

| SUN  | MON   | TUE   | WED   | THUR   | FRI   | SAT   |
|--|---|---|---|--|---|---|
| 10:00 AM ONLINE: EWTN Global Catholic Service "The Daily Reading" (AR)<br>10:40 AM Documentaries "Sunday Best: The Untold Story of Ed Sullivan" (AR)<br>2:00 PM BINGO (AR)<br>4:00 PM Golden Oldies Music Hour (AR)<br>6:00 PM Evening Movie "The Right Stuff" (AR)                    | <b>31</b><br><b>LOCATION KEY</b><br>AR - Activity Room<br>CC - Casual Cafe<br>FP - Front Porch<br>LR - Living Room<br>CL - The Club   | WC - Wellness Center  |   |  | 10:30 AM Cottage Sittercise (WC)<br><b>10:30 AM Crafts "String Pull Art" (AR)</b><br>11:15 AM Focused Fitness (WC)<br>2:00 PM Open Gym (WC)<br>2:30 PM Current Events (AR)<br>3:00 PM Open Swim (WC)<br>4:00 PM Armchair Travels - The BEST of Nova Scotia: A Perfect 2 Week RV Road Trip (AR)<br>6:00 PM Friday Funnies Movie "Hitch" (AR)   | 10:00 AM Coffee and Conversation (CC)<br>10:30 AM Cottage Sittercise (WC)<br><b>11:00 AM "Musical Favorites from the Past" with Tom Parrott (AR)</b><br>11:15 AM Open Gym (WC)<br>1:00 PM Open Gym / Open Swim (WC)<br><b>2:00 PM Saturday Snack Bar "Ice Cream Sammies" (AR)</b><br>6:00 PM Evening Movie "LA Confidential" Winner of 2 Oscars! (AR)   |
| <b>10:00 AM Holy Family Catholic Communion (AR)</b><br>11:00 AM Documentaries "Louis Armstrong: Ambassador of Jazz" (AR)<br>2:00 PM BINGO (AR)<br>4:00 PM Golden Oldies Music Hour (AR)<br>6:00 PM Evening Movie "Water for Elephants" (AR)  | <b>3</b><br><b>Louis Armstrong's Birthday</b><br><b>10:00 AM Walking Club (Patio)</b><br>10:00 AM Water Aerobics with Christine (WC)<br>10:30 AM Cottage Sittercise (WC)<br>11:30 AM Wii Sports (WC)<br>2:30 PM Open Gym (WC)<br>3:00 PM Open Swim (WC)<br>3:45 PM BINGO! (AR)<br>6:00 PM Evening Movie "Just Like Heaven" (AR)<br>6:30 PM Cottage Game Night (CL)  | <b>5</b><br><b>Neil Armstrong's Birthday</b><br><b>10:30 AM Zumba with Karla (WC)</b><br>11:00 AM Bible Study with Joel (AR)<br><b>1:15 PM Cottage "Brain Games" (CL)</b><br>2:00 PM Open Gym (WC)<br>2:00 PM Pokeno & Prizes (AR)<br>3:00 PM Open Swim (WC)<br>6:00 PM Evening Movie "Armstrong" The Life Story of Neil Armstrong (AR)   | <b>6</b><br>10:00 AM Water Aerobics with Christine (WC)<br><b>10:00 AM Rummikub Game Time! (AR)</b><br>10:30 AM Cottage Sittercise (WC)<br>11:15 AM Focused Fitness (WC)<br><b>1:30 PM Massage Therapy (Appointment Required) (WC)</b><br>2:00 PM Open Gym (WC)<br>3:00 PM Open Swim (WC)<br>3:00 PM Wii Bowling (WC)<br><b>4:30 PM Cottage Residents Trivia and Dinner (CL)</b><br>6:00 PM Evening Movie "Let Him Go" (AR)   | <b>7</b><br><b>10:00 AM Art Class with Scott (AR)</b><br>10:30 AM Cottage Sittercise (WC)<br>11:15 AM Caregiver Support Group Facilitated by Joel (Shelly's Office)<br><b>1:00 PM Hymns &amp; Hope with Joel (LR)</b><br>1:00 PM Open Gym (WC)<br>2:00 PM BINGO! (AR)<br>2:00 PM Open Swim (WC)<br><b>3:30 PM Happy Hour with Music "Sonya Shell Performs Patsy Cline" (Front Lobby)</b><br>6:00 PM Evening Movie "Being There" (1979) (AR)  | <b>8</b><br>10:30 AM Cottage Sittercise (WC)<br><b>10:30 AM Crafts "Make a Floral Placemat" (AR)</b><br>11:15 AM Focused Fitness (WC)<br>2:00 PM Open Gym (WC)<br>2:30 PM Current Events (AR)<br>3:00 PM Open Swim (WC)<br>4:00 PM Armchair Travels - 10 Days Hiking the Tour de Mont Blanc" (AR)<br>6:00 PM Friday Funnies Movie "Deep Cover" (AR)   | <b>9</b><br>10:00 AM Coffee and Conversation (CC)<br>10:30 AM Cottage Sittercise (WC)<br><b>11:00 AM Sterling Music Series with Thayer! (AR)</b><br>11:15 AM Open Gym (WC)<br>1:00 PM Open Gym / Open Swim (WC)<br><b>2:00 PM Saturday Snack Bar "Coke Floats" (AR)</b><br>4:00 PM Leigh Plays Guitar in the Living Room! (Front Lobby)<br>6:00 PM Evening Movie "The Martian" Nominated for 7 Academy Awards! (AR)                                     |
| 10:00 AM ONLINE: EWTN Global Catholic Service "The Daily Reading" (AR)<br>10:30 AM Documentaries: "David Attenborough: A Life on Our Planet" DON'T MISS! (AR)<br>2:00 PM BINGO (AR)<br>6:00 PM Evening Movie "Heads of State" (AR)   | <b>10</b><br>10:00 AM Walking Club (Patio)<br>10:00 AM Water Aerobics with Christine (WC)<br>10:30 AM Cottage Sittercise (WC)<br><b>11:00 AM Pop-Up Shop with Accessories from Deb Frank! (Front Lobby)</b><br>11:30 AM Wii Sports (WC)<br>2:30 PM Open Gym (WC)<br><b>3:00 PM Chef Chat (AR)</b><br>3:00 PM Open Swim (WC)<br>3:45 PM BINGO! (AR)<br>6:00 PM Evening Movie "Me Before You" (AR)<br>6:30 PM Cottage Game Night (CL) | <b>12</b><br>10:30 AM Cottage Sittercise (WC)<br>11:00 AM Bible Study with Joel (AR)<br><b>11:00 AM "Cottage Ladies Who Lunch" The Capital Grille At Perimeter (Front Lobby)</b><br>2:00 PM Open Gym (WC)<br>2:30 PM Pokeno & Prizes (AR)<br>3:00 PM Open Swim (WC)<br>6:00 PM Evening Movie "The Blue Angels" (Documentary) (AR)   | <b>13</b><br><b>Alfred Hitchcock's Birthday</b><br>10:00 AM Water Aerobics with Christine (WC)<br><b>10:00 AM Rummikub Game Time! (AR)</b><br>10:30 AM Cottage Sittercise (WC)<br>11:15 AM Focused Fitness (WC)<br>2:00 PM Open Gym (WC)<br>3:00 PM Open Swim (WC)<br>3:00 PM Wii Bowling (WC)<br><b>4:30 PM Cottage Residents' Happy Hour and Dinner (CL)</b><br>6:00 PM Evening Movie "North by Northwest" (AR)   | <b>14</b><br>10:00 AM Art Class with Scott (AR)<br>10:30 AM Cottage Sittercise (WC)<br>11:15 AM Caregiver Support Group Facilitated by Joel (Shelly's Office)<br><b>12:40 PM Hymns &amp; Hope with Joel (LR)</b><br>1:00 PM Open Gym (WC)<br><b>1:15 PM Wellness Seminar: Hip and Knee Replacements (AR)</b><br>2:00 PM BINGO! (AR)<br>2:00 PM Open Gym (WC)<br>2:00 PM Open Swim (WC)<br><b>3:30 PM Happy Hour with Music "Jeni Michelson on the Piano" (Front Lobby)</b><br>6:00 PM Evening Movie "The Final Countdown" (1980) (AR)<br><b>6:15 PM Feisty Fossils Cottage Residents Social (CL)</b> | <b>15</b><br><b>10:00 AM OUTING: Booth Museum of Western Art and the Appalachian Grill (Front Lobby)</b><br>10:30 AM Cottage Sittercise (WC)<br><b>10:30 AM Crafts "Serene with Willowbrook Hospice Brings a Suprise Craft" (AR)</b><br>11:15 AM Focused Fitness (WC)<br>2:00 PM Open Gym (WC)<br>2:30 PM Current Events (AR)<br>3:00 PM Open