

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> AR - Activity Room CC - Casual Cafe DR - Dining Room LR - Living Room CL - The Club	WC - Wellness Center			New Year's Day 10:00 AM Art Class with Scott (AR) 10:30 AM Cottage Sittercise (WC) 12:00 PM Football! Orange Bowl: #4 Texas Tech vs. #5 Oregon (AR) 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) 3:30 PM Happy Hour with the Illi's! (DR) 4:00 PM Football on the Big Screen: The Rose Bowl: #9 Alabama v #1 Indiana (AR) 8:00 PM Football on the Big Screen: The Sugar Bowl #3 UGA v #6 Ole Miss (AR)	10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts "Winter Scene with Northern Lights on Glass" (AR) 11:15 AM Focused Fitness (WC) 2:00 PM Open Gym (WC) 2:30 PM Current Events (AR) 3:00 PM Open Swim (WC) 4:00 PM Armchair Travels "12 Best Places to Visit in Finland" (AR) 6:00 PM Evening Movie "Forrest Gump" Winner of 6 Oscars! (AR)	10:00 AM Coffee and Conversation (CC) 10:30 AM Cottage Sittercise (WC) 11:00 AM "Musical Favorites from the Past" with Tom Parrott (AR) 11:15 AM Open Gym (WC) 1:00 PM Open Gym / Open Swim (WC) 2:00 PM Saturday Snack Bar (AR) 2:30 PM On the Big Screen: Season 2! "Man On The Inside" Episode 5 (AR) 4:00 PM Leigh Plays Guitar in the Living Room! (Front Lobby) 6:00 PM Evening Movie "About a Boy" (AR)
10:00 AM Holy Family Catholic Communion (AR) 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC) 11:00 AM Documentaries "Land of Ice and Snow" (AR) 1:00 PM Weekly Devotions with Jan (CC) 2:00 PM BINGO (AR) 6:00 PM Evening Movie "The Fifth Quarter" (AR)	10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:30 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:45 PM BINGO (AR) 6:00 PM Evening Movie "Under the Tuscan Sun" (AR) 6:30 PM Cottage Game Night (CL)	10:15 AM Tuesday Trivia (AR) 10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 1:15 PM Wellness Seminar: Improving Sleep Quality (AR) 2:00 PM Open Gym (WC) 2:00 PM Pokeno & Prizes (AR) 3:00 PM Open Swim (WC) 6:00 PM Evening Movie "Train Dreams" (AR)	10:00 AM Water Aerobics with Christine (WC) 10:00 AM Rummikub Game Time! (AR) 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 1:30 PM Massage Therapy (Appointment Required) (WC) 2:00 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) 4:30 PM Cottage Residents Trivia and Dinner (CL) 6:00 PM Evening Movie "Elvis" (AR)	Elvis' 91st Birthday 10:00 AM Art Class with Scott (AR) 10:30 AM Yoga (WC) 1:00 PM Hymns & Hope with Joel (LR) 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) 3:30 PM Happy Hour with a SPECIAL GUEST! (Front Lobby) 6:15 PM Feisty Fossils Cottage Residents Social (CL) 7:30 PM Football On the Big Screen: The Fiesta Bowl (Semifinal) (AR)	10:30 AM Cottage Sittercise (WC) 10:30 AM Crossword on the Big Screen (AR) 11:15 AM Focused Fitness (WC) 1:15 PM OUTING: Movie: Song Sung Blue (Front Lobby) 2:00 PM Open Gym (WC) 2:30 PM Current Events (AR) 3:00 PM Open Swim (WC) 4:00 PM Armchair Travels "America Over The Edge: Maine"" (AR) 7:30 PM Football On the Big Screen: The Peach Bowl (Semifinal) (AR)	10:00 AM Coffee and Conversation (CC) 10:30 AM Cottage Sittercise (WC) 11:00 AM Sterling Music Series with Thayer! (AR) 11:15 AM Open Gym (WC) 1:00 PM Open Gym / Open Swim (WC) 1:30 PM "The Swinging 'Gates" Choir from Colgate University (LR) 2:00 PM Saturday Snack Bar (AR) 2:30 PM On the Big Screen: Season 2! "Man On The Inside" Episode 6 (AR) 6:00 PM Evening Movie "Jay Kelly" (AR)
10:00 AM ONLINE: Catholic Service (AR) 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC) 11:00 AM Documentaries "Secrets of Denali National Park" (AR) 1:00 PM Weekly Devotions with Jan (CC) 2:00 PM BINGO (AR) 3:30 PM Presentation: Recognizing SCAMS and FRAUD (AR) 6:00 PM Evening Movie "Everybody's Fine" (AR)	10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:30 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:45 PM BINGO (AR) 6:00 PM Evening Movie "Red Joan" (AR) 6:30 PM Cottage Game Night (CL)	10:15 AM Tuesday Trivia (AR) 10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 11:00 AM OUTING: "Cottage Ladies Who Lunch" Brookwood Grill (Front Lobby) 2:00 PM Open Gym (WC) 2:30 PM Pokeno & Prizes (AR) 3:00 PM Open Swim (WC) 6:00 PM Evening Movie "Cover-Up" A Documentary! (AR)	10:00 AM Water Aerobics with Christine (WC) 10:00 AM Rummikub Game Time! (AR) 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 2:00 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) 4:30 PM Cottage Residents' Happy Hour and Dinner (CL) 6:00 PM Evening Movie "The Last Word" (AR)	10:00 AM Art Class with Scott (AR) 10:30 AM Cottage Sittercise (WC) 1:00 PM Hymns & Hope with Joel (LR) 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) 3:30 PM Happy Hour with Randy Barnes on the Piano! (Front Lobby) 6:00 PM Evening Movie "Lonesome Dove" Part 1 (7 Primetime Emmys!) (AR)	10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts with Serene of Willowbrook Hospice (AR) 11:15 AM Focused Fitness (WC) 2:00 PM Open Gym (WC) 2:30 PM Current Events (AR) 3:00 PM Open Swim (WC) 4:00 PM Armchair Travels "San Diego Travel Guide 2025" (AR) 6:00 PM Evening Movie "Lonesome Dove" Part 2 (7 Primetime Emmys!) (AR)	10:00 AM Coffee and Conversation (CC) 10:30 AM Cottage Sittercise (WC) 11:00 AM "Musical Favorites from the Past" with Tom Parrott (AR) 11:15 AM Open Gym (WC) 1:00 PM Open Gym / Open Swim (WC) 2:30 PM Golden Girls Social! (AR) 4:00 PM Leigh Plays Guitar in the Living Room! (Front Lobby) 6:00 PM Evening Movie "Lee Daniels the Butler" (AR)
