

SUN

MON

TUE

WED

THUR

FRI

SAT

LOCATION KEY
 AR - Activity Room
 CC - Casual Cafe
 DR - Dining Room
 LR - Living Room
 O - Outing
 WC - Wellness Center

9:00 AM In Touch with Dr. Charles Stanley (Channel 13 in your suite) **4**
 10:00 AM Holy Family Catholic Communion (AR)
 11:00 AM Documentaries & Biographies "How Truett Cathy Created Chick-Fil-A" (AR)
 6:00 PM Evening Movie "Edie" (AR)

9:00 AM In Touch with Dr. Charles Stanley (Channel 13 in your suite) **11**
 11:00 AM Documentaries & Biographies "The Mystery of Marilyn Monroe-The Unheard Tapes" (AR)
 6:30 PM Superbowl Tailgate (AR)

9:00 AM In Touch with Dr. Charles Stanley (Channel 13 in your suite) **18**
 10:00 AM Holy Family Catholic Communion (AR)
 11:00 AM Documentaries & Biographies - "America Unearthed: Ancient Mayan Secrets in Georgia" (AR)
 6:00 PM Evening Movie "Soul Surfer" (AR)

9:00 AM In Touch with Dr. Charles Stanley (Channel 13 in your suite) **25**
 11:00 AM Documentaries & Biographies "When Georgia Howled: Sherman on the March" (AR)
 6:00 PM Evening Movie "Harriet" (AR)

10:00 AM Water Aerobics with Louise Butts (WC) **5**
 10:30 AM Cottage Sittercise (WC)
 11:30 AM Wii Sports (WC)
 2:00 PM Open Gym (WC)
 3:00 PM Chair Yoga (WC)
 3:00 PM Open Swim (WC)
 6:00 PM Evening Movie "Oklahoma" (AR)

10:00 AM Water Aerobics with Louise Butts (WC) **12**
 10:30 AM Cottage Sittercise (WC)
 11:30 AM Wii Sports (WC)
 2:00 PM Open Gym (WC)
 3:00 PM Chef Chat (AR)
 3:00 PM Open Swim (WC)
 6:00 PM Evening Movie Musical "The Greatest Showman" (AR)

President's Day
 10:00 AM Water Aerobics with Louise Butts (WC) **19**
 10:30 AM Cottage Sittercise (WC)
 11:30 AM Wii Sports (WC)
 2:00 PM Insight Hour "Chattahoochee Nature Center" (AR)
 2:00 PM Open Gym (WC)
 3:00 PM Chair Yoga (WC)
 3:00 PM Open Swim (WC)
 5:30 PM "Una Bella Notte" Cottage Dinner (Legacy Room)
 6:00 PM Evening Movie "Olympus Has Fallen" (AR)

10:00 AM Water Aerobics with Louise Butts (WC) **26**
 10:30 AM Cottage Sittercise (WC)
 11:30 AM Wii Sports (WC)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 6:00 PM Evening Movie "Judy" (AR)

10:30 AM Cottage Sittercise (WC) **6**
 11:00 AM Bible Study with Joel (AR)
 11:15 AM Focused Fitness (WC)
 1:00 PM Movie Outing - Merchant's Walk - Comedy "American Fiction" (O)
 1:15 PM Move and Groove (WC)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 6:00 PM Evening Movie "Unbroken" (AR)

10:30 AM Cottage Sittercise (WC) **13**
 11:00 AM "POP-UP SHOP!" Elizabeth's Chocolates (Front Lobby)
 11:00 AM Bible Study with Joel (AR)
 11:15 AM Focused Fitness (WC)
 1:15 PM Move and Groove (WC)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 6:00 PM Evening Movie "Darkest Hour" (AR)

9:30 AM Podiatrist Visit (WC) **20**
 10:30 AM Cottage Sittercise (WC)
 11:00 AM Bible Study with Joel (AR)
 11:15 AM Focused Fitness (WC)
 1:15 PM Move and Groove (WC)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 6:00 PM Evening Movie "The Courier" (AR)

10:30 AM Cottage Sittercise (WC) **27**
 11:00 AM Bible Study with Joel (AR)
 11:15 AM Focused Fitness (WC)
 12:45 PM Wii Bowling Tournament: Outing to Sterling West (WC)
 1:15 PM Move and Groove (WC)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 6:00 PM Evening Movie "Bottle Shock" (AR)

