

SUN	MON	TUE	WED	THUR	FRI	SAT							
	9:15 IL: ELEVATE (SL) 2:00 IL: Water Aerobics (WC) 2:00 IL: Afternoon Stretch (HAS) 2:00 IL- Learn to Play Mahjongg (HC) 2:30 IL: Open Swim (Pool) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	1	9:00 IL: Aqua Power (Pool) 9:30 IL: SITTE RCISE (HMR) 10:15 IL: Technology Help Desk (HMR) 1:00 IL- Rummikub (HMR) 1:00 IL: Mex Train Dominoes (HMR) 2:00 IL: BINGO (SL) 2:30 IL: Open Swim (Pool) 3:15 IL: Bible Study w/ Mic Knox (HMR)	2	9:15 IL: ELEVATE (SL) 10:00 IL: Sterling Men's Club (HMR) 11:15 IL: Parkinson's Exercise Class (SL) 12:00 IL- Wii Bowling League (SL) 2:00 IL: Water Aerobics (WC) 2:00 IL- Ladies Club (HMR) 2:30 IL: Open Swim (Pool) 3:00 IL: Knit & Crochet (HAS) 7:00 IL: Game Night: Hand and Foot (HMR)	3	9:00 IL: Aqua Power (Pool) 9:30 IL: SITTE RCISE (HMR) 10:00 IL: Open Art Studio (HAS) 11:00 IL: Sterling Bridge Club (HMR) 2:30 IL: Hand & Foot Card Game (HC) 2:30 IL: Open Swim (Pool) 3:00 IL: Ride to Library & Mail Room (Hampton/Stratford Lobbies)	4	10:00 "The Chosen" Video Series (HMR) 11:00 Catholic Communion Service (HMR) 2:00 IL: Weekly Painting Lessons w/ Scott (HAS) 2:30 IL: Open Swim (Pool) 3:30 IL: Golden Oldies w/ Bill (HMR)	5	2:30 IL: Open Swim (Pool) 7:00 IL: Game Night (HMR)	6	
9:00 VIDEO - Chair Yoga Class (TV 961) 2:00 IL- Wii Bowling League (SL) 2:00 IL- Movie Matinee (HMR) 4:00 IL- Happy Hour in the Club (HC)	7	9:15 IL: ELEVATE (SL) 1:00 IL- BUNCO (HMR) 2:00 IL: Water Aerobics (WC) 2:00 IL- Learn to Play Mahjongg (HC) 2:30 IL: Open Swim (Pool) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	8	9:00 IL: Aqua Power (Pool) 9:30 IL: SITTE RCISE (HMR) 10:15 IL: Technology Help Desk (HMR) 1:00 IL- Rummikub (HMR) 1:00 IL: Mex Train Dominoes (HMR) 2:00 IL: BINGO (SL) 2:30 IL: Open Swim (Pool) 3:15 IL: Bible Study w/ Mic Knox (HMR)	9	9:15 IL: ELEVATE (SL) 10:00 IL: Spouse Support Group (SL) 10:00 IL: Sterling Men's Club (HMR) 11:15 IL: Parkinson's Exercise Class (SL) 12:00 IL- Wii Bowling League (SL) 2:00 IL: Water Aerobics (WC) 2:00 IL- Indoor Plant Club (HAS) 2:30 IL: Open Swim (Pool) 3:00 IL: Knit & Crochet (HAS) 7:00 IL: Game Night: Hand and Foot (HMR)	10	9:00 IL: Aqua Power (Pool) 9:30 IL: SITTE RCISE (HMR) 10:30 APARTMENT Residents: Greeting Cards with Jennifer (HAS) 11:00 IL: Sterling Bridge Club (HMR) 2:00 COTTAGE Residents: Greeting Card Class (HAS) 2:30 IL: Hand & Foot Card Game (HC) 2:30 IL: Open Swim (Pool) 3:00 IL: Ride to Library & Mail Room (Hampton/Stratford Lobbies)	11	10:00 "The Chosen" Video Series (HMR) 11:00 Catholic Communion Service (HMR) 1:00 IL: Birthday Party in the Club (HC) 2:00 IL: Weekly Painting Lessons w/ Scott (HAS) 2:30 IL: Open Swim (Pool) 3:30 IL: Golden Oldies w/ Bill (HMR)	12	1:00 IL- Cottage-Resident Council Meeting (HC) 2:30 IL: Open Swim (Pool) 3:00 IL-Apartment Resident Council Meeting (HC) 7:00 IL: Game Night (HMR)	13
Daylight Savings Time Begins 9:00 VIDEO - Chair Yoga Class (TV 961) 2:00 IL- Wii Bowling League (SL) 2:00 IL- Movie Matinee (HMR)	14	9:15 IL: ELEVATE (SL) 2:00 IL: Water Aerobics (WC) 2:00 IL: Afternoon Stretch (HAS) 2:00 IL- Learn to Play Mahjongg (HC) 2:30 IL: Open Swim (Pool) 3:00 IL- Sterling Scholars Music History Class (HMR) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	15	9:00 IL: Aqua Power (Pool) 9:30 IL: SITTE RCISE (HMR) 10:15 IL: Technology Help Desk (HMR) 1:00 IL- Rummikub (HMR) 1:00 IL: Mex Train Dominoes (HMR) 2:00 IL: BINGO (SL) 2:30 IL: Open Swim (Pool) 3:15 IL: Bible Study w/ Mic Knox (HMR) 4:30 IL- Theme Dinner (HC) 6:30 IL- Theme Dinner (HC)	16	St. Patrick's