

SUN	MON	TUE	WED	THUR	FRI	SAT
10:00 AM Catholic Mass (AR/Ch.2) 10:00 AM Holy Family Catholic Communion (AR) 11:00 AM Documentaries & Biographies (AR)	1 10:00 AM Water Aerobics with Louise Butts (WC) 11:30 AM Walking Club (Front Lobby) 1:30 PM Bridge Club (GR2) 2:00 PM History Club (AR) 2:00 PM Open Gym (WC) 3:00 PM Chair Yoga (WC) 4:00 PM Games with Friends (AR)	2 10:30 AM Cottage Sittercise with Christine (WC) 11:00 AM Bible Study with Joel (AR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC)	3 9:00 AM Open Swim from 9:00am-11:00am (WC) 10:30 AM Cottage Sittercise (WC) 1:00 PM Massage Therapist here from 1:00-5:00 (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Open Gym (WC) 2:30 PM Llama Lovin! With Cornerstone Hospice (LR) 3:00 PM Wii Bowling (WC) 4:00 PM Group Trivia (LR)	4 10:00 AM Art Class with Scott (AR) 10:30 AM Cross Fit (WC) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:30 PM Cottage Brain Fitness (CC) 3:30 PM Happy Hour with Joni & Tom (DR)	5 10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts: Scarecrow Making (AR) 10:30 AM The Great Pumpkin Decorating (AR) 11:45 AM Lunch Outing: Chick-Fil-A (Front Lobby) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR)	6 10:00 AM Coffee and Chat (CC) 11:00 AM Classical Sounds (AR) 1:30 PM Bridge Club (GR2) 4:00 PM Guitar With Leigh (DR)
10:00 AM Catholic Mass (AR/Ch.2) 11:00 AM Documentaries & Biographies (AR)	8 Indigenous Peoples' Day 10:00 AM Water Aerobics with Louise Butts (WC) 11:00 AM Jewelry Sale with Deb! (Front Lobby) 11:30 AM Wii Sports (WC) 1:30 PM Bridge Club (GR2) 2:00 PM Open Gym (WC) 3:00 PM Chef Chat (AR) 4:00 PM Games with Friends (AR)	9 10:30 AM Cottage Sittercise with Christine (WC) 11:00 AM Bible Study with Joel (AR) 1:00 PM Breast Cancer Awareness Walk (Front Lobby) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC)	10 9:00 AM Open Swim from 9:00am-11:00am (WC) 9:30 AM Outing: Marietta History Center and Lunch (Front Lobby) 10:30 AM Cottage Sittercise (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Open Gym (WC) 2:30 PM Target Shopping (Front Lobby) 3:00 PM Wii Bowling (WC)	11 10:00 AM Art Class with Scott (AR) 10:30 AM Cross Fit (WC) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:30 PM Cottage Brain Fitness (CC) 3:30 PM Happy Hour with Glen Hayes (DR)	12 10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts: Scarecrow Making (AR) 10:30 AM The Great Pumpkin Decorating Continues (AR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR)	13 10:00 AM Coffee and Chat (CC) 11:00 AM Games with Friends (AR) 1:30 PM Bridge Club (GR2)
10:00 AM Catholic Mass (AR/Ch.2) 10:00 AM Holy Family Catholic Communion (AR) 11:00 AM Documentaries & Biographies (AR) 1:00 PM Music with Alan Weisenberg (DR)	15 10:00 AM Water Aerobics with Louise Butts (WC) 11:30 AM Walking Club (Front Lobby) 1:30 PM Bridge Club (GR2) 2:00 PM Insight Hour with Jim Howe (AR) 2:00 PM Open Gym (WC) 3:00 PM Chair Yoga (WC) 4:00 PM Games with Friends (AR)	16 10:30 AM Cottage Sittercise with Christine (WC) 11:00 AM Bible Study with Joel (AR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:30 PM Family Feud (AR)	17 9:00 AM Open Swim from 9:00am-11:00am (WC) 10:30 AM Cottage Sittercise (WC) 1:00 PM Massage Therapist here from 1:00-5:00 (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Open Gym (WC) 2:30 PM Cobb County Story Tellers (AR) 3:00 PM Wii Bowling (WC) 4:00 PM Group Trivia (LR)	18 10:00 AM Flu/Covid Vaccine Clinic (AR) 10:30 AM Cross Fit (WC) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:00 PM Sterling Fall Festival (From 3-5pm) (FP)	19 10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts (AR) 11:30 AM Lunch Outing: The Varsity (Front Lobby) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR)	20 10:00 AM Coffee and Chat (CC) 11:00 AM Classical Sounds (AR) 1:30 PM Bridge Club (GR2) 4:00 PM Guitar With Leigh (DR)
10:00 AM Catholic Mass (AR/Ch.2) 11:00 AM Documentaries & Biographies (AR)	22 10:00 AM Water Aerobics with Louise Butts (WC) 11:30 AM Wii Sports (WC) 1:30 PM Bridge Club (GR2) 2:00 PM Open Gym (WC) 4:00 PM Games with Friends (AR)	23 10:30 AM Cottage Sittercise with Christine (WC) 11:00 AM Bible Study with Joel (AR) 1:30 PM Wii Bowling Tournament @ East Cobb! (WC) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 5:00 PM Cottage Party (Legacy Room)	24 9:00 AM Open Swim from 9:00am-11:00am (WC) 9:30 AM Outing: The Swan House and Lunch (Front Lobby) 10:30 AM Cottage Sittercise (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Music with Jeannette Crosswaite (LR) 2:00 PM Open Gym (WC) 3:00 PM Book Club (AR) 3:00 PM Wii Bowling (WC)	25 10:00 AM Art Class with Scott: Halloween Theme (AR) 10:30 AM Cross Fit (WC) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:30 PM Cottage Brain Fitness (CC) 3:30 PM Happy Hour with Jeni Michelson (DR)	26 10:00 AM Library Outing (Meet in Front Lobby) 10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts: Halloween Themed (AR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR)	27 10:00 AM Coffee and Chat (CC) 11:00 AM Games with Friends (AR) 1:30 PM Bridge Club (GR2)
10:00 AM Catholic Mass (AR/Ch.2) 11:00 AM Documentaries & Biographies (AR)	29 10:00 AM Water Aerobics with Louise Butts (WC) 11:30 AM Walking Club (Front Lobby) 1:30 PM Bridge Club (GR2) 1:30 PM Halloween Cookie Decorating (AR) 2:00 PM Open Gym (WC) 3:00 PM Spooky Trivia (Front Lobby) 4:00 PM Games with Friends (AR)	30 Halloween 10:30 AM Cottage Sittercise with Christine (WC) 11:00 AM Bible Study with Joel (AR) 12:45 PM Wii Bowling Tournament: Outing to Sterling West (WC) Halloween Party! (AR) 2:00 PM Open Gym (WC) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 4:30 PM Halloween Theme Dinner (DR)	31 LOCATION KEY AR - Activity Room CC - Casual Cafe DR - Dining Room FP - Front Porch GR2 - Game Room 2nd floor LR - Living Room WC - Wellness Center			

October 2023

Cottage Community Calendar

October

Cottage Party

Tuesday, October

24th at 5:00pm

Legacy Room

Fun Outings

October 11th at 9:30AM

Outing: Marietta History center and Lunch

October 25th at 11:30AM

Outing: The Swan House and Lunch

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.

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



Keep An EYE Out For The Optometrist!

Wednesday, November 15th

9:00AM in the Wellness Center

See KT Neely for more information!