Swim (WC)<br>4:00 PM Armchair Travels "Trans Siberian by Private Train" (AR)<br>6:00 PM Friday Funnies Movie Time "Identity Thief" (AR) | <b>16</b><br>10:00 AM Coffee and Conversation (CC)<br>10:30 AM Cottage Sittercise (WC)<br><b>11:00 AM "Musical Favorites from the Past" with Tom Parrott (AR)</b><br>11:15 AM Open Gym (WC)<br>1:00 PM Open Gym / Open Swim (WC)<br><b>2:00 PM Saturday Snack Bar "Popcorn Bar" (AR)</b><br>6:00 PM Evening Movie "The Dark Knight Rises" Action-Packed Award-Winning! (AR)   |
| <b>10:00 AM Holy Family Catholic Communion (AR)</b><br>11:00 AM Documentaries "Keeping the Faith" About Winston-Salem (AR)<br>2:00 PM BINGO (AR)<br><b>4:15 PM Walton High School String Quartet (LR)</b><br>6:00 PM Evening Movie "The Good Shepherd" (AR)                            | <b>17</b><br><b>"Welcome Aboard" Cruise Day</b><br><b>10:00 AM Walking Club (Patio)</b><br>10:00 AM Water Aerobics with Christine (WC)<br>10:30 AM Cottage Sittercise (WC)<br>11:30 AM Wii Sports (WC)<br>2:30 PM Open Gym (WC)<br>3:00 PM Open Swim (WC)<br>3:45 PM BINGO! (AR)<br>6:00 PM Evening Movie "South Pacific" Rodgers and Hammerstein (AR)<br>6:30 PM Cottage Game Night (CL)   | <b>19</b><br><b>Sterling Cruise Day 2</b><br>10:30 AM Cottage Sittercise (WC)<br>11:00 AM Bible Study with Joel (AR)<br><b>1:15 PM Cottage "Brain Games" (CL)</b><br>2:00 PM Open Gym (WC)<br>2:00 PM Pokeno & Prizes (AR)<br>3:00 PM Open Swim (WC)<br><b>4:00 PM Cruise Cocktails and Mocktails on the Lido Deck! (Front Lobby)</b><br>6:00 PM Evening Movie "Titanic" (AR)                                     | <b>20</b><br><b>Sterling Cruise Day 3</b><br>10:00 AM Water Aerobics with Christine (WC)<br><b>10:00 AM Rummikub Game Time! (AR)</b><br>10:30 AM Cottage Sittercise (WC)<br>11:15 AM Focused Fitness (WC)<br><b>1:30 PM Massage Therapy (Appointment Required) (WC)</b><br>2:00 PM Open Gym (WC)<br>3:00 PM Open Swim (WC)<br>3:00 PM Wii Bowling (WC)<br><b>4:30 PM Cottage Residents' Happy Hour and Dinner with Johnny Carlton (CL)</b><br>6:00 PM Evening Movie "The Poseidon Adventure" (AR) | <b>21</b><br><b>Sterling Cruise Day 4</b><br><b>10:00 AM Art Class with Scott (AR)</b><br>10:30 AM Cottage Sittercise (WC)<br>11:15 AM Caregiver Support Group Facilitated by Joel (Shelly's Office)<br><b>12:40 PM Hymns &amp; Hope with Joel (LR)</b><br>1:00 PM Open Gym (WC)<br><b>1:15 PM Wellness Seminar: Age Related Macular Degeneration (AR)</b><br>2:00 PM BINGO! (AR)<br>2:00 PM Open Gym (WC)<br><b>3:30 PM Happy Hour with Music "Rhythm and Rouge" (Front Lobby)</b><br>6:00 PM Evening Movie "Moby Dick" (1956) (AR)   | <b>22</b><br><b>Sterling Cruise Day 5</b><br>10:30 AM Cottage Sittercise (WC)<br><b>10:30 AM Crafts "Lotus Flower Suncatcher" (AR)</b><br>11:15 AM Focused Fitness (WC)<br>2:00 PM Open Gym (WC)<br><b>2:30 PM Current Events with Tim Naccarato! (AR)</b><br>3:00 PM Open Swim (WC)<br>4:00 PM Armchair Travels "Viking River Cruise along the Rhone River in France" (AR)<br>6:00 PM Friday Funnies Movie Time "The Way Way Back" (AR)  | <b>23</b><br>10:00 AM Coffee and Conversation (CC)<br>10:30 AM Cottage Sittercise (WC)<br><b>11:00 AM Sterling Music Series with Thayer! (AR)</b><br>11:15 AM Open Gym (WC)<br>1:00 PM Open Gym / Open Swim (WC)<br><b>2:00 PM Saturday Snack Bar "Brownie Sundae" (AR)</b><br>4:00 PM Leigh Plays Guitar in the Living Room! (Front Lobby)<br>4:00 PM Watercolor Painting (AR)<br>6:00 PM Evening Movie "The Departed" Winner of 4 Academy Awards (AR) |