Day 9:15 IL: ELEVATE (SL) 10:00 IL: Sterling Men's Club (HMR) 11:15 IL: Parkinson's Exercise Class (SL) 12:00 IL- Wii Bowling League (SL) 2:00 IL: Water Aerobics (WC) 2:00 IL: PageTurners Book Club (HMR) 2:30 IL: Open Swim (Pool) 3:00 IL: Knit & Crochet (HAS) 7:00 IL: Game Night: Hand and Foot (HMR)	17	9:00 IL: Aqua Power (Pool) 9:30 IL: SITTE RCISE (HMR) 10:00 IL: Open Art Studio (HAS) 11:00 IL: Sterling Bridge Club (HMR) 2:30 IL: Hand & Foot Card Game (HC) 2:30 IL: Open Swim (Pool) 3:00 IL: Ride to Library & Mail Room (Hampton/Stratford Lobbies)	18	10:00 "The Chosen" Video Series (HMR) 11:00 Catholic Communion Service (HMR) 12:00 IL- Bocce Ball Drawing for Teams (HC) 2:00 IL: Weekly Painting Lessons w/ Scott (HAS) 2:30 IL: Open Swim (Pool) 3:30 IL: Golden Oldies w/ Bill (HMR)	19	2:30 IL: Open Swim (Pool) 7:00 IL: Game Night (HMR)	20
9:00 VIDEO - Chair Yoga Class (TV 961) 2:00 IL- Wii Bowling League (SL) 2:00 IL- Movie Matinee (HMR)	21	9:15 IL: ELEVATE (SL) 1:00 IL- BUNCO (HMR) 2:00 IL: Water Aerobics (WC) 2:00 IL- Learn to Play Mahjongg (HC) 2:30 IL: Open Swim (Pool) 3:00 IL- Sterling Scholars Music History Class (HMR) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	22	9:00 IL: Aqua Power (Pool) 9:30 IL: SITTE RCISE (HMR) 10:15 IL: Technology Help Desk (HMR) 1:00 IL- Rummikub (HMR) 1:00 IL: Mex Train Dominoes (HMR) 2:00 IL: BINGO (SL) 2:30 IL: Open Swim (Pool) 3:15 IL: Bible Study w/ Mic Knox (HMR)	23	9:15 IL: ELEVATE (SL) 10:00 IL: Spouse Support Group (SL) 10:00 IL: Sterling Men's Club (HMR) 11:15 IL: Parkinson's Exercise Class (SL) 12:00 IL- Wii Bowling League (SL) 2:00 IL: Water Aerobics (WC) 2:00 IL- Wreath Making w/ Rita and Jill (HAS) 2:30 IL: Open Swim (Pool) 3:00 IL: Knit & Crochet (HAS) 7:00 IL: Game Night: Hand and Foot (HMR)	24	9:00 IL: Aqua Power (Pool) 9:30 IL: SITTE RCISE (HMR) 10:00 IL- On Site Jewelry Repair with Master Jeweler, Locksley Barrett (HC) 10:30 APARTMENT Residents: Greeting Cards with Jennifer (HAS) 11:00 IL: Sterling Bridge Club (HMR) 2:00 COTTAGE Residents: Greeting Card Class (HAS) 2:30 IL: Hand & Foot Card Game (HC) 2:30 IL: Open Swim (Pool) 3:00 IL: Ride to Library & Mail Room (Hampton/Stratford Lobbies)	25	10:00 "The Chosen" Video Series (HMR) 11:00 Catholic Communion Service (HMR) 2:00 IL: Weekly Painting Lessons w/ Scott (HAS) 2:30 IL: Open Swim (Pool) 3:30 IL: Golden Oldies w/ Bill (HMR)	26	Passover 2:30 IL: Open Swim (Pool) 7:00 IL: Game Night (HMR)	27
Palm Sunday 9:00 VIDEO - Chair Yoga Class (TV 961) 2:00 IL- Wii Bowling League (SL) 2:00 IL- Movie Matinee (HMR)	28	Holi 9:15 IL: ELEVATE (SL) 12:00 IL- Lunch and Learn (HC) 2:00 IL: Water Aerobics (WC) 2:00 IL: Afternoon Stretch (HAS) 2:00 IL- Learn to Play Mahjongg (HC) 2:30 IL: Open Swim (Pool) 3:00 IL- Sterling Scholars Music History Class (HMR) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	29	9:00 IL: Aqua Power (Pool) 9:30 IL: SITTE RCISE (HMR) 10:15 IL: Technology Help Desk (HMR) 1:00 IL- Rummikub (HMR) 1:00 IL: Mex Train Dominoes (HMR) 2:00 IL: BINGO (SL) 2:30 IL: Open Swim (Pool) 3:15 IL: Bible Study w/ Mic Knox (HMR)	30	9:15 IL: ELEVATE (SL) 10:00 IL: Sterling Men's Club (HMR) 11:15 IL: Parkinson's Exercise Class (SL) 12:00 IL- Wii Bowling League (SL) 2:00 IL: Water Aerobics (WC) 2:00 IL- Wreath Making w/ Rita and Jill (HAS) 2:30 IL: Open Swim (Pool) 3:00 IL: Knit & Crochet (HAS) 7:00 IL: Game Night: Hand and Foot (HMR)	31	ROOM KEY TV 961 - Channel 961 HAS - Hampton Art Studio HC - Hampton Club HMR - Hampton Media Room SL - Stratford Lounge WC - Wellness Center Pool - Wellness Center Pool					