8:30 AM Men's Breakfast - Meet Greg Geiss Delta Pilot (CC) **7**
 10:30 AM Cottage Sittercise (WC)
 11:00 AM Sterling 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 Open Swim (WC)
 3:00 PM Wii Bowling (WC)
 4:00 PM "Lessons In Chemistry" Miniseries (AR)
 6:00 PM Evening Movie "The Grand Seduction" (AR)

Valentine's Day
 10:30 AM Cottage Sittercise (WC) **14**
 10:30 AM Ash Wednesday Service (AR)
 1:00 PM Piano with Dixie (LR)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 3:00 PM Wii Bowling (WC)
 4:00 PM "Lessons In Chemistry" Miniseries (AR)
 5:00 PM Special Valentine's Dinner with the Special Music! (DR)
 6:00 PM Evening Movie "Casablanca" Winner of 3 Academy Awards (AR)

10:30 AM Cottage Sittercise (WC) **21**
 11:00 AM Sterling 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 Open Swim (WC)
 3:00 PM Wii Bowling (WC)
 4:00 PM "Lessons In Chemistry" Miniseries (AR)
 6:00 PM Evening Movie "Where the Crawdads Sing" (AR)

10:30 AM Cottage Sittercise (WC) **28**
 1:00 PM Piano with Dixie (LR)
 2:00 PM Open Gym (WC)
 3:00 PM "The Bibliophiles" Book Club (AR)
 3:00 PM Open Swim (WC)
 3:00 PM Wii Bowling (WC)
 4:00 PM "Masters of the Air" Episode 1 (AR)
 6:00 PM Evening Movie "Legends of the Fall" (AR)

10:00 AM Art Class with Scott (AR) **1**
 10:30 AM Cottage Sittercise (WC)
 11:15 AM Focused Fitness (WC)
 1:00 PM Hymns & Hope with Joel (LR)
 1:30 PM Wii Bowling Tournament Here at Sterling East (WC)
 3:00 PM Cottage Owners Brain Fitness (CC)
 3:30 PM Happy Hour with Scotty Paulk (LR)
 6:00 PM Evening Movie "The Greyhound" starring Tom Hanks (AR)

10:00 AM Art Class with Scott (AR) **8**
 10:00 AM Water Aerobics (IL) with Christine (WC)
 10:30 AM Cottage Sittercise (WC)
 11:15 AM Focused Fitness (WC)
 1:00 PM Hymns & Hope with Joel (LR)
 1:00 PM Open Gym (WC)
 2:00 PM Open Swim (WC)
 3:00 PM Cottage Owners Brain Fitness (CC)
 3:30 PM Happy Hour with Jeni Michelson (Front Lobby)
 6:00 PM Evening Movie "007: Goldfinger" (AR)

10:00 AM Art Class with Scott (AR) **15**
 10:30 AM Cottage Sittercise (WC)
 11:15 AM Focused Fitness (WC)
 1:00 PM Hymns & Hope with Joel (LR)
 1:00 PM Open Gym (WC)
 2:00 PM Open Swim (WC)
 3:00 PM Cottage Owners Brain Fitness (CC)
 3:30 PM Happy Hour with Keith West (Front Lobby)
 6:00 PM Evening Movie "Play Misty for Me" (AR)

10:00 AM Art Class with Scott (AR) **22**
 10:00 AM Water Aerobics (IL) with Christine (WC)
 10:30 AM Cottage Sittercise (WC)
 11:15 AM Focused Fitness (WC)
 1:00 PM Hymns & Hope with Joel (LR)
 1:00 PM Open Gym (WC)
 2:00 PM Open Swim (WC)
 3:00 PM Cottage Owners Brain Fitness (CC)
 3:30 PM Happy Hour with Music and Sonya Shell (DR)
 6:00 PM Evening Movie "The Sting" (AR)

10:00 AM Art Class with Scott (AR) **29**
 10:00 AM Water Aerobics (IL) with Christine (WC)
 10:30 AM Cottage Sittercise (WC)
 11:15 AM Focused Fitness (WC)
 1:00 PM Hymns & Hope with Joel (LR)
 1:00 PM Open Gym (WC)
 2:00 PM Open Swim (WC)
 3:00 PM Cottage Owners Brain Fitness (CC)
 3:30 PM Happy Hour with Loose Shoes! (DR)
 6:00 PM Evening Movie "The Great Gatsby" (AR)

