

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY AR - Activity Room CC - Casual Cafe DR - Dining Room GR2 - Game Room 2nd floor LR - Living Room WC - Wellness Center					10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts (AR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR)	10:00 AM Coffee and Chat (CC) 11:00 AM Classical Sounds (AR) 1:30 PM Bridge Club (GR2)
10:00 AM Catholic Mass (AR/Ch.2) 11:00 AM Documentaries & Biographies (AR)	Labor Day 10:00 AM Water Aerobics with Louise Butts (WC) 11:30 AM Walking Club (Front Lobby) 1:30 PM Bridge Club (GR2) 2:00 PM History Club: History of Labor Day (AR) 2:00 PM Open Gym (WC) 4:00 PM Games with Friends: Uno (AR)	10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC)	9:00 AM Open Swim from 9:00am-11:00am (WC) 10:30 AM Cottage Sittercise (WC) 1:00 PM Massage Therapist here from 1:00-5:00 (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Open Gym (WC) 2:30 PM Family Feud with EmpowerT (AR) 3:00 PM Wii Bowling (WC) 4:00 PM Group Trivia (LR)	10:00 AM Art Class with Scott (AR) 10:30 AM Cross Fit (WC) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:30 PM Cottage Brain Fitness (CC) 3:30 PM Happy Hour with Jeni Michelson (DR)	10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts with Cornerstone (AR) 11:45 AM Lunch Outing: Chicken Salad Chick (Front Lobby) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR)	10:00 AM Coffee and Chat (CC) 11:00 AM Games with Friends (AR) 1:30 PM Bridge Club (GR2) 4:00 PM Guitar With Leigh (DR)
10:00 AM Catholic Mass (AR/Ch.2) 11:00 AM Documentaries & Biographies (AR)	10:00 AM Water Aerobics with Louise Butts (WC) 11:30 AM Wii Tennis (WC) 1:30 PM Bridge Club (GR2) 2:00 PM Open Gym (WC) 3:00 PM Chef Chat (AR) 4:00 PM Games with Friends: Trash Can (AR)	10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC)	9:00 AM Open Swim from 9:00am-11:00am (WC) 10:00 AM Library Outreach with East Cobb Library (Front Lobby) 10:30 AM Cottage Sittercise (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Open Gym (WC) 2:30 PM Target Shopping (Front Lobby) 3:00 PM Wii Bowling (WC)	10:00 AM Art Class with Scott (AR) 10:30 AM Cross Fit (WC) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:30 PM Cottage Brain Fitness (CC) 3:30 PM Happy Hour with Val Miller (DR)	10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts (AR) 11:30 AM Movie Outing: Time and Title TBD (Front Lobby) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR)	Rosh Hashanah 10:00 AM Coffee and Chat (CC) 11:00 AM Classical Sounds (AR) 1:30 PM Bridge Club (GR2)
10:00 AM Catholic Mass (AR/Ch.2) 10:00 AM Holy Family Catholic Communion (AR) 11:00 AM Documentaries & Biographies (AR) 1:00 PM Music with Alan Weisenberg (DR) 3:45 PM Rosh Hashanah Celebration (AR)	10:00 AM Water Aerobics with Louise Butts (WC) 11:30 AM Walking Club (Front Lobby) 1:30 PM Bridge Club (GR2) 2:00 PM Insight Hour (AR) 2:00 PM Open Gym (WC) 3:00 PM Chair Yoga (WC) 3:30 PM Music with Jeannette Crosswaite (LR) 4:00 PM Games with Friends: Scrabble (AR)	10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC)	9:00 AM Open Swim from 9:00am-11:00am (WC) 10:30 AM Cottage Sittercise (WC) 1:00 PM Massage Therapist here from 1:00-5:00 (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Open Gym (WC) 2:30 PM Tasty Travels (AR) 3:00 PM Wii Bowling (WC) 4:00 PM Group Trivia (LR)	10:00 AM Art Class with Scott (AR) 10:30 AM Cross Fit (WC) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:30 PM Cottage Brain Fitness (CC) 3:30 PM Happy Hour with Loose Shoes (DR)	10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts (AR) 11:45 AM Lunch Outing: Ming's Asian Kitchen (Front Lobby) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR) 4:00 PM North GA State Fair Outing (Front Lobby)	10:00 AM Coffee and Chat (CC) 11:00 AM Games with Friends (AR) 1:30 PM Bridge Club (GR2) 4:00 PM Guitar With Leigh (DR)
Yom Kippur Begins 10:00 AM Catholic Mass (AR/Ch.2) 11:00 AM Documentaries & Biographies (AR)	Yom Kippur Ends 10:00 AM Water Aerobics with Louise Butts (WC) 11:30 AM Wii Tennis (WC) 1:30 PM Bridge Club (GR2) 2:00 PM Open Gym (WC) 4:00 PM Games with Friends: Word Scapes (AR)	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) 3:00 PM Cottage Open Swim (WC) 5:30 PM Cottage Party (Legacy Room)	9:00 AM Open Swim from 9:00am-11:00am (WC) 10:30 AM Cottage Sittercise (WC) 1:00 PM Piano with Dixie (LR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Open Gym (WC) 3:00 PM Book Club (AR) 3:00 PM Wii Bowling (WC)	10:00 AM Art Class with Scott (AR) 10:30 AM Cross Fit (WC) 12:00 PM Sterling Superlatives Themed Lunch! (DR) 1:00 PM Hymns & Hope with Joel (LR) 2:00 PM Open Gym (WC) 3:00 PM Cottage Open Swim (WC) 3:30 PM Cottage Brain Fitness (CC) 3:30 PM Happy Hour with Keith West (DR)	10:00 AM Library Outing (Meet in Front Lobby) 10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts (AR) 2:00 PM Cottage Open Swim (WC) 2:00 PM Current Events (AR)	10:00 AM Coffee and Chat (CC) 11:00 AM Classical Sounds (AR) 1:30 PM Bridge Club (GR2)

September

Cottage Party

Tuesday, September

26th at 5:30pm

Legacy Room

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. 22nd at 3:30PM

North GA State Fair

Insight Hour

Monday, September 18th

Activities Room at 2:00PM

With a Guest Speaker!

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!

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

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

