

SUN	MON	TUE	WED	THUR	FRI	SAT	
LOCATION KEY AR - Activity Room CC - Casual Cafe DR - Dining Room GR2 - Game Room 2nd floor LR - Living Room WC - Wellness Center			10:30 AM Cottage Jazzercise (WC) 1:00 PM Massage Therapist here from 1:00-5:00 (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:00 PM Wii Bowling (WC) 4:00 PM Group Trivia (LR)	1 10:00 AM Art Class with Scott (AR) 10:30 AM Cottage Sittercise (WC) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Cottage Open Swim (WC) 3:00 PM Open Gym (WC) 3:30 PM Cottage Brain Fitness (CC) 3:30 PM Happy Hour with Music (DR)	2 10:00 AM Outing: Trader Joes (Front Lobby) 10:30 AM Cottage Cross-Training (WC) 10:30 AM Crafts (AR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR) 3:00 PM Open Gym (WC)	3 10:00 AM Coffee and Chat (CC) 1:30 PM Bridge Club (GR2) 4:00 PM Guitar With Leigh (DR)	4
Daylight Savings Time Ends 10:00 AM Catholic Mass (AR/Ch.2) 10:00 AM Holy Family Catholic Communion (AR) 11:00 AM Documentaries & Biographies (AR)	5 10:00 AM Water Aerobics with Louise Butts (WC) 11:00 AM Jewelry with Jill (Front Lobby) 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) 3:00 PM Cottage Open Swim (WC)	6 10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC)	7 10:30 AM Cottage Jazzercise (WC) 11:00 AM Sterling Fall Music Series with Thayer Naples (AR) 1:00 PM Piano with Dixie (LR) 2:00 PM Open Gym (WC) 2:30 PM Target Shopping (Front Lobby) 3:00 PM Cottage Open Swim (WC) 3:00 PM Wii Bowling (WC)	8 10:00 AM Art Class with Scott (AR) 10:30 AM Cottage Sittercise (WC) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Cottage Open Swim (WC) 3:00 PM Open Gym (WC) 3:30 PM Cottage Brain Fitness (CC) 3:30 PM Happy Hour with Music (DR)	9 9:30 AM Mocha My Day (Front Lobby) 10:30 AM Cottage Cross-Training (WC) 10:30 AM Crafts (AR) 12:00 PM Veterans Day Themed Lunch-Recognizing our Veterans (DR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR) 3:00 PM Open Gym (WC) 3:30 PM Veterans Day Program with Music (LR)	10 Veterans Day 10:00 AM Coffee and Chat (CC) 11:00 AM Classical Sounds (AR) 1:30 PM Bridge Club (GR2)	11
Diwali 10:00 AM Catholic Mass (AR/Ch.2) 11:00 AM Documentaries & Biographies (AR)	12 9:30 AM Cottage Outing: IKEA and Lunch (Front Lobby) 10:00 AM Water Aerobics with Louise Butts (WC) 11:30 AM Wii Sports (WC) 1:00 PM Holiday Tree Decorating (AR) 1:30 PM Bridge Club (GR2) 2:00 PM Open Gym (WC) 3:00 PM Chef Chat (AR) 3:00 PM Cottage Open Swim (WC)	13 10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 5:30 PM Cottage Friendsgiving Party (Legacy Room)	14 9:00 AM Optometrist Visit (WC) 10:30 AM Cottage Jazzercise (WC) 11:00 AM Sterling Fall Music Series with Thayer Naples (AR) 1:00 PM Massage Therapist here from 1:00-5:00 (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:00 PM Wii Bowling (WC) 4:00 PM Group Trivia (LR)	15 10:00 AM Art Class with Scott (AR) 10:30 AM Cottage Sittercise (WC) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Cottage Open Swim (WC) 3:00 PM Open Gym (WC) 3:30 PM Cottage Brain Fitness (CC) 3:30 PM Happy Hour with Music (DR)	16 10:30 AM Cottage Cross-Training (WC) 10:30 AM Crafts (AR) 11:00 AM Movie Outing: Killers of the Flower Moon (Time TBD) (Front Lobby) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR) 3:00 PM Open Gym (WC)	17 10:00 AM Coffee and Chat (CC) 1:30 PM Bridge Club (GR2) 4:00 PM Guitar With Leigh (DR)	18
10:00 AM Catholic Mass (AR/Ch.2) 10:00 AM Holy Family Catholic Communion (AR) 11:00 AM Documentaries & Biographies (AR)	19 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 (AR) 2:00 PM Open Gym (WC) 3:00 PM Chair Yoga (WC) 3:00 PM Cottage Open Swim (WC)	20 10:30 AM Cottage Sittercise (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)	21 10:30 AM Cottage Jazzercise (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:00 PM Wii Bowling (WC)	22 Thanksgiving 9:00 AM Macy's Thanksgiving Day Parade on the Big Screen (AR) 12:00 PM Thanksgiving Day Special Lunch (DR) 1:00 PM College Football from 1:00-5:00 (AR) 1:00 PM Hymns & Hope with Joel (LR) 5:00 PM Dining Room Closed- Boxed Dinner Delivery (DR)	23 10:00 AM Library Outing (Meet in Front Lobby) 10:30 AM Cottage Cross-Training (WC) 10:30 AM Crafts (AR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR) 3:00 PM Open Gym (WC)	24 10:00 AM Coffee and Chat (CC) 11:00 AM Classical Sounds (AR) 1:30 PM Bridge Club (GR2)	25
10:00 AM Catholic Mass (AR/Ch.2) 11:00 AM Documentaries & Biographies (AR)	26 10:00 AM Water Aerobics with Louise Butts (WC) 11:30 AM Walking Club (Front Lobby) 11:30 AM Wii Sports (WC) 1:30 PM Bridge Club (GR2) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC)	27 10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 12:45 PM Wii Bowling Tournament: Outing to Sterling West (WC)	28 10:30 AM Cottage Jazzercise (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Music with Jeannette Crosswaite (LR) 2:00 PM Open Gym (WC) 3:00 PM Book Club (AR) 3:00 PM Cottage Open Swim (WC) 3:00 PM Wii Bowling (WC)	29 10:00 AM Art Class with Scott (AR) 10:30 AM Cottage Sittercise (WC) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Cottage Open Swim (WC) 3:00 PM Open Gym (WC) 3:30 PM Cottage Brain Fitness (CC) 3:30 PM Happy Hour with Music (DR)	30		

November 2023

Cottage Community Calendar

November

Cottage Party

Tuesday, November

14th at 5:30pm

Legacy Room

Fun Outings

November 15th at 9:30AM

Outing: Ikea Outing with Lunch

November 17th (Time TBD)

Movie Outing: Killers of the Flower Moon

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

Keep An EYE Out For The Optometrist!

Wednesday, November 15th

9:00AM in the Wellness Center

See KT Neely for more information!



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

