



(706) 653-9191

Find us on 

Your Friendly Team

General Manager

Tracy Carr

Resident Care

Anne Conway-Stutson, LPN

Memory Care

Chantel Dixon

Dining Services

Chiffany Lawrence

Maintenance

Cameron Dodson

Sales & Marketing

Elvia Torres

Activities

Kristy White



How 'Bout Them Apples?

Fresh apples covered in caramel and served on a stick are one of the signs that fall has arrived. Thank Dan Walker for the confection. In the 1950s, the Kraft Foods salesman came up with a way to use the company's excess supply of caramel candies. Today, the sticky treats are often made with additional toppings, such as nuts, chocolate, sprinkles and candy bits.

Tomorrow, Together

"Let us put our minds together and see what life we can make for our children." —Sitting Bull

Armchair Travels: Stockholm, Sweden

Stockholm, Sweden's capital city, is spread over 14 islands, which are connected by more than 50 bridges. Much of the city's area is made up of waterways and green spaces. The 700-year-old city is home to the Royal Palace, art galleries and theaters, historic churches, extensive dining and shopping options, and museums. Every year, Stockholm is filled with music lovers attending the Stockholm Jazz Festival.



Supercharged Dust Storms

Martian dust storms can be just a few feet wide to gales smother the globe in its signature red dirt. Scientists also recorded electric discharges generated in the storms, and these lighting-like zaps may destroy methane in the environment.

Think Pink

October is National Breast Cancer Awareness Month.



Sleep To Strengthen Immunity

Science shows that one of the best ways to keep your immune system running in high gear is by getting enough rest. Being sleep-deprived can weaken your immunity and increase your chances of getting sick.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Happy Birthday, Residents! 4th - Mary Robison 23rd - Margaret Fenner		Pumpkin Spice Day 1 10:00 Music and Motion 1:00 Craft Time (Spooky Snow Globe) 2:00 Pumpkin Spice Meeting 4:00 Pool Noodle Baseball 6:00 Movie & Popcorn	National Smarties Day 2 10:00 Music and Motion 11:00 Smartie Time 2:00 Art Time 4:00 Game-Three Strikes Dice 6:00 Movie & Popcorn	World Card Making Day 3 10:00 Music and Motion 1:00 Card Making 3:00 Ice Cream Social 4:00 Aromatherapy 6:00 Movie & Popcorn
National Taco Day 4 10:00 Faith Time 1:00 Ball Tme 3:00 Scenic Ride 4:00 Wind down Sunday 6:00 Movie & Popcorn	National Apple Betty Day 5 10:00 Music and Motion 11:00 Apple Bobbing 2:00 Apple Snackin' 4:00 Craft (Fingerprint Characters) 6:00 Movie & Popcorn	National Mad Hatter Day 6 10:00 Music and Motion 1:00 Relax Day (Men) 1:00 Spa Day (women) 2:00 Mad Hatter Party 6:00 Movie & Popcorn	National Pumpkin Seed Day 7 10:00 Music and Motion 1:00 Bingo 2:00 Pumpkin Seed Toasting 4:00 Craft: Pumpkin Carving 6:00 Movie & Popcorn	National Pierogi Day 8 10:00 Music and Motion 1:00 Pierogi Toss 2:00 Armchair Travels 4:00 Hallway Hockey 6:00 Movie & Popcorn	World Egg Day 9 10:00 Music and Motion 11:00 Egg Toss 2:00 Crafts (Coloring) 4:00 Plinko 6:00 Movie & Popcorn	National Angel Food Cake Day 10 10:00 Music and Motion 1:00 Angel Food Tasting 3:00 Balloon Tic Tac Toe 4:00 sip and Relax Saturday 6:00 Movie & Popcorn
Sunday Funday 11 10:00 Faith Time 1:00 Scripture Time 3:00 Bubbles and Brew 6:00 Movie & Popcorn	Columbus Day 12 10:00 Music and Motion 11:00 Columbus Treats 2:00 Around the world 4:00 Where would you go? 6:00 Movie & Popcorn	National M&M's Day 13 10:00 Music and Motion 1:00 Whack a Mole 2:00 M&M's Party 4:00 Craft Time (Paintbrushes) 6:00 Movie & Popcorn	National Dessert Day 14 10:00 Music and Motion 1:00 Dinosaur (Fossil Dig) 2:00 Dessert Tasting (Cheesecake) 4:00 Find the Object 6:00 Movie & Popcorn	I Love Lucy Day 15 10:00 Music and Motion 1:00 I Love Lucy Reruns 2:00 Edgar Allan Poe Party 4:00 Massage and Facials 6:00 Movie & Popcorn	National Cut Up Your Credit Card 16 10:00 Music and Motion 1:00 Cut up your credit card 2:00 Witches' Hats (Food) 4:00 Bingo 6:00 Movie & Popcorn	National Pasta Day 17 10:00 Music and Motion 1:00 Paint Time 3:00 Balloon Tic Tac Toe 6:00 Movie & Popcorn
Chocolate Cupcake Day 18 10:00 Faith Time 1:00 Chocolate Cupcake Day 3:00 Scenic Ride 6:00 Movie & Popcorn	Dress Like a Dork Day 19 10:00 Music and Motion 1:00 The "Dork" show 2:00 Slime Time 4:00 Hula Hoop Toss 6:00 Movie & Popcorn	Chicken and Waffle 20 10:00 Music and Motion 1:00 Lollipop Bouquet Craft 2:00 International Chef Day 4:00 Scents and Relax 6:00 Movie & Popcorn	National Apple Day 21 10:00 Music and Motion 1:00 Apple Cider Time 2:00 Apple Bobbing 4:00 Apple Painting 6:00 Movie & Popcorn	National Nut Day 22 10:00 Music and Motion 1:00 Can you recognize the nut 2:00 Pickleball 4:00 Melt the colors 6:00 Movie & Popcorn	Boston Cream Pie Day 23 10:00 Music and Motion 1:00 Mummy Brought Treats 2:00 Rest and Relax 4:00 Craft Time (Clothespins) 6:00 Movie & Popcorn	National Bologna Day 24 10:00 Music and Motion 1:00 Color with Me 3:00 Bingo 6:00 Movie & Popcorn
The Sourest Day 25 10:00 Faith Time 1:00 The Sour Test 3:00 Card Time 6:00 Movie & Popcorn	National Pumpkin Day 26 10:00 Music and Motion 1:00 Pumpkin Time 2:00 Color Me Orange 4:00 Balloon Tennis 6:00 Movie & Popcorn	National American Beer Day 27 10:00 Music and Motion 1:00 Unbeer Bar 2:00 Slime Time 4:00 Games, Games 6:00 Movie & Popcorn	National Chocolate Day 28 10:00 Music and Motion 1:00 Try my chocolate 2:00 Chocolate with Chiffany 4:00 Craft with chocolate 6:00 Movie & Popcorn	Candy Corn Day 29 10:00 Music and Motion 11:00 Happy Halloween Social 1:00 Halloween Bingo 3:00 Halloween Party w/ Mark 6:00 Movie & Popcorn	National Oatmeal Day 30 10:00 Music and Motion 1:00 Candy Corn Counting 2:00 Toss the candy corn 4:00 Paint with Water Gun 6:00 Movie & Popcorn	Happy Halloween 31 10:00 Music and Motion 1:00 Trick or Treat Bingo 3:00 Halloween Cupcakes and Fun 6:00 Movie & Popcorn