March 2021

Cottage & Apartment Special Events
3165 Dallas Hwy, Marietta, GA 30064 770-255-7000



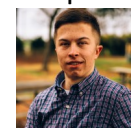
IL- Theme Dinner Hampton Club
St. Patrick's Day Celebration



On Tuesday March 16th we are calling all Leprechauns to follow the rainbow to the Hampton Club for an Irish good time.
Sign up in the Hampton Media Room for your desired seating. 4:30pm or 6:30pm

Sterling Scholars Music History Class

Class Starts Monday March 15th at 3:00pm
Hampton Media Room



Join us for a 5 week course in Music History. Starting with the Baroque Era and ending with the Modern Era. Class will be taught by a student from Kennesaw State University, Andrew Hughes. Andrew is a piano performance major at KSU and has been a pianist for 17 years.

IL- On Site Jewelry Repair with Master Jeweler, Locksley Barrett


Thursday March 25, 10:00 AM

Do you need a watch battery changed? Have a favorite necklace that you haven't been able to wear in a while because its broken? Bring it to the Hampton Club for repair on March 25th between 10am - 3:00pm.

Hampton Club

IL- Ladies Club
Wednesday March 3, 2:00 PM
Hampton Media Room

Join us March 3rd at 2:00pm in the Hampton Media Room. Our guest speaker will be resident, Bob Wacker discussing his career with Disney.



Cottage Resident Council Meeting Saturday March 13th at 1:00pm in Hampton Club
Apt Resident Council Meeting Saturday March 13th at 3:00pm in Hampton Club

IL- Lunch and Learn
Monday March 29, 12:00 PM

March is National Nutrition Month. Join the Wellness Team for a cooking demo as we focus our attention on 'Eating Right Bite by Bite'.

Hampton Club



IL: Birthday Party in the Club
Friday March 12, 1:00 PM
Hampton Club

Please join us as we recognize our Residents born this month. Let's Celebrate with ice cream and birthday cake.

Thanks to Guardian Pharmacy for sponsoring this month's party.




Earl Hester 3/01	Marty Stahlman 3/21
Chuck Merchant 3/3	Carolyn Kier 3/21
Bob Steele 3/10	Bob Wacker 3/26
David Pierce 3/17	Joyce Schmidlin 3/28
Marvin Moss 3/19	Steve Cantone 3/29

Wednesdays
Sterling Men's Group
10am in Hampton Media Room
***Face Mask Required**

3/3 Dr. Tom Scott (Retired KSU Professor)
Bell Aircraft and the Origins of Modern Day Cobb Co.

3/10 Ayles Herrington (Director of Programs)
Wellstar Health Place

3/17- How to use an AED

3/24 Clay Ramsey (Author and Son of Resident)
Viral Literature, Alone Together in Georgia

3/31 Dr. Tom Scott (Retired KSU Professor)
Part II of Civil Rights in GA, Video Interviews

IL- Happy Hour in the Club
Sunday March 7, 4:00 PM
Hampton Club

Come meet your neighbors and enjoy a slice of pizza, a cold beer, a glass of wine or a soda. Sunday March 7th in the Hampton Club from 4:00pm to 6:00pm.



Spring Wreath Making w/Rita and Jill



Join us in the Hampton Art Studio on Wednesday March 24th & 31st 2:00pm

Announcements

Transportation: Due to COVID procedures, our drivers are responsible for covering the Wellness Center entrance so their daily driving schedules are limited. We understand your transportation requests to doctor appts are important. We ask that you enter requests into the Touchtown app as soon as possible as this will give our drivers a better opportunity to service your transportation needs.



Bocce Ball : Sign up in the Hampton Media Room if you would like to play in the Bocce Ball Spring Fling Tournament. On Friday March 19th at 12:00 Noon we will draw names for teams. Tournament will begin in April.

