

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY AR - Activity Room CC - Casual Cafe Ch. 2 - Channel 2 DR - Dining Room	GR2 - Game Room 2nd floor LR - Living Room WC - Wellness Center				9:30 Sittercise (WC) 10:30 Crafts (AR) 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) 3:45 Armchair Travels (AR) 6:00 Friday Movie With Friends. (AR)	10:00 Coffee and Conversation (CC) 11:00 Classical Sounds (AR) 1:30 Bridge Club (GR2) 2:00 Saturday Snack Bar (AR) 3:00 Saturday Matinee (AR) 6:30 Evening Movie (Ch 2)
10:00 Catholic Mass (AR/Ch.2) 11:00 Church with Andy Stanley (Ch. 2) 11:00 Documentaries & Biographies (AR) 2:00 BINGO (AR) 4:00 One-on-Ones 6:30 Evening Movie (Ch 2)	Labor Day 9:30 Sittercise (WC) 10:00 BINGO (AR) 11:30 Walking Club (Front Lobby) 12:45 Happy Tails (LR) 1:30 Bridge Club (GR2) 2:00 History Club: History of Labor Day (AR) 4:00 Games with Friends: Uno (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) 11:00 Bible Study with Joel (AR) 2:00 Pokemo & Prizes (AR) 2:00 Water Aerobics (WC) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 4:00 TV Series: Man in the High Castle (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 One-on-Ones 1:00 Massage Therapist here from 1:00-5:00 (WC) 1:00 Piano with Dixie (LR) 1:30 Focused Fitness (WC) 2:00 Open Swim (WC) 2:30 Family Feud with EmpowerT (AR) 3:00 Wii Bowling (WC) 4:00 Group Trivia (LR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Art Class with Scott (AR) 1:00 Hymns & Hope with Joel (LR) 2:00 Water Aerobics (WC) 2:00 BINGO (AR) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 3:30 Happy Hour with Jeni Michelson (DR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:30 Crafts with Cornerstone (AR) 11:45 Lunch Outing: Chicken Salad Chick (Front Lobby) 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) 3:45 Armchair Travels (AR) 6:00 Friday Movie With Friends. (AR)	10:00 Coffee and Conversation (CC) 11:00 Games with Friends (AR) 1:30 Bridge Club (GR2) 2:00 Crafts with Vanessa (AR) 4:00 Guitar With Leigh (DR) 6:30 Evening Movie (Ch 2)
10:00 Catholic Mass (AR/Ch.2) 11:00 Church with Andy Stanley (Ch. 2) 11:00 Documentaries & Biographies (AR) 2:00 BINGO (AR) 4:00 One-on-Ones 6:30 Evening Movie (Ch 2)	9:30 Sittercise (WC) 10:00 BINGO (AR) 11:30 Wii Tennis (WC) 1:30 Bridge Club (GR2) 3:00 Chef Chat (AR) 4:00 Games with Friends: Trash Can (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) 11:00 Bible Study with Joel (AR) 2:00 Pokemo & Prizes (AR) 2:00 Water Aerobics (WC) 3:00 Open Swim (WC) 3:00 Resident Council Meeting (AR) 4:00 TV Series: Man in the High Castle (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Library Outreach with East Cobb Library (Front Lobby) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 One-on-Ones 1:00 Piano with Dixie (LR) 1:30 Focused Fitness (WC) 2:00 Open Swim (WC) 2:30 Target Shopping (Front Lobby) 3:00 Wii Bowling (WC) 4:00 Brain Games (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Art Class with Scott (AR) 1:00 Hymns & Hope with Joel (LR) 2:00 Water Aerobics (WC) 2:00 BINGO (AR) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 3:30 Happy Hour with Val Miller (DR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:30 Crafts (AR) 11:30 Movie Outing: Time and Title TBD (Front Lobby) 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) 3:45 Armchair Travels (AR) 6:00 Friday Movie With Friends. (AR)	Rosh Hashanah 10:00 Coffee and Conversation (CC) 11:00 Classical Sounds (AR) 1:30 Bridge Club (GR2) 2:00 Saturday Snack Bar (AR) 3:00 Saturday Matinee (AR) 6:30 Evening Movie (Ch 2)
10:00 Catholic Mass (AR/Ch.2) 10:00 Holy Family Catholic Communion (AR) 11:00 Church with Andy Stanley (Ch. 2) 11:00 Documentaries & Biographies (AR) 1:00 Music with Alan Weisenberg (DR) 2:00 BINGO (AR) 3:45 Rosh Hashanah Celebration (AR) 4:00 One-on-Ones 6:30 Evening Movie (Ch 2)	9:30 Sittercise (WC) 10:00 BINGO (AR) 11:30 Walking Club (Front Lobby) 1:30 Bridge Club (GR2) 2:00 Insight Hour (AR) 3:00 Chair Yoga (WC) 3:30 Music with Jeannette Crosswaite (LR) 4:00 Games with Friends: Scrabble (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) 11:00 Bible Study with Joel (AR) 2:00 Pokemo & Prizes (AR) 2:00 Water Aerobics (WC) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 4:00 TV Series: Man in the High Castle (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 One-on-Ones 1:00 Massage Therapist here from 1:00-5:00 (WC) 1:00 Piano with Dixie (LR) 1:30 Focused Fitness (WC) 2:00 Open Swim (WC) 2:30 Tasty Travels (AR) 3:00 Wii Bowling (WC) 4:00 Group Trivia (LR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Art Class with Scott (AR) 1:00 Hymns & Hope with Joel (LR) 2:00 Water Aerobics (WC) 2:00 BINGO (AR) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 3:30 Happy Hour with Loose Shoes (DR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:30 Crafts (AR) 11:45 Lunch Outing: Ming's Asian Kitchen (Front Lobby) 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) 3:45 Armchair Travels (AR) 6:00 Friday Movie With Friends. (AR)	10:00 Coffee and Conversation (CC) 11:00 Games with Friends (AR) 1:30 Bridge Club (GR2) 2:00 Crafts with Vanessa (AR) 4:00 Guitar With Leigh (DR) 6:30 Evening Movie (Ch 2)
Yom Kippur Begins 10:00 Catholic Mass (AR/Ch.2) 11:00 Church with Andy Stanley (Ch. 2) 11:00 Documentaries & Biographies (AR) 2:00 BINGO (AR) 4:00 One-on-Ones 6:30 Evening Movie (Ch 2)	Yom Kippur Ends 9:30 Sittercise (WC) 10:00 BINGO (AR) 11:30 Wii Tennis (WC) 1:30 Bridge Club (GR2) 2:30 New Resident Social (AR) 4:00 Games with Friends: Word Scapes (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Tuesday Trivia and Update (CC) 11:00 Bible Study with Joel (AR) 12:45 Wii Bowling Tournament: Outing to Sterling West (WC) 2:00 Pokemo & Prizes (AR) 2:00 Water Aerobics (WC) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 4:00 TV Series: Man in the High Castle (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Publix Run 10:30 Canasta & Uno (AR) 11:00 One-on-Ones 1:00 Piano with Dixie (LR) 1:30 Focused Fitness (WC) 2:00 Open Swim (WC) 3:00 Book Club (AR) 3:00 Wii Bowling (WC) 4:00 Brain Games (AR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Art Class with Scott (AR) 12:00 Sterling Superlatives Themed Lunch! (DR) 1:00 Hymns & Hope with Joel (LR) 2:00 Water Aerobics (WC) 2:00 BINGO (AR) 3:00 Move and Groove (WC) 3:00 Open Swim (WC) 3:30 Happy Hour with Keith West (DR) 6:00 Evening Movie (AR)	9:30 Sittercise (WC) 10:00 Library Outing (Meet in Front Lobby) 10:30 Crafts (AR) 1:30 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Swim (WC) 3:00 Brain Fitness (AR) 3:45 Armchair Travels (AR) 6:00 Friday Movie With Friends. (AR)	10:00 Coffee and Conversation (CC) 11:00 Classical Sounds (AR) 1:30 Bridge Club (GR2) 3:00 Saturday Matinee (AR) 6:30 Evening Movie (Ch 2)

