



Happy New Year to our residents, families, friends, and future neighbors! As we welcome 2026, I am filled with gratitude and excitement for all that lies ahead here at Sterling Estates.

We are proud to begin this year with a full house, a true testament to the warmth, vibrancy, and sense of community that make Sterling Estates such a special place to call home. Our residents are the heart of everything we do, and we are incredibly grateful for each and every one of them.

Your laughter, friendships, and stories are what make our community thrive.

Looking ahead, 2026 is shaping up to be a fantastic year. We have an exciting calendar planned, filled with enriching outings, engaging themed dinners, and memorable experiences. From museum visits and beautiful gardens to theaters and cultural events, there is truly something for everyone to enjoy. These opportunities are more than just activities; they are moments that create connection, joy, and lasting memories.

There is so much to offer here at Sterling Estates, and we are just getting started. If you or someone you love is considering a new place to call home, we invite you to stop by for a tour and see firsthand what makes our community so special. Here's to a joyful, active, and meaningful 2026. We truly believe this will be our best year yet.

Warmest Wishes,

Deana Harris
Executive Director

How to Choose an Assisted Living Community in Atlanta: Important Questions to Ask on Your Tour

With so many retirement communities to consider, visiting in person and asking the right questions can bring clarity and confidence as you get closer to making a decision.



Questions to Ask On A Tour

Sterling Estates' Bourbon, Bluegrass & Thoroughbred Tour

This May, Sterling Estates is excited to offer a truly unforgettable spring getaway as we travel to the heart of Kentucky for our Bourbon, Bluegrass, and Thoroughbred Tour. This carefully planned experience brings together history, culture, and classic Southern charm in one incredible journey.

Our home for the week will be the historic Brown Hotel in Louisville, a Kentucky landmark known for its timeless elegance and rich heritage. From this iconic setting, we'll explore the very best of the Bluegrass State.

The trip will include visits to two legendary thoroughbred horse farms, offering a behind-the-scenes look at the tradition and beauty of Kentucky's world-famous horse country. We'll also tour

renowned bourbon distilleries, where residents will learn about the craftsmanship and history behind America's native spirit and enjoy tastings along the way.

To conclude our adventure, we'll spend an unforgettable evening on Millionaires Row at Churchill Downs, taking in the excitement of twilight racing at one of the most iconic racetracks in the world.

It's a perfect finale to a week filled with memorable sights, experiences, and camaraderie.

This May, our spring trip is one of the highlights of our 2026 travel calendar, and space is limited.

We encourage residents to sign up and saddle up early to secure a spot on this exceptional adventure.

We are truly looking forward to sharing this remarkable journey and creating lasting memories together, Kentucky style.



TIME
to travel
MAY 11TH-15TH

LOUISVILLE & LEXINGTON- BOURBON, BLUEGRASS & THOROUGHBREDS



ALL-INCLUSIVE • EFFORTLESS • UNFORGETTABLE

- Stay at the Historic Brown Hotel
- Tour Second Stride Farm and Lane's End Farm
- Dine at top rated restaurants in Louisville
- Tour 2 Kentucky Bourbon Distilleries
- Enjoy a Day at Churchill Downs
- Tour the Derby Museum
- Twilight Racing on Millionaires Row



Top 10 Healthy New Year's Resolutions for Older Adults in 2026

Here are 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.



The Best New Year's Resolutions For Older Adults



Tip Sheet: Winter Safety for Older Adults

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather. Like most things in life, it is better to be prepared. Here are a few precautions older adults should take during the winter.

[Download The Tip Sheet](#)



Health Highlight: Glaucoma Awareness Month

January is Glaucoma Awareness Month. Glaucoma is a leading cause of irreversible blindness, but early detection is key to managing it effectively. Talk to your healthcare provider about your risk factors.

[Learn More About Glaucoma](#)

National Activity Professionals Day

January 23rd is Activity Professionals Day, and we couldn't be more grateful for their dedication. They work tirelessly to create engaging programs and events that foster connection, learning, and fun within our community. Be sure to thank them when you see them!

[Read More About National Activity Professionals Day](#)

Senior Living Activities That Build Community

Residents share how meaningful activities, a well-organized events calendar, and a caring group of associates help foster connection and prevent isolation. Whether it's a smile, a phone call, or time spent around the Mahjong table, life at Sterling Estates is rooted in friendship, engagement, and community support.



[Watch The Video](#)

Meet Betty!

Betty Boling represents what it means to be Sterling Strong. She is heavily involved in our Wellness programs. You can catch Betty working with weights in our Sit and Tone class or striking down pins in Wii Bowling. She is an excellent example of what it means to be dedicated to achieving her fitness goals. Her strength has improved noticeably, with steady progression in both endurance and stability. In addition, she greets everyone with a smile and is never afraid to make new friends. We

appreciate Betty for all she has accomplished and continue to strive for higher heights.



Meet Don!

Don Skiba truly embodies what it means to be Sterling Strong. He is an outstanding resident who is always ready to work and improve himself. You can often find him in his one-on-one workout sessions, where he consistently builds strength and endurance. Whether he is strengthening his muscles or increasing his stamina, Don always brings a positive attitude, smiling and enjoying the process. Over the past few weeks, he has made noticeable progress in strengthening his entire body. With his outgoing personality and strong work ethic, Don is a well-rounded individual who truly deserves recognition.



Visit us on Facebook and share your New Year's resolutions!



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3165 Dallas Hwy, Marietta, Georgia 30064 | (770) 255 7000

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