



STERLING ESTATES

Senior Living Communities

EAST COBB

NEWSLETTER

Welcome to February

This Valentine's Day, we're celebrating something that never goes out of style: feeling connected, cared for, and truly at home.

At Sterling Estates East Cobb, love shows up in the everyday moments—neighbors sharing coffee, staff who know your name (and your favorite dessert), and families who feel confident their loved one is supported and valued.

♡ **A Place Where Relationships Matter**

From meaningful friendships to compassionate care, our community is built around people looking out for one another. Whether it's a friendly chat in the hallway or a full calendar of social activities, there's always room to belong.

♡ **Comfort You Can Feel**

Private apartments, chef-prepared meals, and supportive services are all designed to make life easier—and more enjoyable—so you can focus on what matters most.

♡ **Peace of Mind for Families**

Knowing your loved one is safe, engaged, and treated with kindness is the greatest gift of all.

This Valentine's Day, we invite you to discover a community where warmth isn't just seasonal—it's part of everyday life.

If you'd like to learn more or schedule a visit, we'd love to connect.

With heartfelt wishes,

Katherine Smith, Life Enrichment Director

P.S. Drop in for a visit and see our “Love Wall!” It’s a beautiful wall of photographs of many of our residents on their wedding day!

What's Included in Senior Living Costs in Atlanta: Independent vs Assisted Living

This guide breaks down what is typically included in independent living and assisted living communities in the Atlanta area, explains why costs differ, and helps families evaluate value beyond the monthly rate.



[Read More](#)

Recent & Upcoming Events

This month, at Sterling Estates of East Cobb, we have so many fun programs! We celebrated **Valentine's Day** with a special lunch, roses, chocolate and love songs being played on the saxophone!

In addition, we have a special outing planned to **tour some beautiful Atlanta neighborhoods** and see and learn the history behind some of the historical homes. We will also **visit the Savoy Automobile Museum** and the **Tellus Science Museum** in Cartersville and **SCAD's (Savannah College of Art and Design) Fashion and Film museum** in downtown Atlanta.

On President's Day, **Abraham Lincoln will come and give the Gettysburg address**, and on Fat Tuesday, we'll celebrate **Mardi Gras** with a New Orleans style jazz band and beads and masks for everyone, along with a special Fat Tuesday themed lunch!

We can't forget that the Winter Olympics are this month and we have our own version of the **Olympics in our Wellness Center!** Can you believe we have competitions for ice hockey, ski jumping, snowball toss and **tabletop curling right in our building** (fun versions of it anyway!)

All this wrapped up with weekly happy hours with live entertainment, weekly crafts and art classes, brain games and much more!

Drop in and take a look at our monthly calendar—we know that keeping our seniors active and engaged is a great thing!

Little Things That Make Your Heart Happy

for Heart Health Awareness Month

01

Calling an old friend

02

Listening to a favorite song

03

Sharing a laugh over coffee

04

Spending time outdoors

05

Enjoying a good night's sleep



Show Your Heart Some Love

By making small changes today, you can help avoid heart problems down the road. The same habits that help keep your heart strong also reduce your risk for other conditions! Check out the helpful tips and free resources below!

[Get These Heart Healthy Tips](#)

The Surprising Number of Steps That Can Support a Longer Life

Staying active is known to bring a wide range of health benefits. But many older adults may struggle for a variety of reasons to maintain the step count they used to reach. Until now it has been unclear how much people need to do as they age to reap the rewards. But, this many steps is all they need...

[Find Out How Many Steps](#)

Senior Living Resource: The Sterling Estates Cost Calculator

Use our convenient Cost Calculator to compare the True Cost of Staying at Home vs. Moving to a Senior Living Community



Try The Cost Calculator

Sterling Estates East Cobb Wellness Center Tour

Join Connor, Wellness Director at Sterling Estates of East Cobb, for an inside look at our state-of-the-art Wellness Center—a cornerstone of our vibrant independent living community. Here, health and wellness are prioritized every day with programs designed to keep residents strong, active, and thriving.



Watch The Video

What Our Residents Love About Sterling Estates

"Sterling Estates is an environment that provides activities to keep people involved both mentally and physically. Here you find yourself connected to a community of people who will care for one another and share concerns with those around them. I have found that the staff is friendly and very well trained. They provide for the needs of people regarding dietary, mobility, strength and enthusiasm. Here we see that Independent and Assisted Living are to be valued and enjoyed, not feared. We live side by side and appreciate each other just as we would our brothers and sisters. This is a community of people living together as a family. How do I know this? I LIVE HERE!"

-RESIDENT-

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