10:00 AM Holy Family Catholic Communion (AR) 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC) 11:00 AM Documentaries "Life in Color with David Attenborough - Hiding in Color" (AR) 1:00 PM Weekly Devotions with Jan (CC) 2:00 PM BINGO (AR) 4:00 PM Karaoke Group Sing-a-Long (AR) 6:00 PM Evening Movie "Selma" (AR)	Martin Luther King Jr. Day 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:30 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:45 PM BINGO (AR) 6:30 PM Cottage Game Night (CL) 7:30 PM On the Big Screen: National College Football Championship (AR)	10:15 AM Tuesday Trivia (AR) 10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 1:30 PM Sterling Staff Event: CPR Training (AR) 2:00 PM Open Gym (WC) 3:00 PM Open Swim (WC) 6:00 PM Evening Movie "Memoirs of a Geisha" (AR)	10:00 AM Water Aerobics with Christine (WC) 10:00 AM Rummikub Game Time! (AR) 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 1:30 PM Massage Therapy (Appointment Required) (WC) 2:00 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) 4:30 PM Cottage Residents' Happy Hour with the New York Jazz Cats and Dinner (CL) 6:00 PM Evening Movie "Lilly" (AR)	10:00 AM Art Class with Scott (AR) 10:30 AM Yoga (WC) 1:00 PM Hymns & Hope with Joel (LR) 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) 3:30 PM Happy Hour with Brandon Crocker (Front Lobby) 6:00 PM Evening Movie "Viva Las Vegas" (AR)	10:30 AM Cottage Sittercise (WC) 10:30 AM Crossword on the Big Screen (AR) 11:15 AM Focused Fitness (WC) 2:00 PM Open Gym (WC) 2:30 PM Current Events (AR) 3:00 PM Open Swim (WC) 4:00 PM Armchair Travels U.S. Virgin Islands: "The Caribbean's Unseen Paradise Unveiled" (AR) 6:00 PM Evening Movie "As Good As It Gets" (AR)	10:00 AM Coffee and Conversation (CC) 10:30 AM Cottage Sittercise (WC) 11:15 AM Open Gym (WC) 1:00 PM Open Gym / Open Swim (WC) 2:00 PM Saturday Snack Bar (AR) 2:30 PM On the Big Screen: Season 2! "Man On The Inside" Episode 7 (AR) 6:00 PM Evening Movie "Darkest Hour" (AR)
10:00 AM ONLINE: Catholic Service (AR) 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC) 11:00 AM Documentaries "Tricky Dick and the Man in Black - A Johnny Cash Story" (AR) 1:00 PM Weekly Devotions with Jan (CC) 2:00 PM BINGO (AR) 4:15 PM Walton High School Quartet (LR) 6:00 PM Evening Movie "Downton Abbey" (AR)	10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:30 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:45 PM BINGO (AR) 6:00 PM Evening Movie "How to Lose a Guy in 10 Days" (AR) 6:30 PM Cottage Game Night (CL)	National Holocaust Remembrance Day 10:15 AM Tuesday Trivia (AR) 10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 2:00 PM Open Gym (WC) 2:00 PM Pokeno & Prizes (AR) 3:00 PM Open Swim (WC) 4:30 PM Cottage Dinner Outing - Hong Kong Star (Front Lobby) 6:00 PM Evening Movie "The Pianist" (AR)	10:00 AM Water Aerobics with Christine (WC) 10:00 AM Rummikub Game Time! (AR) 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 2:00 PM Open Gym (WC) 3:00 PM "The Bibliophiles" Book Club (CC) 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) 4:30 PM Cottage Residents' Happy Hour and Dinner (CL) 6:00 PM Evening Movie "Downton Abbey-A New Era" (AR)	10:00 AM Art Class with Scott (AR) 10:30 AM Cottage Sittercise (WC) 1:00 PM Hymns & Hope with Joel (LR) 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) 3:30 PM Happy Hour with Music with Charles Haraway (Front Lobby) 6:00 PM Evening Movie "The Great Escape" (AR)	10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts "Snowflakes for Your Windows" (AR) 11:15 AM Focused Fitness (WC) 1:15 PM OUTING: The Atlanta History Center / Cyclorama (Front Lobby) 2:00 PM Open Gym (WC) 2:30 PM Current Events (AR) 3:00 PM Open Swim (WC) 4:00 PM Armchair Travels "Royal Secrets - Highclere Castle   British Royal Documentary" (AR) 6:00 PM Evening Movie "Downton Abbey - The Grand Finale" (AR)	10:00 AM Coffee and Conversation (CC) 10:30 AM Cottage Sittercise (WC) 11:00 AM "Musical Favorites from the Past" with Tom Parrott (AR) 11:15 AM Open Gym (WC) 1:00 PM Open Gym / Open Swim (WC) 2:00 PM Saturday Snack Bar (AR) 2:30 PM On the Big Screen: Season 2! "Man On The Inside" Episode 8 (AR) 4:00 PM Leigh Plays Guitar in the Living Room (LR) 6:00 PM Evening Movie "The Talented Mr. Ripley" (AR)



