



## Welcome to March

At Sterling Estates East Cobb, we believe that wellness means nurturing the whole person—body, mind, and spirit. While we often focus on physical health, keeping our minds sharp, engaged, and curious is equally important for maintaining independence and joy in our daily lives.

### **We have multiple ways in which we focus on cognitive health:**

**\*Brain Games Activities:** Regular activities where we play the New York Times' puzzles like the Crossword, Spelling Bee, Connections, Sudoku and Wordle. We play these as fun group games and our answers feed off each other so we almost always WIN as a group while enjoying each others' company.

**\*Weekly Art Classes** through a professional art instructor. Residents that didn't know how to paint, are seeing color, shadows, tint and hues in a whole new light! It's a great opportunity to learn something new!

**\*Games like Musical Bingo and Guess the Song from the Lyric** are great for our residents as these golden oldies generate great memories from our past—and so many residents can remember all the lyrics!

The Sterling Book Club, weekly documentaries, great outings to museums and historic sites, and speakers from various organizations all add to the fact that we are always focused on keeping our residents active and working on cognitive health without anyone even realizing it!

Drop in for a visit and pick up our loaded monthly calendar with all kinds of great activities!

Warmly,

**Katherine Smith**

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## How Do You Find Top-Rated Senior Living Communities in the Atlanta Area?

*In this guide, we'll walk through what "top-rated" really means, where to research communities, what matters most when you visit, and how to evaluate options with confidence.*



[Read More](#)

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### Recent & Upcoming Events

We have so many great events this month at Sterling Estates East Cobb! **A ranger from Kennesaw National Battlefield Park will come to speak** about the Atlanta Campaign of 1864 and bring maps and artifacts. In keeping with that theme, we've also planned **a trip to the Southern Museum of Civil War and Locomotive History in Kennesaw** and **a trip to the Archibald Smith Plantation in Roswell**. We celebrated St. Patrick's Day with an Irish-themed lunch, Irish coffee bar and dancers from a local Irish dancing school. And since our residents are

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the **Byers Theater** in Sandy Springs.

In addition to those larger events and outings, we have wonderful happy hours with live music, fun exercise classes, wellness seminars through Emory, bowling and trivia competitions with our sister property Sterling Estates West Cobb and much more—we're always working to enrich our Sterling family's lives by offering a curated list of activities that can suit the wants and needs of many!

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**7 SIMPLE  
DAILY BRAIN BOOSTERS**

- Try a new recipe
- Switch your walking route
- Learn a new word each day
- Attend a lecture or class
- Call a friend
- Listen to new music
- Play strategy games

 [www.sterlingestates.com](http://www.sterlingestates.com)

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**How many of  
these tricky  
brain teasers  
can *you* answer  
correctly?**

### **58 Brain Teasers and Mind Puzzles That Will Leave You Stumped**

These tricky brain teasers will sharpen your mind and put your problem-solving skills to the test. See how many you can figure out — without cheating!

[Try Them All](#)

**What is  
brain health?**



### **Cognitive Health and Older Adults**

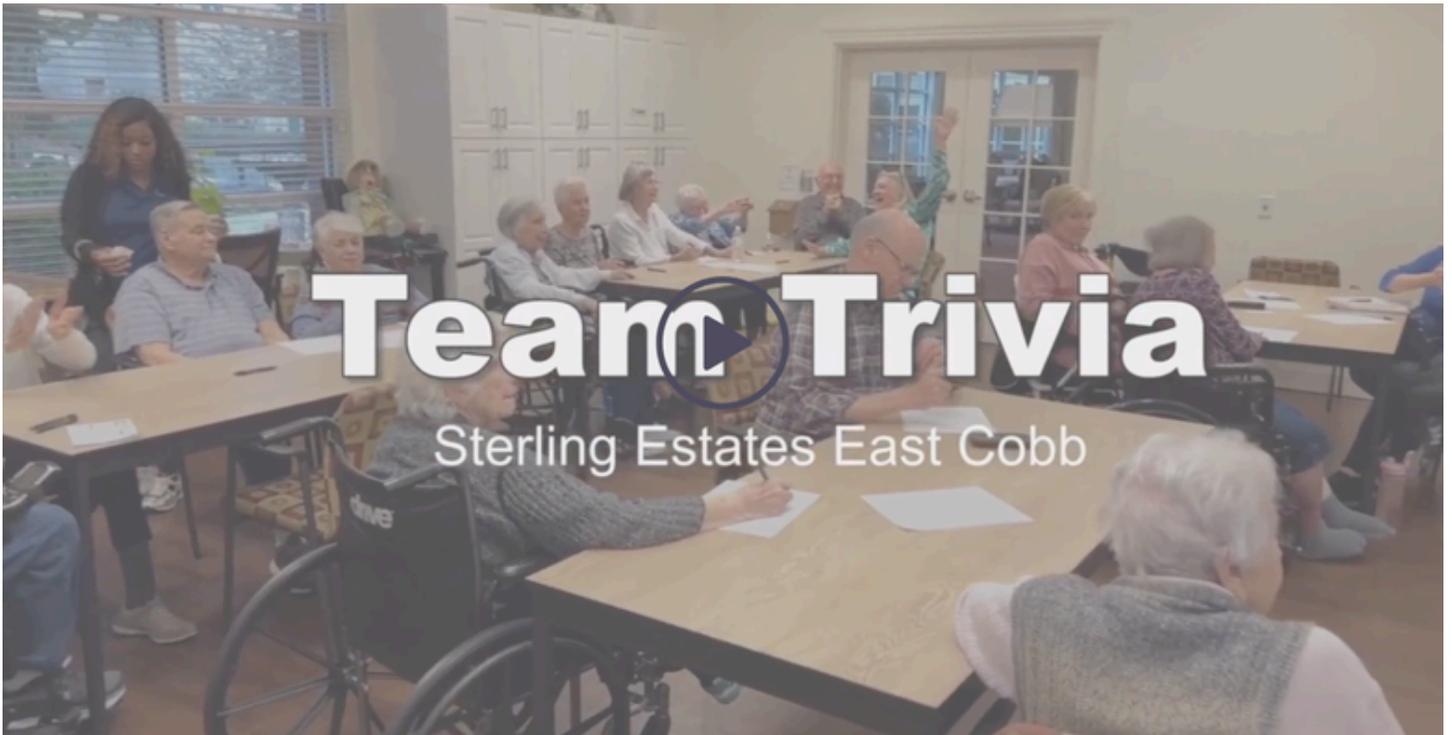
Cognitive health is the ability to think, learn, and remember clearly. It is needed to carry out many everyday activities effectively. Cognitive health is just one aspect of overall brain health. Scientific research suggests that there are steps you can take to reduce your risk of cognitive decline and help maintain your cognitive health.

[Read More](#)

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## **Senior Living Fun, Brain Games & Community Connection**

*Trivia helps keep the mind sharp, sparks curiosity, and brings residents together like family.*



[Watch The Video](#)

## The Legacy Memory Care Program at Sterling Estates of East Cobb

At Sterling Estates of East Cobb, we offer an innovative, enriching approach for those with cognitive challenges in a specifically designed, unique environment that promotes meaningful activities, social engagement, and dining opportunities.



Learn More About Memory Care At East Cobb

Visit us on Facebook and tell us how you exercise your brain every day!



Like Us On Facebook



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