| 10:00 AM ONLINE: EWTN Global Catholic Service "The Daily Reading" (AR)<br>11:00 AM Documentaries "The Secrets of the Kremlin: Putin's Palace" (AR)<br>2:00 PM BINGO (AR)<br><b>4:15 PM Wheeler High School Musical Program (LR)</b><br>6:00 PM Evening Movie "The Deepest Breath" (AR) | <b>24</b><br>10:00 AM Walking Club (Patio)<br>10:00 AM Water Aerobics with Christine (WC)<br>10:30 AM Cottage Sittercise (WC)<br>11:30 AM Wii Sports (WC)<br>2:30 PM Open Gym (WC)<br>3:00 PM Open Swim (WC)<br>3:45 PM BINGO! (AR)<br>6:00 PM Evening Movie "Crazy Rich Asians" (AR)<br>6:30 PM Cottage Game Night (CL)  | <b>26</b><br>10:00 AM Podiatrist Visit (Sign Up Required) (WC)<br><b>10:30 AM Zumba with Karla (WC)</b><br>11:00 AM Bible Study with Joel (AR)<br><b>12:45 PM Wii Bowling Tournament: Outing to Sterling West</b><br><b>1:15 PM Cottage "Brain Games" (CL)</b><br>2:00 PM Pokeno & Prizes (AR)<br><b>4:45 PM Cottage Dinner Outing "The Orient" (Front Lobby)</b><br>6:00 PM Evening Movie "Grace of Monaco" (AR) | <b>27</b><br>10:00 AM Water Aerobics with Christine (WC)<br><b>10:00 AM Rummikub Game Time! (AR)</b><br>10:30 AM Cottage Sittercise (WC)<br>11:15 AM Focused Fitness (WC)<br>2:00 PM Open Gym (WC)<br><b>3:00 PM "The Bibliophiles" Book Club (CC)</b><br>3:00 PM Open Swim (WC)<br>3:00 PM Wii Bowling (WC)<br><b>4:30 PM Cottage Residents' Happy Hour and Dinner "Music and Lyrics" (CL)</b><br>6:00 PM Evening Movie "The Last Rifleman" (AR)   | <b>28</b><br><b>10:00 AM Art Class with Scott (AR)</b><br>10:30 AM Cottage Sittercise (WC)<br>11:15 AM Caregiver Support Group Facilitated by Joel (Shelly's Office)<br><b>1:00 PM Hymns &amp; Hope with Joel (LR)</b><br>1:00 PM Open Gym (WC)<br>2:00 PM BINGO! (AR)<br>2:00 PM Open Swim (WC)<br><b>3:45 PM Happy Hour with Bill Gleeson Singing Sinatra! (Front Lobby)</b><br>6:00 PM Evening Movie "Dark Passage" (1947) (AR)   | <b>29</b><br><b>Team Jersey Day</b><br>10:30 AM Cottage Sittercise (WC)<br><b>10:30 AM Crafts "Mason Jar Fireflies" (AR)</b><br>11:15 AM Focused Fitness (WC)<br>2:00 PM Open Gym (WC)<br><b>2:00 PM Ice Cream Truck! (FP)</b><br>2:30 PM Current Events (AR)<br>3:00 PM Open Swim (WC)<br>4:00 PM Armchair Travels "Inside The Canary Islands Incredible And Varied Landscape" (AR)<br>6:00 PM Friday Funnies Movie Time "Bewitched" (AR)  | <b>30</b><br>10:00 AM Coffee and Conversation (CC)<br>10:30 AM Cottage Sittercise (WC)<br><b>11:00 AM "Musical Favorites from the Past" with Tom Parrott (AR)</b><br>11:15 AM Open Gym (WC)<br>1:00 PM Open Gym / Open Swim (WC)<br><b>2:00 PM Saturday Snack Bar "Root Beer Floats" (AR)</b><br>6:00 PM Evening Movie "The Woman in Cabin 10" (AR)   |

