

SUN	MON	TUE	WED	THUR	FRI	SAT	
<b>LOCATION KEY</b> AR - Activity Room CC - Casual Cafe Ch. 2 - Channel 2 DR - Dining Room	GR2 - Game Room 2nd floor LR - Living Room WC - Wellness Center		9:30 Jazzercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 One-on-Ones <b>1:00 Massage Therapist here from 1:00-5:00 (WC)</b> 1:00 Piano with Dixie (LR) 1:30 Focused Fitness (WC) 2:00 Open Swim (WC) 3:00 Wii Bowling (WC) 4:00 Group Trivia (LR) 6:00 Evening Movie (AR)	<b>1</b> 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) <b>3:30 Happy Hour with Music (DR)</b> 6:00 Evening Movie (AR)	<b>2</b> 9:30 Sittercise (WC) 10:00 Outing: Trader Joes (Front Lobby) 1:30 Crafts (AR) 2:00 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) <b>3:45 Armchair Travels (AR)</b> 6:00 Friday Movie With Friends. (AR)	<b>3</b> 10:00 Coffee and Conversation (CC) <b>11:00 Games with Friends (AR)</b> 1:30 Bridge Club (GR2) <b>2:00 Saturday Snack Bar (AR)</b> 4:00 Guitar With Leigh (DR) 6:30 Evening Movie (Ch 2)	<b>4</b>
Daylight Savings Time Ends 10:00 Catholic Mass (AR/Ch.2) <b>10:00 Holy Family Catholic Communion (AR)</b> 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)	<b>5</b> 9:30 Sittercise (WC) 10:00 BINGO (AR) <b>11:00 Jewelry with Jill (Front Lobby)</b> <b>11:30 Walking Club (Front Lobby)</b> <b>12:45 Happy Tails (LR)</b> 1:30 Bridge Club (GR2) 2:00 History Club (AR) <b>3:00 Chair Yoga (WC)</b> <b>4:00 Games with Friends (AR)</b> 6:00 Evening Movie (AR)	<b>6</b> 9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) <b>11:00 Bible Study with Joel (AR)</b> 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)	<b>7</b> 9:30 Jazzercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 Sterling Fall Music Series with Thayer Naples (AR) 1:00 Piano with Dixie (LR) 1:30 Focused Fitness (WC) 2:00 Open Swim (WC) <b>2:30 Target Shopping (Front Lobby)</b> <b>3:00 Fall Baking (AR)</b> 3:00 Wii Bowling (WC) 4:00 Brain Games (AR) 6:00 Evening Movie (AR)	<b>8</b> 9:30 Sittercise (WC) 10:00 Art Class with Scott (AR) <b>1:00 Hymns &amp; Hope with Joel (LR)</b> 2:00 Water Aerobics (WC) 2:00 BINGO (AR) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) <b>3:30 Happy Hour with Music (DR)</b> 6:00 Evening Movie (AR)	<b>9</b> 9:30 Sittercise (WC) 10:00 Mocha My Day (Front Lobby) 10:30 Crafts (AR) <b>12:00 Veterans Day Themed Lunch-Recognizing our Veterans (DR)</b> 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) <b>3:30 Veterans Day Program with Music (LR)</b> 6:00 Friday Movie With Friends. (AR)	<b>10</b> <b>Veterans Day</b> 10:00 Coffee and Conversation (CC) <b>11:00 Classical Sounds (AR)</b> 1:30 Bridge Club (GR2) <b>2:00 Crafts (AR)</b> <b>3:00 Saturday Matinee (AR)</b> 6:30 Evening Movie (Ch 2)	<b>11</b>
<b>Diwali</b> 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)	<b>12</b> 9:30 Sittercise (WC) 10:00 BINGO (AR) <b>11:30 Wii Sports (WC)</b> <b>1:00 Holiday Tree Decorating (AR)</b> 1:30 Bridge Club (GR2) <b>3:00 Chef Chat (AR)</b> <b>4:00 Games with Friends (AR)</b> 6:00 Evening Movie (AR)	<b>13</b> 9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) <b>11:00 Bible Study with Joel (AR)</b> 2:00 Pokeno & Prizes (AR) 2:00 Water Aerobics (WC) 3:00 Open Swim (WC) <b>3:00 Resident Council Meeting (AR)</b> 4:00 TV Series: Man in the High Castle (AR) 6:00 Evening Movie (AR)	<b>14</b> 9:30 Jazzercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 Sterling Fall Music Series with Thayer Naples (AR) <b>1:00 Massage Therapist here from 1:00-5:00 (WC)</b> 1:00 Piano with Dixie (LR) 1:30 Focused Fitness (WC) 2:00 Open Swim (WC) <b>3:00 Fall Craft (AR)</b> 3:00 Wii Bowling (WC) 4:00 Group Trivia (LR) 6:00 Evening Movie (AR)	<b>15</b> 9:30 Sittercise (WC) 10:00 Art Class with Scott (AR) <b>1:00 Hymns &amp; Hope with Joel (LR)</b> 2:00 Water Aerobics (WC) 2:00 BINGO (AR) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) <b>3:30 Happy Hour with Music (DR)</b> 6:00 Evening Movie (AR)	<b>16</b> 9:30 Sittercise (WC) 10:30 Crafts (AR) <b>11:00 Movie Outing: Killers of the Flower Moon (Time TBD) (Front Lobby)</b> 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) <b>3:45 Armchair Travels (AR)</b> 6:00 Friday Movie With Friends. (AR)	<b>17</b> 10:00 Coffee and Conversation (CC) <b>11:00 Games with Friends (AR)</b> 1:30 Bridge Club (GR2) <b>2:00 Saturday Snack Bar (AR)</b> 4:00 Guitar With Leigh (DR) 6:30 Evening Movie (Ch 2)	<b>18</b>
10:00 Catholic Mass (AR/Ch.2) <b>10:00 Holy Family Catholic Communion (AR)</b> 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)	<b>19</b> 9:30 Sittercise (WC) 10:00 BINGO (AR) <b>11:30 Walking Club (Front Lobby)</b> 1:30 Bridge Club (GR2) <b>2:00 Insight Hour (AR)</b> <b>3:00 Chair Yoga (WC)</b> <b>4:00 Games with Friends (AR)</b> 6:00 Evening Movie (AR)	<b>20</b> 9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) <b>11:00 Bible Study with Joel (AR)</b> 2:00 Pokeno & Prizes (AR) 2:00 Water Aerobics (WC) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) <b>3:30 Family Feud (AR)</b> 6:00 Evening Movie (AR)	<b>21</b> 9:30 Jazzercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 One-on-Ones 1:00 Piano with Dixie (LR) <b>1:30 Focused Fitness (WC)</b> 2:00 Open Swim (WC) <b>3:00 Fall Baking (AR)</b> 3:00 Wii Bowling (WC) 4:00 Brain Games (AR) 6:00 Evening Movie (AR)	<b>22</b> <b>Thanksgiving</b> <b>9:00 Macy's Thanksgiving Day Parade on the Big Screen (AR)</b> <b>12:00 Thanksgiving Day Special Lunch (DR)</b> <b>1:00 College Football from 1:00-5:00 (AR)</b> 1:00 Hymns & Hope with Joel (LR) 2:00 BINGO (AR) <b>5:00 Dining Room Closed- Boxed Dinner Delivery (DR)</b>	<b>23</b> 9:30 Sittercise (WC) 10:00 Library Outing (Meet in Front Lobby) 10:30 Crafts (AR) 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) <b>3:45 Armchair Travels (AR)</b> 6:00 Friday Movie With Friends. (AR)	<b>24</b> 10:00 Coffee and Conversation (CC) <b>11:00 Classical Sounds (AR)</b> 1:30 Bridge Club (GR2) <b>2:00 Crafts (AR)</b> <b>3:00 Saturday Matinee (AR)</b> 6:30 Evening Movie (Ch 2)	<b>25</b>
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)	<b>26</b> 9:30 Sittercise (WC) 10:00 BINGO (AR) <b>11:30 Wii Sports (WC)</b> 1:30 Bridge Club (GR2) <b>2:30 New Resident Social (AR)</b> <b>4:00 Games with Friends (AR)</b> 6:00 Evening Movie (AR)	<b>27</b> 9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) <b>11:00 Bible Study with Joel (AR)</b> <b>12:45 Wii Bowling Tournament: Outing to Sterling West (WC)</b> 2:00 Pokeno & Prizes (AR) 4:00 TV Series: Man in the High Castle (AR) 6:00 Evening Movie (AR)	<b>28</b> 9:30 Jazzercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 One-on-Ones 1:00 Piano with Dixie (LR) <b>1:30 Focused Fitness (WC)</b> 2:00 Music with Jeannette Crosswaite (LR) 2:00 Open Swim (WC) <b>3:00 Book Club (AR)</b> 3:00 Wii Bowling (WC) 6:00 Evening Movie (AR)	<b>29</b> 9:30 Sittercise (WC) 10:00 Art Class with Scott (AR) <b>1:00 Hymns &amp; Hope with Joel (LR)</b> 2:00 Water Aerobics (WC) 2:00 BINGO (AR) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) <b>3:30 Happy Hour with Music (DR)</b> 6:00 Evening Movie (AR)			
<b>30</b>							