Groundhog Day
 10:30 AM Cottage Sittercise (WC) **2**
 10:30 AM Crafts - Heart Stenciled Tea Towel (AR)
 2:00 PM Current Events (AR)
 2:00 PM Open Gym (WC)
 2:00 PM Fun Outing to Half Price Books and Starbucks (O)
 3:00 PM Open Swim (WC)
 4:00 PM Armchair Travels "Discover the Palace of Versailles" (AR)
 6:00 PM Friday Funnies Movie Time "Groundhog Day" (AR)

10:30 AM Cottage Sittercise (WC) **9**
 10:30 AM Crafts - Valentine Paper Chains (AR)
 11:15 AM Outing: Chick-Fil-A (Front Lobby)
 2:00 PM Current Events (AR)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 4:00 PM Armchair Travels "Tanzania: The Royal Tour" (AR)
 6:00 PM Friday Funnies Movie Time "Red Notice" (AR)

10:30 AM Cottage Sittercise (WC) **16**
 10:30 AM Crafts (AR)
 1:00 PM FUN FRIDAY OUTING: The Southern Museum of Civil War and Locomotive History (O)
 2:00 PM Current Events (AR)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 4:00 PM Armchair Travels in Italy with Rick Steves (AR)
 6:00 PM Friday Funnies Movie Time "Little Fockers" (AR)

9:30 AM Fitness and Health Testing (CC) **23**
 10:00 AM Library Outing (Meet in Front Lobby)
 10:30 AM Cottage Sittercise (WC)
 10:30 AM Crafts (AR)
 2:00 PM Current Events (AR)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 4:00 PM Armchair Travels in France with Rick Steves (AR)
 6:00 PM Friday Funnies Movie Time "Don't Look Up" (AR)

10:00 AM Coffee and Chat (CC) **3**
 10:30 AM Cottage Sittercise (WC)
 11:00 AM Classical Sounds (AR)
 11:15 AM Open Gym (WC)
 1:15 PM Move and Groove (WC)
 3:00 PM Resident Choice Activity (AR)
 6:00 PM Evening Movie "Gone Girl" (AR)

10:00 AM Coffee and Chat (CC) **10**
 10:30 AM Cottage Sittercise (WC)
 11:15 AM Open Gym (WC)
 1:15 PM Move and Groove (WC)
 4:00 PM Guitar With Leigh (DR)
 6:00 PM Evening Movie "Apollo 13" (AR)

10:00 AM Coffee and Chat (CC) **17**
 10:30 AM Cottage Sittercise (WC)
 11:00 AM Classical Sounds (AR)
 11:15 AM Open Gym (WC)
 1:15 PM Move and Groove (WC)
 3:00 PM Resident Choice Activity (AR)
 6:00 PM Evening Movie "Jurassic Park" (AR)

10:00 AM Coffee and Chat (CC) **24**
 10:30 AM Cottage Sittercise (WC)
 11:15 AM Open Gym (WC)
 1:15 PM Move and Groove (WC)
 4:00 PM Guitar With Leigh (DR)
 6:00 PM Evening Movie "Harriet" (AR)



Men's Breakfast

Wednesday, February 7, 8:30am
Casual Cafe

Guest Speaker: Greg Geis- Delta Pilot



February Cottage Calendar

Let's Eat

UNA BELLA NOTTE: ITALIAN
COTTAGE DINNER!

February 19th
5:30pm

The Legacy Room



**ELIZABETH'S
SWEETS**
POP-UP SHOP
FEBRUARY 13 11:00-1:00PM
LOBBY

Happy Hour



2-1 : Scotty Paulk
2-8: Jeni Michelson
2-15: TBA
2-22: TBA
2-29: Loose Shoes

HAPPY
BIRTHDAY

Residents

Fred Macey 2-6
Doni Whitley 2-7
Patsy Paget 2-12
Lillian Mortimer 2-15
Audrey Trojanowski 2-18
Gerry O'Hern 2-19
Ann Mennonoh 2-20
Joyce Carter 2-22
Don Covington 2-24

Staff

Maricela Sanchez 2-1
Henry Laseter 2-21

FEBRUARY OUTINGS

Friday 2/2 - Half Price Books and
Starbucks

Tuesday 2/6 - Movie Matinee: American
Fiction

Friday 2/9 - Chick-Fil-A

Friday 2/16 - The Southern Museum of
Civil War and Locomotive History

Friday 2/23 - Library and Dollar Tree

