

SUN	MON	TUE	WED	THUR	FRI	SAT
10:00 Catholic Mass (AR/Ch.2) 10:00 Holy Family Catholic Communion (AR) 11:00 Church with Andy Stanley (Ch. 2) 11:00 Documentaries & Biographies (AR) 2:00 BINGO (AR) 4:00 One-on-Ones 6:30 Evening Movie (Ch 2)	9:30 Sittercise (WC) 10:00 BINGO (AR) 11:30 Walking Club (Front Lobby) 12:45 Happy Tails (LR) 1:30 Bridge Club (GR2) 2:00 History Club (AR) 3:00 Chair Yoga (WC) 4:00 Games with Friends (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) 11:00 Bible Study with Joel (AR) 2:00 Pokeno & Prizes (AR) 2:00 Water Aerobics (WC) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 4:00 TV Series: Man in the High Castle (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 One-on-Ones 1:00 Massage Therapist here from 1:00-5:00 (WC) 1:00 Piano with Dixie (LR) 1:30 Focused Fitness (WC) 2:00 Open Swim (WC) 2:30 Llama Lovin! With Cornerstone Hospice (LR) 3:00 Wii Bowling (WC) 4:00 Group Trivia (LR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Art Class with Scott (AR) 1:00 Hymns & Hope with Joel (LR) 2:00 Water Aerobics (WC) 2:00 BINGO (AR) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 3:30 Happy Hour with Joni & Tom (DR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:30 Crafts: Scarecrow Making (AR) 10:30 The Great Pumpkin Decorating (AR) 11:45 Lunch Outing: Chick-Fil-A (Front Lobby) 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) 3:45 Armchair Travels (AR) 6:00 Friday Movie With Friends. (AR)	10:00 Coffee and Conversation (CC) 11:00 Classical Sounds (AR) 1:30 Bridge Club (GR2) 2:00 Saturday Snack Bar (AR) 4:00 Guitar With Leigh (DR) 6:30 Evening Movie (Ch 2)
10:00 Catholic Mass (AR/Ch.2) 11:00 Church with Andy Stanley (Ch. 2) 11:00 Documentaries & Biographies (AR) 2:00 BINGO (AR) 4:00 One-on-Ones 6:30 Evening Movie (Ch 2)	Indigenous Peoples' Day 9:30 Sittercise (WC) 10:00 BINGO (AR) 11:00 Jewelry Sale with Deb! (Front Lobby) 11:30 Wii Sports (WC) 1:30 Bridge Club (GR2) 3:00 Chef Chat (AR) 4:00 Games with Friends (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) 11:00 Bible Study with Joel (AR) 1:00 Breast Cancer Awareness Walk (Front Lobby) 2:00 Water Aerobics (WC) 3:00 Open Swim (WC) 3:00 Resident Council Meeting (AR) 4:00 TV Series: Man in the High Castle (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 One-on-Ones 1:00 Piano with Dixie (LR) 1:30 Focused Fitness (WC) 2:00 Open Swim (WC) 2:30 Target Shopping (Front Lobby) 3:00 Wii Bowling (WC) 4:00 Brain Games (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Art Class with Scott (AR) 1:00 Hymns & Hope with Joel (LR) 2:00 Water Aerobics (WC) 2:00 BINGO (AR) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 3:30 Happy Hour with Glen Hayes (DR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 9:30 Outing: Marietta History Center and Lunch (Front Lobby) 10:30 Crafts: Scarecrow Making (AR) 10:30 The Great Pumpkin Decorating Continues (AR) 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) 3:45 Armchair Travels (AR) 6:00 Friday Movie With Friends. (AR)	10:00 Coffee and Conversation (CC) 11:00 Games with Friends (AR) 1:30 Bridge Club (GR2) 2:00 Crafts with Vanessa (AR) 3:00 Saturday Matinee (AR) 6:30 Evening Movie (Ch 2)
10:00 Catholic Mass (AR/Ch.2) 10:00 Holy Family Catholic Communion (AR) 11:00 Church with Andy Stanley (Ch. 2) 11:00 Documentaries & Biographies (AR) 1:00 Music with Alan Weisenberg (DR) 2:00 BINGO (AR) 4:00 National I Love Lucy Day: I I Love Lucy Marathon (AR) 4:00 One-on-Ones 6:30 Evening Movie (Ch 2)	9:30 Sittercise (WC) 10:00 BINGO (AR) 11:30 Walking Club (Front Lobby) 1:30 Bridge Club (GR2) 2:00 Insight Hour with Jim Howe (AR) 3:00 Chair Yoga (WC) 4:00 Games with Friends (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) 11:00 Bible Study with Joel (AR) 2:00 Pokeno & Prizes (AR) 2:00 Water Aerobics (WC) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 3:30 Family Feud (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 One-on-Ones 1:00 Massage Therapist here from 1:00-5:00 (WC) 1:00 Piano with Dixie (LR) 1:30 Focused Fitness (WC) 2:00 Open Swim (WC) 2:30 Cobb County Story Tellers (AR) 3:00 Wii Bowling (WC) 4:00 Group Trivia (LR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Flu/Covid Vaccine Clinic (AR) 1:00 Hymns & Hope with Joel (LR) 2:00 Water Aerobics (WC) 2:00 BINGO (AR) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 3:00 Sterling Fall Festival (From 3-5pm) (FP) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:30 Crafts (AR) 11:30 Lunch Outing: The Varsity (Front Lobby) 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) 3:45 Armchair Travels (AR) 6:00 Friday Movie With Friends. (AR)	10:00 Coffee and Conversation (CC) 11:00 Classical Sounds (AR) 1:30 Bridge Club (GR2) 2:00 Saturday Snack Bar (AR) 4:00 Guitar With Leigh (DR) 6:30 Evening Movie (Ch 2)
10:00 Catholic Mass (AR/Ch.2) 11:00 Church with Andy Stanley (Ch. 2) 11:00 Documentaries & Biographies (AR) 2:00 BINGO (AR) 4:00 One-on-Ones 6:30 Evening Movie (Ch 2)	9:30 Sittercise (WC) 10:00 BINGO (AR) 11:30 Wii Sports (WC) 1:30 Bridge Club (GR2) 2:30 New Resident Social (AR) 4:00 Games with Friends (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) 11:00 Bible Study with Joel (AR) 1:30 Wii Bowling Tournament @ East Cobb! (WC) 2:00 Pokeno & Prizes (AR) 2:00 Water Aerobics (WC) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 4:00 TV Series: Man in the High Castle (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 One-on-Ones 1:00 Piano with Dixie (LR) 1:30 Focused Fitness (WC) 2:00 Music with Jeannette Crosswaite (LR) 2:00 Open Swim (WC) 3:00 Book Club (AR) 3:00 Wii Bowling (WC) 4:00 Brain Games (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Art Class with Scott: Halloween Theme (AR) 1:00 Hymns & Hope with Joel (LR) 2:00 Water Aerobics (WC) 2:00 BINGO (AR) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 3:30 Happy Hour with Jeni Michelson (DR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Library Outing (Meet in Front Lobby) 10:30 Crafts: Halloween Themed (AR) 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) 3:45 Armchair Travels (AR) 6:00 Friday Movie With Friends. (AR)	10:00 Coffee and Conversation (CC) 11:00 Games with Friends (AR) 1:30 Bridge Club (GR2) 2:00 Crafts with Vanessa (AR) 3:00 Saturday Matinee (AR) 6:30 Evening Movie (Ch 2)
10:00 Catholic Mass (AR/Ch.2) 11:00 Church with Andy Stanley (Ch. 2) 11:00 Documentaries & Biographies (AR) 2:00 BINGO (AR) 4:00 One-on-Ones 6:30 Evening Movie (Ch 2)	9:30 Sittercise (WC) 10:00 SPOOKY BINGO (AR) 11:30 Walking Club (Front Lobby) 1:30 Bridge Club (GR2) 1:30 Halloween Cookie Decorating (AR) 3:00 Spooky Trivia (Front Lobby) 4:00 Games with Friends (AR) 6:00 Evening Movie (AR)	Halloween 9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) 11:00 Bible Study with Joel (AR) 12:45 Wii Bowling Tournament: Outing to Sterling West (WC) 2:00 Halloween Party! (AR) 2:00 Water Aerobics (WC) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 4:30 Halloween Theme Dinner (DR) 6:00 Evening Movie (AR)	LOCATION KEY AR - Activity Room CC - Casual Cafe Ch. 2 - Channel 2 DR - Dining Room FP - Front Porch		GR2 - Game Room 2nd floor LR - Living Room WC - Wellness Center	

