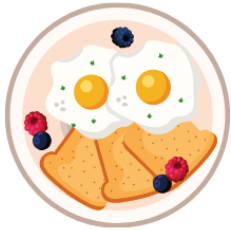


| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|--|--|--|---|---|--|
| LOCATION KEY AR - Activity Room CC - Casual Cafe DR - Dining Room FP - Front Porch LR - Living Room | CL - The Club WC - Wellness Center | Atlanta Braves Games will be shown on the Casual Cafe TV! | | 10:00 AM Art Class with Scott (AR) 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 1:00 PM Hymns & Hope with Joel (LR) 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) 3:00 PM Cottage Owners Brain Fitness (CC) 3:30 PM Happy Hour with Tom and Joni Illi (DR) 6:00 PM Evening Movie "The Caine Mutiny" (AR) | 10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts - Dragonfly Magnets (AR) 11:15 AM Focused Fitness (WC) 12:15 PM Sterling Olympics! Opening Ceremony (DR) 2:00 PM Current Events (AR) 2:00 PM Open Gym (WC) 3:00 PM Open Swim (WC) 4:00 PM Armchair Travels: Greece: Athens and the Islands (AR) 6:00 PM Friday Funnies Movie Time "Big" (AR) | National Watermelon Day 10:00 AM Coffee and Conversation (CC) 11:00 AM Bananagrams Game (AR) 2:00 PM Saturday Snack Bar "Fresh Chilled Watermelon" (AR) 3:00 PM Game: Tumbling Tower! (AR) 4:00 PM Leigh Plays Guitar in the Lobby! (Front Lobby) 6:00 PM Evening Movie "Goodfellas" Oscar Winner! (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 "Secrets of the Greek Gods - Ancient Discoveries" (AR) 2:00 PM BINGO (AR) 4:00 PM Games with Friends: Resident Choice! (AR) 6:00 PM Evening Movie "The Color Purple" *Nominated for 11 Academy Awards* (AR) | 10:00 AM Games: "Left, Right, Center" Bring 6 Quarters! (AR) 10:00 AM Sterling Olympics! Pool Events (WC) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:00 PM Open Gym (WC) 2:00 PM Sterling Olympics! Wii Bowling (WC) 2:30 PM Brain Fitness "Sudoku" (AR) 3:00 PM Open Swim (WC) 4:00 PM BINGO (AR) 6:00 PM Evening Movie "Akeelah and the Bee" (AR) 6:30 PM In Suite Movie: Ken Burns "LEWIS & CLARK" Part 1 (Channel 961) | 9:30 AM Sterling Olympics! Longest Football Throw, Basketball Free Throw, 3 Point Shot (FP) 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 1:15 PM Sterling Olympics! Ping Pong (WC) 2:00 PM Open Gym (WC) 2:00 PM Pokeno & Prizes (AR) 3:00 PM Open Swim (WC) 4:00 PM Quiddler (AR) 4:00 PM Table Topics Game (AR) 6:00 PM Evening Movie "Facing the Giants" (AR) 6:30 PM In Suite Movie: Ken Burns "LEWIS & CLARK" Part 2 (Channel 961) | 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 1:00 PM Massage Therapy (WC) 1:15 PM Sterling Olympics! Nerf Gun Skeet Shooting, Archery (WC) 2:00 PM Games: Jeopardy (AR) 2:00 PM Open Gym (WC) 2:00 PM Sterling Olympics! 3 Hole Putt Putt (WC) 3:00 PM Bio Motion Wellness Seminar on Diabetic and Custom Footwear (AR) 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) 4:00 PM Series: A Gentleman in Moscow - Episode 1 (AR) 6:00 PM Evening Movie. "Indiana Jones-Raiders of the Lost Ark" (AR) | 10:00 AM Art Class with Scott (AR) 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Yoga (Cottage Residents) (WC) 1:00 PM Sterling Olympics! Trivia (AR) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Sterling Olympics! Cornhole (FP) 3:30 PM Happy Hour with Jeni Michelson on the Piano (Front Lobby) 6:00 PM Evening Movie "Indiscreet" Starring Ingrid Bergman and Cary Grant (AR) 6:15 PM Feisty Fossils Cottage Owners Social (Library) | 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 12:15 PM Sterling Olympics! Medals and Closing Ceremony (DR) 1:00 PM BINGO (Rescheduled game) (AR) 2:00 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:30 PM International Beer Tasting (AR) 6:00 PM Friday Funnies Movie "Anyone But You" (AR) | 10:00 AM Coffee and Conversation (CC) 11:00 AM Bananagrams Game (AR) 1:00 PM Sterling Music Series with Thayer Naples (AR) 4:00 PM Games with Friends (AR) 6:00 PM Evening Movie "Jagged Edge" a Twisty Thriller! (AR) |
