



## Welcome to December!

As December arrives, we welcome the magic of the season: moments that spark joy, traditions that include all of us, and a community that brings comfort and light. At Sterling Estates, the residents and staff join together to decorate the community. From hanging ornaments on trees to setting out religious displays, everyone enjoys the camaraderie it brings. We also welcome new residents to our campus as they look forward to a new home close to loved ones for the holidays.

As we embrace December's joyful moments and treasured traditions, we also reflect on those who may be spending the season alone. Many seniors experience deep isolation at this time of year. By extending a visit, a call, or an invitation to our community events, we help ensure the season's magic reaches everyone.

With the New Year comes a fresh start for our senior living community. We're excited to shape a warm, engaging, and uplifting home where seniors can enjoy connection, purpose, and the joy of each new day. Please reach out if we can help with your search.

Warm Wishes,

Shelly Hill

*Director of Sales*

*Sterling Estates of East Cobb*

## Senior Wellness Programs: What to Look For in a Senior Living Community

*The meaning of "wellness" in senior living has evolved significantly in recent years compared to decades past. Communities now focus on supporting every aspect of senior well-being,*

*including physical, mental, and social health. Here is what to look for when you're researching senior community wellness programs:*



### What Makes A Good Senior Living Wellness Program

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### December Events

We have so many wonderful events happening here at Sterling Estates East Cobb this month of December!

We have some incredible music entertainers! The New York Jazz Cats just performed for us and they were a huge hit! In addition, we'll have a glitzy trio performing at our annual holiday party, a string quartet on a Sunday afternoon and a small orchestra performing their holiday program one day as well! Scouts will come to carol one afternoon and so will Victorian Carolers at our "Eggnog Social" just two days before Christmas. Two great outings are planned –one to the Georgia Symphony Orchestra's Holiday Pops and another to a local church for their Christmas worship

program. We'll also take the community bus one night to look at the nearby neighborhoods' holiday decorations!

At Sterling, we look for any excuse to have some fun! We celebrated a funny holiday, National Llama Holiday, by hosting a "Fa-la-la-Llama" social with a special coffee bar hosted by "Mocha My Day." The llamas dressed in their finest holiday attire and our residents dressed in colorful holiday sweaters made for some fun "Kodak" moments! And another event we're hosting—a dance company that's a wonderful group of senior ladies (we like to call them the East Cobb Rockettes) will perform their holiday show as well.

On a special Friday, we'll host a Holiday Bazaar, with vendors coming to sell items like pottery, jewelry and home decor for residents to do a little holiday shopping!

All this, wrapped up with holiday movies, crafts and art classes, music performances on our piano in the living room, Christmas morning mimosas and kringles and a beautifully decorated community create a wonderful home for our residents.





Come Visit Us



## Are holiday tunes good for your health? Here's what science says.

*What does science say about the impact of festive music on our mood and health? It turns out, your reaction to holiday tunes might reveal more than just your taste in music.*



[Read More On The Benefits of Holiday Music](#)



## 20 Festive Holiday Activities for Seniors

Whether your loved one lives independently, with family, or in a care community, the right activities can transform the holidays from a passive season into an engaging and heartwarming experience.

[Read More](#)



## Easing Holiday Isolation

Health issues, financial strain, family stress or the aches and pains of aging can make it challenging to participate in holiday activities. Here are 10 expert-backed tips to make the holidays more enjoyable for older adults.

[Read More](#)

## A Beautiful Look Inside The Sterling Estates Art Studio

*For many residents, art class becomes a place of accomplishment, confidence and joyful discovery. Whether they've painted for years or are picking up a brush for the first time, this space offers encouragement, expression and the opportunity to grow in new ways.*



# “I DIDN’T KNOW I COULD DO THIS!”

## A LOOK INSIDE OUR RESIDENT ART STUDIO



**STERLING**  
ESTATES  
Senior Living Communities  
**EAST COBB**

[Watch The Video](#)

# CROCKPOT PEPPERMINT WHITE HOT CHOCOLATE

NON-ALCOHOLIC | SERVINGS: 8

## ingredients

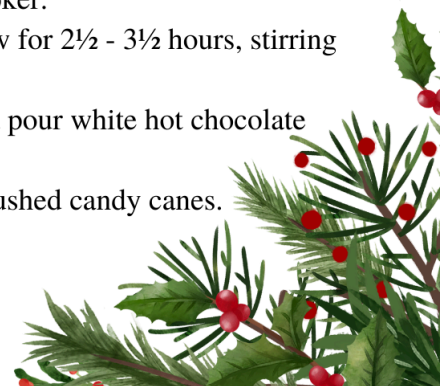
8 oz white chocolate  
broken into small pieces  
4 cups half and half  
2 cups milk  
14 oz can sweetened  
condensed milk  
7 oz jar marshmallow  
creme  
1 cup peppermint  
mocha creamer  
1 tsp peppermint extract  
Candy canes & whipped cream for garnish.



## directions

1. Combine white chocolate, half and half, milk, sweetened condensed milk, marshmallow creme, creamer, and peppermint extract in a slow cooker.
2. Cover with a lid and cook on low for 2½ - 3½ hours, stirring occasionally.
3. Place a candy cane in a mug and pour white hot chocolate over the top.
4. Top with whipped cream and crushed candy canes.

*\*Recipe from Mom On Timeout*



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