



Welcome to October!

With fall finally here and cooler weather approaching, we are excited for our newest residents to experience their first autumn here at Sterling Estates East Cobb! While it's truly a season of change for them, our long-term residents know just how special autumn is as we kick off with our Fall Festival and go non-stop all the way to the New Year! Not only are our grounds beautifully maintained and changing with color, but our community is decorated with pumpkins and gourds and colorful mums and fall leaves as we get ready for this new season! At our Fall Festival, we'll host a bluegrass band, have a slew of fun games, and some delicious Oktoberfest food! The families of our residents are invited to this special event, and it's wonderful to see the different generations of our residents.

We would love for you to drop in for a visit and tour our community! You'll get a sense of "home" here, in a beautiful apartment on beautiful grounds with our caring Sterling family!

Warm Regards,

Katherine Smith

*Life Enrichment Director
Sterling Estates of East Cobb*

Why Wait? Knowing the Right Time to Move to Independent Living

For many older adults, the decision to move into an independent living community is put off until it feels absolutely necessary. But waiting until crisis strikes can mean missing out on years of freedom, wellness, and joy that independent living provides.



[Learn More: What is the Right Time for Senior Living?](#)



October Events

At Sterling Estates East Cobb, we are **recognizing October as Breast Cancer Awareness Month** by wearing pink on Fridays and with a tribute wall where residents can place their name or the name of a friend or loved one on a pink ribbon. In addition, many residents are opting to wear a pink bracelet, sparkly pink ribbon, or pink scarf on their clothing this month!

In addition to our **Fall Festival in October**, we have all kinds of celebrations and fun activities on our calendar!

- 🍁 A fun pop-up shop in our lobby with a great variety of fun jewelry and accessories.
- 🍁 A “movie theater” afternoon, showing the movie “Downton Abbey: The Grand Finale” on the big screen and having yummy movie snacks.
- 🍁 A couple of trivia afternoons hosted by a professional trivia host.
- 🍁 A visit to the Atlanta Botanical Gardens to see the exhibit “Scarecrows in the Garden” with over 100 creative scarecrows on display.
- 🍁 An afternoon tour of some fabulous neighborhoods that are well-known for their outlandish Halloween decorations!
- 🍁 A “Monster Mash” party on Halloween featuring a great band and residents and staff dressing in costume!
- 🍁 Our Cottage Residents/Independent Living are taking a fall “leaf peeping” trip to Highlands, North Carolina.

All the above is wrapped up with **weekly happy hours** featuring live entertainment, amazing volunteers from local schools that give **classical musical performances and art lessons**, and wonderful people from the **local churches and the synagogue that remember our residents want to continue to pursue their faith!**

Come Visit Us

5 Signs it May Be Time for Senior Living

If you or a loved one are wondering whether it's the right time to transition, here are some key signs:

5 Signs it May be Time for Senior Living

01
Difficulty Maintaining the Home
Chores and repairs feel overwhelming.

02
Decreased Social Interaction
Days go by with little to no meaningful social contact.

03
Changes in Health or Mobility
Small challenges (stairs, driving, cooking) are becoming bigger obstacles.

04
Unpredictable Expenses
Rising costs of home maintenance and healthcare are straining finances.

05
Desire for More Freedom
The idea of travel, hobbies, and carefree living feels appealing – but current responsibilities get in the way.

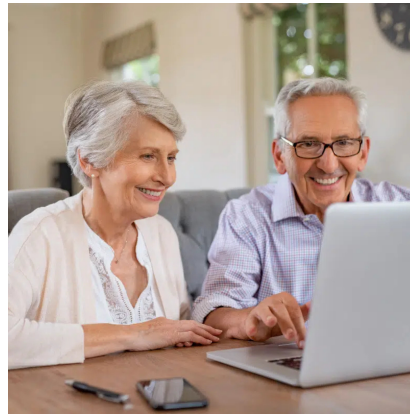


Why Now?



Guiding Loved Ones Through the Transition to Senior Living

By choosing independent living, your parents can continue to lead fulfilling lives in a secure setting tailored to their needs, allowing you peace of mind knowing they are living in a community with their peers in apartments dedicated to older adults.

[Read More](#)

Choosing The Right Type Of Senior Living

Discover how senior living communities can improve health, boost longevity, support cognitive function, and even offer a more cost-effective lifestyle.

[Read More About How to Choose](#)

Making the Move

Hear why so many Sterling residents wished they had planned and moved sooner.

[Watch The Video](#)



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SEASON THAT
TEACHES US
THAT CHANGE
CAN BE
BEAUTIFUL.”

Heather Stillufsen

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