| Paris Olympics Closing Day 9:00 AM In Touch with Dr. Charles Stanley (Channel 13 in your suite) 11:00 AM Documentaries & Biographies "Sacagawea" (AR) 2:00 PM BINGO (AR) 3:15 PM Sketching with Seniors Volunteers- Painting with Acrylics (AR) 6:00 PM Evening Movie "Leave the World Behind" (AR) | 10:00 AM Games: "Left, Right, Center" Bring 6 Quarters! (AR) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:00 PM Open Gym (WC) 2:30 PM Brain Fitness "Wordle" (AR) 3:00 PM Open Swim (WC) 4:00 PM BINGO (AR) 6:15 PM In Suite Movie: Patriot Games (Channel 961) | 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 11:00 AM "Cottage Ladies Who Lunch" Blue Ridge Grill (Front Lobby) 2:00 PM Open Gym (WC) 2:30 PM Pokeno & Prizes (AR) 3:00 PM Open Swim (WC) 4:00 PM "Name That Tune" (AR) 6:00 PM Evening Movie "Silence of the Lambs" (AR) | 8:30 AM Men's Breakfast - Meet Bill Brown of the Dixie Classic Chevy Club (AR) 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 2:00 PM Games: Wheel of Fortune (AR) 2:00 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) 4:00 PM Series: A Gentleman in Moscow - Episode 2 (AR) 6:00 PM Evening Movie "Indiana Jones and the Temple of Doom" (AR) | 10:00 AM Art Class with Scott (AR) 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 1:00 PM Hymns & Hope with Joel (LR) 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) 3:00 PM Cottage Owners Brain Fitness (CC) 3:30 PM Happy Hour with Music (Front Lobby) 6:00 PM Evening Movie "Some Like it Hot" (AR) | 10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts - Beaded Bracelets (AR) 11:15 AM Focused Fitness (WC) 1:00 PM OUTING: Aviation and Technology Center at Dobbins Air Force Base (Front Lobby) 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 "Hidden Turkey" (AR) 6:00 PM Friday Funnies Movie "War Dogs" (AR) | 10:00 AM Coffee and Conversation (CC) 11:00 AM "Musical Favorites from the Past" with Tom Parrott (AR) 2:00 PM Saturday Snack Bar - Katherine's Toffee Cookies and Coffee! (AR) 3:00 PM Game: Tumbling Tower! (AR) 4:00 PM Leigh Plays Guitar in the Lobby! (Front Lobby) 6:00 PM Evening Movie "Spy Game" (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 "Mysterious Oceanic Oases" (AR) 2:00 PM BINGO (AR) 4:00 PM Games with Friends: Resident Choice! (AR) 6:00 PM Evening Movie "Castaway" (AR) | 10:00 AM Games: "Left, Right, Center" Bring 6 Quarters! (AR) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:00 PM Open Gym (WC) 2:30 PM SPEAKER Wanda Patterson "A Cherokee Romantic Tragedy" (AR) 3:00 PM Open Swim (WC) 4:00 PM BINGO (AR) 6:00 PM Evening Movie "Finding Neverland" (AR) | 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 2:00 PM Open Gym (WC) 2:00 PM Pokeno & Prizes (AR) 3:00 PM Open Swim (WC) 4:00 PM Quiddler (AR) 4:00 PM Table Topics Game (AR) 6:15 PM In Suite Movie: Baby Boom (Channel 961) | National Poets Day 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 1:00 PM Massage Therapy (WC) 2:00 PM Games: Jeopardy (AR) 2:00 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) 4:00 PM Series: A Gentleman in Moscow - Episode 3 (AR) 6:00 PM Evening Movie "Indiana Jones and the Last Crusade" (AR) | 10:00 AM Art Class with Scott (AR) 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Yoga (Cottage Residents) (WC) 1:00 PM Hymns & Hope with Joel (LR) 1:00 PM Open Gym (WC) 1:15 PM Wellness Seminar: Georgia Advance Directive for