September 2023

Activity and Social Calendar



Insight Hour

**Monday, Sept. 18th at
2:00PM**

**Join us in the Activity Room for an
information talk with a guest
Speaker!**

Fun Outings

Sept. 8th at 11:45AM

Lunch Outing: Chicken Salad Chick

Sept. 15th at 11:30AM

Movie Outing:

(Time Subject & Title TBD)

Sept. 22nd at 11:45AM

Lunch Outing: Ming's Asian Kitchen

Sept. 29th at 10:00AM

East Cobb Library

Thursday Happy Hour & Entertainment

Sept. 7th — Happy Hour with Jeni Michelson

Sept. 14th — Happy Hour with Val Miller

Sept. 21st — Happy Hour with Loose Shoes

Sept. 28th — Happy Hour with Keith West



Sterling Superlatives!

Themed Lunch

Thursday, September 28th

Dining Room @ 12:00PM

**Join us for our Sterling Superlatives
Themed Lunch! Each resident will receive a
superlative award... so dress sharp for our
awards ceremony!**

Happy Birthday

Residents

Steve Hochhauser 9/01

Gil Drake 9/05

Margery Macey 9/13

Gracie Pritts 9/16

Kirby Smith 9/18

Staff

Eseoghene Odiette 9/02

LaPorche Lyles 9/03

Delvin Harper 9/05

Patricia Underwood 9/09

Kathleen Parker 9/20

Deborah Killen-Mills 9/21

Louise Stefani 9/27

Jaqueline L. Lopez 9/30