The Sterling Book Club,  
"The Bibliophiles"  
January Book Selection!



Rated 4.6  
stars  
by over 130K  
people!

### College Football Playoffs!

#### January 1st

##### **\*The Orange Bowl\***

#4 Texas Tech v #5 Oregon  
Noon

##### **\*The Rose Bowl\***

#9 **Alabama** v #1 Indiana  
4:00pm

##### **\*The Sugar Bowl\***

#3 **UGA** v #6 **Ole Miss**  
8:00pm

**Jan 8** The Fiesta Bowl  
7:30pm Teams TBD

**Jan 9** The Peach Bowl  
7:30pm Teams TBD



All Games Shown on the  
Big Screen in the Activity Room!



### Special Outings and Events

- 1/6 Wellness Seminar: Improving Sleep Quality
- 1/7 Happy Hour with Trivia/Dinner in the Club
- 1/9 OUTING: Movie "Song Sung Blue"
- 1/10 Sterling Music Series with Thayer
- 1/10 "The Swinging 'Gates" Choral Group
- 1/11 Presentation: "Recognizing SCAMS & FRAUD"
- 1/13 OUTING: Ladies' Lunch at the Brookwood Grill
- 1/14 Cottage Residents Happy Hour / Dinner
- 1/17 Celebrating Betty White! "Golden Girls Social"
- 1/21 Happy Hour with Music / Dinner in the Club
- 1/25 Walton High School Quartet
- 1/27 OUTING: Cottage Dinner at Hong Kong Star
- 1/30 OUTING: Atlanta History Center/Cyclorama



Resident Birthdays  
Evelyn Sholota 1/2  
Sally Slaton 1/3  
Mary Lee Beal 1/13  
Elaine Bourdeaux 1/13  
Sandy Reiss 1/18  
Scott Fantz 1/22  
Marie Schmidt 1/25  
John McKelvey 1/25  
Marjorie Phelps 1/29  
Sandy Fantz 1/29

Employee Birthdays  
Dior Sylla 1/1  
Tedar Fall 1/3  
Dana Draughton 1/14  
Brianna Carroll 1/30



### Happy Hour Entertainment in the Main Building

Jan 1 - The Illis  
Jan 8 - Surprise Guest!  
Jan 15 - Randy Barnes on Piano  
Jan 22 - Brandon Crocker  
Jan 29 Charles Haraway

**National Championship Game!**  
**Monday, January 19<sup>th</sup> 7:30PM**  
**In the Activity Room**  
**Who will be the final two?!**