Healthcare Seminar (AR) 2:00 PM Open Swim (WC) 2:15 PM BINGO (AR) 3:00 PM Cottage Owners Brain Fitness (CC) 3:30 PM Happy Hour with Keith West on Guitar (Front Lobby) 6:00 PM Evening Movie "Guess Who's Coming to Dinner" (AR) | 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 1:00 PM OUTING: Funk History Center at Rheinhardt University (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 "Napoli and Beyond - Italy Travel" (AR) 6:00 PM Friday Funnies Movie "Guarding Tess" (AR) | 10:00 AM Coffee and Conversation (CC) 11:00 AM Bananagrams Game (AR) 1:00 PM Sterling Music Series with Thayer Naples (AR) 3:00 PM Snapshot Game! (AR) 4:00 PM Games with Friends (AR) 4:00 PM Idlewood Quartet (Front Lobby) 6:00 PM Evening Movie "Skyfall" (AR) |
| 9:00 AM In Touch with Dr. Charles Stanley (Channel 13 in your suite) 11:00 AM Documentaries and Biographies: "Call Me Kate" (AR) 2:00 PM BINGO (AR) 4:15 PM Sunday Strings Serenades with Jack, Turner and Brinda (Front Lobby) 6:00 PM Evening Movie "August: Osage County" (AR) | 10:00 AM Games: "Left, Right, Center" Bring 6 Quarters! (AR) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:00 PM Open Gym (WC) 3:00 PM Open Swim (WC) 4:00 PM BINGO (AR) 6:00 PM Evening Movie "Love Punch" (AR) | 10:00 AM Water Aerobics with Christine (WC) 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) 2:00 PM Open Gym (WC) 2:00 PM Pokeno & Prizes (AR) 3:00 PM Open Swim (WC) 4:00 PM "Name That Tune" (AR) 6:00 PM Evening Movie "Bridge of Spies" (AR) | 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 2:00 PM Games: Wheel of Fortune (AR) 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 Series: A Gentleman in Moscow - Episode 4 (AR) 4:30 PM Cottage Residents Trivia Night with Trivia Zone (CL) 6:00 PM Evening Movie "Indiana Jones and the Kingdom of the Crystal Skull" (AR) | 10:00 AM Art Class with Scott (AR) 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 1:00 PM Hymns & Hope with Joel (LR) 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) 3:00 PM Cottage Owners Brain Fitness (CC) 4:00 PM Happy Hour "Special 60's Show with Val Miller and Band!" (Front Lobby) 6:00 PM Evening Movie "National Lampoon's Animal House" (AR) | 10:00 AM OUTING: Library (Meet in Front Lobby) 10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts (AR) 11:15 AM Focused Fitness (WC) 1:00 PM OUTING: TJMaxx / Home Goods (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 "23 Most Beautiful Islands in the Mediterranean" (AR) 6:00 PM Friday Funnies Movie Time "Bruce Almighty" (AR) | 10:00 AM Coffee and Conversation (CC) 10:30 AM Cottage Sittercise (WC) 11:00 AM "Musical Favorites from the Past" with Tom Parrott (AR) 11:15 AM Open Gym (WC) 3:00 PM Game: Tumbling Tower! (AR) 4:00 PM Leigh Plays Guitar in the Lobby! (Front Lobby) 6:00 PM Evening Movie "Solace" (AR) |

August 2024

Cottage Community Calendar

august



Men's Breakfast

Wednesday, August 14, 8:30am

Guest: Bill Brown with the
DIXIE CLASSIC CHEVY CLUB

GOOD LUCK STERLING ATHLETES!



OUTINGS

8/16 Aviation & Technology
Center at Dobbins Air Force Base
8/23 Funk Heritage Center at
Rheinhardt University
8/30 Library and TJMaxx/Homegoods



Virginia Cone 8/6
Martin Morris 8/9
Angel Williamson 8/11
Jack Broman 8/17
Mel Less 8/17

Martha Lindeman 8/19/24

100

George Sanner 8/30

Ladies Lunch

Blue Ridge Grill
Tuesday 8/13

International Beer Tasting
Activity Room 8/9



Cottage Night Trivia
on 8/28 in
The Club

Employee Birthdays

Yasmin Fernandez 8/8
Lisdawati Lathanavong 8/18
Will Simril 8/19



At-Home Movie: Ken Burns' Lewis and Clark Documentary! August 5th and 6th at 6:30pm on Channel 961