



(706) 653-9191

Find us on 

Playgrounds Made for Seniors

Playgrounds aren't just for kids anymore. Multigenerational play spaces are becoming more common, giving older adults a place to work out, walk, swing and simply have fun. Already popular in Asia and Europe, the trend is spreading across the U.S. with several companies building the outdoor facilities, which are designed with low-impact exercise equipment that promotes flexibility, balance and coordination. The fitness parks also serve as social hubs for seniors.

Honoring Old Glory

In 1916, President Woodrow Wilson officially established June 14 as Flag Day. It honors the day in 1777 when the first version of the flag, featuring 13 stars and 13 stripes, was adopted as the nation's official flag.

Say Hello to Aloe

Keep a bottle of aloe vera gel handy in the summer. The cool balm can be applied to sunburns and bug bites to moisturize and relieve itching.

Stop and Smell the ...

June is National Rose Month.

The Hug of Life

In a June 1974 "Annals of Emergency Medicine" article, Dr. Henry Heimlich published his emergency technique to treat choking victims whose airway is obstructed, a method now called the Heimlich Maneuver.

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

Lina Allen

Sales Director

Kristy White

Activities Director



Welcome Our New Maintenance Director

Join us in giving a warm welcome to **Cameron Dodson**, our new Maintenance Director! We're excited to have you on board!

Summer Solstice

Sunday, June 21, is the summer solstice, the longest day of the year.

Pucker Up and Protect

When applying sunscreen, don't forget lip balm with a sun protection factor of 30 or higher. Reapply often, since the thin skin on lips can burn easily.

Famous Faces Born in June

June 5, 1978: Nick Kroll
June 8, 1950: Sonia Braga
June 11, 1987: Jimmy O. Yang
June 14, 2000: RJ Barrett
June 17, 1983: Mickey Guyton
June 20, 1946: Bob Vila
June 23, 1988: Chellsie Memmel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>10:00 Walk and Roll 10:30 Social time Hydration & Snacks 1:00 Ankle & Foot Centers of America 3:00 Bingo w/ Lindsey Pro Health 6:00 Movie Night</p>	<p>2</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Arts & Crafts 2:00 Vital Clinic w/ Gentiva Hospice 4:00 Happy Hour w/ Kristy 6:00 Movie Night</p>	<p>Happy Birthday Gertrude Perry 3</p> <p>10:00 Morning Exercise 10:30 Snacks and Refreshments 11:00 Bingo 2:00 Pretty Nails & Music 6:00 Movie Night</p>	<p>4</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Happy Hour w /Activity Director 2:00 Arts & Crafts w/Bailey Columbus Hospice 6:00 Movie Night</p>	<p>5</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Arts & Crafts 2:00 Bingo w/Destinee Georgia Hospice 6:00 Movie Night</p>	<p>6</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Puzzle and Games 2:00 Creative color 6:00 Movie Night</p>
<p>7</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Church Service on TV 2:00 Word Search 6:00 Movie Night</p>	<p>8</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Reminisce Down Memory Lane 2:00 Bingo 6:00 Movie Night</p>	<p>9</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Name That Tune 2:00 Music Hour 3:00 Brain Teasers 6:00 Movie Night</p>	<p>10</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Bingo 2:00 Pretty Nails & Music 6:00 Movie Night</p>	<p>11</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Arts & Crafts 2:00 Ice Cream Social 6:00 Movie Night</p>	<p>12</p> <p>10:00 Chair Yoga 10:30 Social time Hydration & Snacks 11:00 Karaoke Friday 2:00 Bingo 6:00 Movie Night</p>	<p>13</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Puzzle and Games 2:00 Creative color 6:00 Movie Night</p>
<p>14</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Church Service on TV 2:00 Word Search 6:00 Movie Night</p>	<p>15</p> <p>10:30 Social time Hydration & Snacks 11:00 Reminisce Down Memory Lane 2:00 Bingo 6:00 Movie Night</p>	<p>16</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Name That Tune 2:00 Music Hour 3:00 Brain Teasers 6:00 Movie Night</p>	<p>17</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Bingo 2:00 Pretty Nails & Music 6:00 Movie Night</p>	<p>18</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Arts & Crafts 2:00 Ice Cream Social 6:00 Movie Night</p>	<p>Juneteenth 19</p> <p>10:00 Chair Yoga 10:30 Social time Hydration & Snacks 2:00 Father's Day Celebration 6:00 Movie Night</p>	<p>20</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Puzzle and Games 2:00 Creative color 6:00 Movie Night</p>
<p>Happy Father's Day 21</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Church Service on TV 2:00 Word Search 6:00 Movie Night</p>	<p>22</p> <p>10:30 Social time Hydration & Snacks 11:00 Reminisce Down Memory Lane 2:00 Bingo 6:00 Movie Night</p>	<p>23</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Name That Tune 2:00 Music Hour 3:00 Brain Teasers 6:00 Movie Night</p>	<p>24</p> <p>10:00 Morning Exercise 10:30 Snacks and Refreshments 11:00 Bingo 2:00 Pretty Nails & Music 6:00 Movie Night</p>	<p>25</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Arts & Crafts 2:00 Ice Cream Social 6:00 Movie Night</p>	<p>26</p> <p>10:00 Chair Yoga 10:30 Social time Hydration & Snacks 11:00 Donut Social 2:00 Bingo 6:00 Movie Night</p>	<p>27</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Puzzle and Games 2:00 Creative color 6:00 Movie Night</p>
<p>28</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Church Service on TV 2:00 Word Search 6:00 Movie Night</p>	<p>29</p> <p>10:30 Social time Hydration & Snacks 11:00 Reminisce Down Memory Lane 2:00 Bingo 6:00 Movie Night</p>	<p>30</p> <p>10:00 Morning Exercise 10:30 Social time Hydration & Snacks 11:00 Name That Tune 2:00 Music Hour 3:00 Brain Teasers 6:00 Movie Night</p>				



Happy Birthday Residents
June 3 Gertrude Perry

- Happy Birthday Staff**
- June 3 Tracy Carr
 - June 8 McChalla Nixon
 - June 15 Monique Robinson
 - June 22 Jennifer Strum
 - June 24 Teresa Bush
 - June 28 Lina Allen



Health & Wellness

Protect Your Hands

The skin on the backs of your hands is thin and prone to sun damage that can later appear as wrinkles and dark spots. When applying sunscreen, don't forget to protect these areas, too.



Man-go for It

This summer, treat your taste buds to a mango. Called the king of fruits, one mango contains more than 20 different vitamins and minerals, including high levels of vitamins A and C, fiber and folate.

Freedom for All

On Friday, June 19, we honor Juneteenth, commemorating the full enforcement of the Emancipation Proclamation on June 19, 1865, freeing all enslaved people. In the words of activist Fannie Lou Hamer, "Nobody's free until everybody's free."



**Remember When:
Station Wagons**

Before SUVs and minivans, the station wagon was the vehicle of choice for families. Originally used to taxi people to and from train depots, wagons cruised into their heyday as the family car between the 1950s and 1970s. With a roomy interior that included fold-down third-row seats, station wagons could hold up to 9 people, making them ideal for road trips, carpools and store outings.



THE LANDINGS
AT COVENANT WOODS
A SENIOR LIVING COMMUNITY

6830 River Road • Columbus, GA 31904