October 2023

Activity and Social Calendar



Insight Hour

**Monday, October 16th at
2:00PM**

**Join us in the Activity Room for a Travel
Log Presentation by Jim Howe!**

Fun Outings

October 6th at 11:45AM

Lunch Outing: Chick-Fil-A & Just Books

October 13th at 9:30AM

Outing: Marietta History center

October 20th at 11:30AM

Lunch Outing: The Varsity

October 27th at 10:00AM

East Cobb Library

Thursday Happy Hour & Entertainment

October. 5th — Happy Hour with Joni & Tom
October. 12th — Happy Hour with Glen Hayes
October. 19th— Fall Festival with Tray Dahl
October. 26th — Happy Hour with Jeni M.

Keep An EYE Out For The Optometrist!

Wednesday, November 15th
9:00AM in the Wellness Center
See KT Neely for more information!



OCTOBER

Sterling Estates
FALL FESTIVAL

**THURSDAY
OCTOBER 19, 2023
3-5PM**

IT'S FALL Y'ALL!
JOIN US FOR A FUN STERLING ESTATES FALL FESTIVAL WITH TONS OF
FUN FALL GAMES, VENDORS, FOOD, MUSIC AND OUR SCARECROW
AND PUMPKIN DECORATING CONTEST! FAMILIES ARE WELCOME!
MORE INFORMATION WILL BE GIVEN THROUGH EMAIL, FLYERS AND
TOUCHTOWN!

Happy Birthday

Residents

Nancy Wyer	10/01
Herschelle Challenor	10/05
Barbara Dillingham	10/08
Risa Rambo	10/13
Fleming Rowell	10/18
John Beal	10/22
Ellen Buckley	10/28
Joanne Reale	10/28
Linda Shearon	10/30

Staff

Shelly Hill	10/08
Gretchen Kincer	10/18

