

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 AR - Activity Room
 CC - Casual Cafe
 DR - Dining Room
 FP - Front Porch
 LR - Living Room

O - Outing
WC - Wellness Center

Taste of East Cobb!
 May 4th
 11am - 5pm

10:30 AM Cottage Sittercise (WC)
 11:00 AM Sterling Music Series with Thayer Naples (AR)
 11:15 AM Focused Fitness (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 Open Swim (WC)
 3:00 PM Wii Bowling (WC)
4:00 PM "Masters of the Air" FINALE (AR)
 6:00 PM Evening Movie Alfred Hitchcock's "Rear Window" (AR)

9:15 AM Meditation with Heather (AR)
10:00 AM Art Class with Scott (AR)
 10:00 AM Campus Water Aerobics with Christine (AL and IL) (WC)
 10:30 AM Cottage Sittercise (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 Joni and Tom Illi (DR)
 6:00 PM Evening Movie "Field of Dreams" Starring Kevin Costner (AR)

10:30 AM Otago Balance Class (IL) (WC)
 11:15 AM Focused Fitness (WC)
1:00 PM "Whittle Hooves" Mini-Horse Therapy (FP)
2:30 PM The Sterling Derby (Patio)
4:00 PM Armchair Travels "Visit Churchill Downs!" (AR)
 6:00 PM Friday Funnies Movie Time "Dodgeball" (AR)

Kentucky Derby
 10:00 AM Coffee and Chat (CC)
 10:30 AM Cottage Sittercise (WC)
 11:15 AM Open Gym (WC)
 1:15 PM Move and Groove (WC)
 3:00 PM Twisted Stitches (Library)
 4:00 PM Piano Recital (Front Lobby)
6:45 PM Kentucky Derby Viewing on the Big Screen! (AR)
 7:15 PM Evening Movie "Secretariat" (AR)

Orthodox Easter Cinco de Mayo
 9:00 AM In Touch with Dr. Charles Stanley (Channel 13 in your suite)
10:00 AM Holy Family Catholic Communion (AR)
11:00 AM Documentaries: "Cinco de Mayo" (AR)
 6:00 PM Evening Movie "Gravity" (AR)

Lew Brannon is 100!
 10:00 AM Water Aerobics with Louise Butts (WC)
 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 "My Best Friends Wedding" (AR)

9:15 AM Meditation with Heather (AR)
 10:30 AM Otago Balance Class (IL) (WC)
11:00 AM Bible Study with Joel (AR)
 1:15 PM Move and Groove (WC)
 2:00 PM Open Gym (WC)
 3:00 PM "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)
 3:00 PM Open Swim (WC)
 6:00 PM Evening Movie "Sideways" Nominated for 5 Academy Awards! (AR)

9:00 AM Optometrist Visit (WC)
 10:30 AM Cottage Sittercise (WC)
 11:15 AM Focused Fitness (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 "ManHunt" - Episode 1 (AR)
 6:00 PM Evening Movie Alfred Hitchcock's "Vertigo" (AR)

9:15 AM Meditation with Heather (AR)
10:00 AM Art Class with Scott (AR)
 10:00 AM Campus Water Aerobics with Christine (AL and IL) (WC)
 10:30 AM Yoga (IL) (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 on the Piano (Front Lobby)
 6:00 PM Evening Movie "The Graduate" (AR)
6:15 PM Feisty Fossils Cottage Owners Social (Library)

10:30 AM Mary Kay Pampering Session (AR)
 10:30 AM Otago Balance Class (IL) (WC)
11:00 AM Clothing Store Pop-Up! (Front Lobby)
 11:15 AM Focused Fitness (WC)
2:00 PM Ladies' Tea (AR)
 2:00 PM Men's Cards (CC)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
4:00 PM Armchair Travels "Hidden Aegean" (AR)
 6:00 PM Friday Funnies Movie Time "Wedding Crashers" (AR)

10:00 AM Coffee and Chat (CC)
 10:30 AM Cottage Sittercise (WC)
11:00 AM Classical Sounds (AR)
11:00 AM Clothing Store Pop-Up! (Front Lobby)
 11:15 AM Open Gym (WC)
 1:15 PM Move and Groove (WC)
 3:00 PM Twisted Stitches (Library)
 4:00 PM Leigh Plays Guitar in the Lobby! (Front Lobby)
 6:00 PM Evening Movie "Match Point" (AR)

Mother's Day
 9:00 AM In Touch with Dr. Charles Stanley (Channel 13 in your suite)
11:00 AM Documentaries "Straight up: Kentucky Bourbon" (AR)
 1:30 PM Residents' Art Show! (AR)
 6:00 PM Evening Movie "The Parent Trap" COMEDY! (AR)

10:00 AM Water Aerobics with Louise Butts (WC)
 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 "Lewis and Clark Part 1" (AR)

9:15 AM Meditation with Heather (AR)
 10:30 AM Otago Balance Class (IL) (WC)
11:00 AM Bible Study with Joel (AR)
1:00 PM Resident Council Meeting (AR)
 1:15 PM Move and Groove (WC)
 2:00 PM Open Gym (WC)
 3:00 PM "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)
 3:00 PM Open Swim (WC)
 4:00 PM "Name That Tune" (AR)
6:00 PM Evening Movie "Lewis and Clark Part 2" (AR)

10:30 AM Cottage Sittercise (WC)
 11:00 AM Sterling Music Series with Thayer Naples (AR)
 11:15 AM Focused Fitness (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)
 2:30 PM Ice Cream Truck! (FP)
 3:00 PM Open Swim (WC)
 3:00 PM Wii Bowling (WC)
4:00 PM "ManHunt" - Episode 2 (AR)
 6:00 PM Evening Movie Alfred Hitchcock's "North by Northwest" (AR)