**The Bibliophiles  
August Selection**

**4.2 stars on  
Goodreads!**



A non-fiction thriller about the pivotal five months between the election of Abraham Lincoln and the start of the Civil War—a slow-burning crisis that finally tore a deeply divided nation in two.

**Read with us!  
Book Discussion on 8/27**



**All Aboard the  
SS Sterling! Your cruise around the  
world starts on Monday, the 18th!  
Pick up your passport  
in the Activity Room and enjoy a  
coffee at our coffee bar at 10:30!**



**Cottage Residents**

*Special Outings and Events*

- Cottage Trivia & Dinner - 8/6
- Accessories Pop-Up Shop in Lobby - 8/11
- Cottage Ladies Lunch at Capital Grille - 8/12
- Happy Hour & Dinner - 8/13
- Wellness Seminar: Hip & Knee Replacements - 8/14
- Feisty Fossils Social - 8/14
- OUTING:** Booth Museum of Western Art - 8/15
- Walton High School Quartet - 8/17
- Happy Hour & Dinner with Johnny Carlton - 8/20
- Wellness Seminar: Macular Degeneration - 8/21
- Wheeler High School Music - 8/24
- Sterling Cruise Week! - 8/18 - 8/22
- Pop-up Cruise Cocktails and Mocktails - 8/19
- Happy Hour & Dinner "Music & Lyrics" - 8/20
- Current Events with Tim Naccarato - 8/22
- Sweet Spirit Gospel Singers 8/27
- Ice Cream Truck! - 8/29



*Upstairs Happy Hours*

- Sonya Shell Performs Patsy Cline - 8/7
- Jeni Michelson on the Piano - 8/14
- Rhythm and Rouge - 8/21
- Bill Gleeson Sings Sinatra - 8/28

*Cottage Game Night!*

**Don't forget about  
Cottage Game Night  
Mondays at 6:30pm**

We'll work on some New York Times brain puzzles and have a lot of laughs. Do you think we can collectively make the "Genius" levels?



**Happy  
BIRTHDAY**

*Resident Birthdays*

- Larry Miller 8/5
- Doris Barbee 8/10
- Angel Williamson 8/11
- Frank Castagnaro 8/16
- Mel Less 8/17
- Jack Broman 8/17
- LaDell Sanders 8/29

*Employee Birthdays*

- Yasmin Fernandez 8/8
- Clara Maldonado 8/12
- Lisdawati Latthanavong 8/18
- Will Simril 8/19
- Ure Ogbuwa 8/28
- Elvira Zarate Palacios 8/28
- Ashlee Rankins 8/30

**Cottage Brain Games!**

Every Tuesday After Lunch  
1:15pm The Club