# November 2023

## Activity and Social Calendar





## Insight Hour

**Monday, November 20th**

**2:00PM**

Join us in the Activity Room for a hour packed with information with a guest speaker!

## Fun Outings

November 3rd at 10:00AM

Trader Joes

November 17th (Time TBD)

Movie Outing: Killers of the Flower Moon

November 24th at 10:00AM

East Cobb Library

## Thursday Happy Hour & Entertainment

November 2nd — Happy Hour with Joni & Tom

November 9th — Happy Hour with Val Miller

November 16th — Happy Hour

November 30th — Happy Hour with Jeni Michelson

Hello  
**NOVEMBER**

Please join us for a  
*Thanksgiving*  
**LUNCH**

**THURSDAY, NOVEMBER 23RD**  
**DINING ROOM AT 12:00PM**

Please come and join us for our Sterling Thanksgiving Lunch! 2 family members are welcome by RSVP! More information will be given by email and flyers

## Happy Birthday

### Residents

Sally Jobson	11/01
Jo Brokenshire	11/04
Vernon Jobson	11/17
John Hooton	11/19
Bob Whitley	11/26
Pat McKenzie	11/27

### Staff

Adrianna Lopez	11/04
Janaya Wynn	11/16
Nadine Mfegue	11/17
Sandra Areguin	11/18
Carenda Moore	11/26
Ann White	11/26
Lanicia Gunter	11/27



## Keep An EYE Out For The Optometrist!

Wednesday, November 15th

9:00AM in the Wellness Center

See KT Neely for more information!