9:15 AM Meditation with Heather (AR)
10:00 AM Art Class with Scott (AR)
 10:30 AM Cottage Sittercise (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)
3:45 PM Happy Hour with Music "Craig Gleeson on Guitar!" (Front Lobby)
 6:00 PM Evening Movie "Saturday Night Fever" (AR)

8:30 AM Men's Breakfast - Lockheed Martin (AR)
 10:30 AM Jeopardy (AR)
 10:30 AM Otago Balance Class (IL) (WC)
 11:15 AM Focused Fitness (WC)
1:00 PM Outing: Atlanta History Center and the Cyclorama (O)
 2:00 PM Current Events with John Hurlbut (AR)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
4:00 PM Armchair Travels "Amsterdam" and "The Netherlands: Beyond Amsterdam" (AR)
 6:00 PM Friday Funnies Movie Time "The Bounty Hunter" (AR)

The Preakness
 10:00 AM Coffee and Chat (CC)
 10:30 AM Cottage Sittercise (WC)
 11:15 AM Open Gym (WC)
 1:15 PM Move and Groove (WC)
 3:00 PM Twisted Stitches (Library)
6:45 PM The Preakness Horse Race (AR)
 7:00 PM Evening Movie "Men of Honor" (AR)

9:00 AM In Touch with Dr. Charles Stanley (Channel 13 in your suite)
10:00 AM Holy Family Catholic Communion (AR)
11:00 AM Documentaries "Idaho the Movie" Emmy Award Winning! (AR)
4:15 PM Good News Gospel Singers (Front Lobby)
 6:00 PM Evening Movie "The Bounty" (AR)

10:00 AM Water Aerobics with Louise Butts (WC)
 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 "Safe Haven" (AR)

9:15 AM Meditation with Heather (AR)
 10:30 AM Otago Balance Class (IL) (WC)
11:00 AM Bible Study with Joel (AR)
 1:15 PM Move and Groove (WC)
 2:00 PM Open Gym (WC)
 3:00 PM "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)
 3:00 PM Open Swim (WC)
 6:00 PM Evening Movie "Rain Man" (AR)

10:30 AM Cottage Sittercise (WC)
 11:15 AM Focused Fitness (WC)
 1:00 PM Piano with Dixie (LR)
 2:00 PM Open Gym (WC)
 2:00 PM Tasty Travel - Italy (AR)
 3:00 PM Open Swim (WC)
 3:00 PM Wii Bowling (WC)
4:00 PM "ManHunt" - Episode 3 (AR)
 6:00 PM Evening Movie Alfred Hitchcock's "The Birds" (AR)

9:15 AM Meditation with Heather (AR)
10:00 AM Art Class with Scott (AR)
 10:00 AM Campus Water Aerobics with Christine (AL and IL) (WC)
 10:30 AM Yoga (IL) (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 "Mister Roberts" (AR)

10:30 AM Otago Balance Class (IL) (WC)
 11:15 AM Focused Fitness (WC)
1:00 PM Outing: The Atlanta Botanical Gardens (O)
 2:00 PM Current Events (AR)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 4:00 PM Armchair Travels "Magic Mountains - Land of the Chamois" (AR)
 6:00 PM Friday Funnies Movie Time "Out of Sight" (AR)

10:00 AM Coffee and Chat (CC)
 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 Twisted Stitches (Library)
 4:00 PM Leigh Plays Guitar in the Lobby! (Front Lobby)
 6:00 PM Evening Movie "Dr. No" (AR)

9:00 AM In Touch with Dr. Charles Stanley (Channel 13 in your suite)
11:00 AM Documentaries: Georgia! "Cumberland Island" and "Carol on Cumberland" (AR)
 6:00 PM Evening Movie "Solace" (AR)

Memorial Day
 10:00 AM Water Aerobics with Louise Butts (WC)
 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 in Honor of Memorial Day! "American Sniper" (AR)

9:15 AM Meditation with Heather (AR)
 10:30 AM Otago Balance Class (IL) (WC)
11:00 AM Bible Study with Joel (AR)
 1:15 PM Move and Groove (WC)
1:30 PM Wii Bowling Tournament: Sterling East (WC)
 2:00 PM Open Gym (WC)
 3:00 PM "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)
 3:00 PM Open Swim (WC)
 4:00 PM "Name That Tune" (AR)
5:30 PM "Spring Picnic Supper" Cottage Owners Dinner (CC)
 6:00 PM Evening Movie "Spectre". 007 Again! (AR)

10:30 AM Cottage Sittercise (WC)
 11:15 AM Focused Fitness (WC)
 1:00 PM Piano with Dixie (LR)
 2:00 PM Open Gym (WC)
3:00 PM "The Bibliophiles" Book Club (Library)
 3:00 PM Open Swim (WC)
 3:00 PM Wii Bowling (WC)
4:00 PM "ManHunt" - Episode 4 (AR)
 6:00 PM Evening Movie Alfred Hitchcock's "The Man Who Knew Too Much" (AR)

9:15 AM Meditation with Heather (AR)
10:00 AM Art Class with Scott (AR)
 10:00 AM Campus Water Aerobics with Christine (AL and IL) (WC)
 10:30 AM Cottage Sittercise (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 - "Atlanta Joe" (DR)
 6:00 PM Evening Movie "Chinatown" (AR)

10:00 AM Library Outing (Meet in Front Lobby)
 10:30 AM Otago Balance Class (IL) (WC)
 11:15 AM Focused Fitness (WC)
 2:00 PM Current Events (AR)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
4:00 PM Armchair Travels "The Florida Keys: 200 Years of Paradise" (AR)
 6:00 PM Friday Funnies Movie Time "Sweet Home Alabama" (AR)