Karate Day

Karate Day on Oct. 25 commemorates the martial art and its guiding tenet, “shurei-no-kokoro,” or “the spirit of courtesy.” Here are the common karate belt colors: 1) white (beginner), 2) yellow, 3) orange, 4) green, 5) blue, 6) purple, 7) brown and 8) black (expert).

Card Game Corner: Onze

Onze (pronounced “oh-nz”) is a trending rummy-style card game where the goal of the game is to get rid of cards as quickly as possible without earning penalties. Three to seven players can play onze — which is French for 11 — in about a half hour with just two decks and pen and paper for keeping score. Simply search online for a quick tutorial, and *amuse-toi* ... have fun!

For Sale: London Bridge

In the 1960s, London Bridge was falling down — or at least in imminent disrepair — so city officials tried to sell it to the Americans.

They bought it.

In October 1971, businessman Robert McCulloch, a millionaire industrialist known for harebrained schemes, decided it would be the perfect addition to his budding vacation destination in the Arizona desert. Widely mocked as “McCulloch’s Folly,” the bridge soon brought millions of visitors a year, putting Lake Havasu City on the map.



A Fall Funny

Q. What’s the difference between a cat and a frog?

A. A cat has nine lives, but a frog croaks every night.



Rub Some Dirt on It

Before football games, equipment managers give brand-new pigskins a roll in the mud. Rubbing the footballs with mud improves grip and reduces glare.

Active Aging

During Active Aging Week (Oct. 5-11), seniors are focusing on the health, dignity and joy of aging. These simple balance exercises can help older adults stay strong and steady, as long as the moves are performed safely and with the approval of individual health care providers:

- Heel raises
- Forward and backward stepping
- Standing on one leg
- Standing with feet together



THE LANDINGS
AT COVENANT WOODS
A SENIOR LIVING COMMUNITY

6830 River Road • Columbus, GA 31904