1, set to probe Venus, was destroyed minutes after launch thanks to a missing symbol in the code, which sent the spacecraft off course and millions of dollars up in smoke.



THE LANDINGS
AT COVENANT WOODS
A SENIOR LIVING COMMUNITY

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