

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
AR - Activity Room
CC - Casual Cafe
DR - Dining Room
FP - Front Porch
LR - Living Room

CL - The Club
WC - Wellness Center

Easter
10:00 AM Holy Family Catholic Communion (AR)
 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC)
 11:00 AM Documentaries The Grounds and Magnolia Lane Hallowed Grounds at Augusta National (AR)
 1:00 PM Weekly Devotions with Jan (AR)
 2:00 PM BINGO (AR)
4:00 PM Karaoke Group Sing-a-Long (AR)
6:00 PM Evening Movie "Ben Hur" Part 1 *Winner of 11 Academy Awards* (AR)

10:00 AM Water Aerobics with Christine (WC)
10:30 AM Cottage Sittercise (WC)
11:00 AM COTTAGE OUTING: Ladies' Lunch at Seasons 52 (Front Lobby)
 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 "Ben Hur" Part 2 *Winner of 11 Academy Awards* (AR)
 6:30 PM Cottage Game Night (CL)

9:30 AM Zumba with Karla (WC)
 10:15 AM Tuesday Trivia (AR)
10:30 AM Cottage Sittercise (WC)
 11:00 AM Bible Study with Russ (AR)
1:15 PM MOVIE OUTING: "Project Hail Mary" Time is TBD (Front Lobby)
 2:00 PM Open Gym (WC)
 2:00 PM Pokeno & Prizes (AR)
 3:00 PM Open Swim (WC)
3:00 PM Art Class with Scott (AR)
 6:00 PM Evening Movie "Life of Pi" Winner of 4 Oscars! (AR)
6:00 PM COTTAGE OUTING: Swan Lake Ballet at Sandy Springs Byers Theater (Front Lobby)

April Fool's Day
Passover
 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)
 1:15 PM Wellness Seminar: Emory St. Josephs- Shoulder Health (AR)
1:30 PM Massage Therapy (Appointment Required) (WC)
 2:00 PM Open Gym (WC)
2:30 PM Presentation: Aviation Program with Caden! (AR)
 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 "ARGO" (AR)

9:30 AM Yoga (WC)
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 the New York Jazz Cats (Front Lobby)
 6:00 PM Evening Movie "Tin Cup" (AR)

Good Friday
10:00 AM Holy Family: Good Friday Stations of the Cross (AR)
 10:30 AM Senior Fitness Training (WC)
11:00 AM Crafts: Cards for Carey (AR)
 11:15 AM Focused Fitness (WC)
 2:00 PM Open Gym (WC)
3:00 PM Sterling's Annual Family Egg Hunt and Social (Front Porch and Lawn)
 3:00 PM Open Swim (WC)
 6:00 PM Evening Movie "Finding Nemo" (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)
1:15 PM Historical Series On the Big Screen: "John Adams - Join or Die" Episode 1 (AR)
3:00 PM Saturday Snack Bar "Root Beer Floats" (AR)
 4:00 PM Mandala Spring Art (AR)
6:00 PM Evening Movie "Caddyshack" (AR)

Orthodox Easter
 10:00 AM ONLINE: Catholic Service (AR)
 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC)
 11:00 AM Documentaries: Titanic: Band of Courage (AR)
 1:00 PM Weekly Devotions with Jan (AR)
 2:00 PM BINGO (AR)
3:30 PM Presentation: The Importance of Online Safety (CL)
 4:00 PM Craft: Laminated and Pressed Flowers (AR)
 6:00 PM Evening Movie "Sideways" (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 "Elizabeth" Winner of 7 Academy Awards (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)
1:30 PM Staff Training (AR)
 2:00 PM Open Gym (WC)
 2:30 PM Pokeno & Prizes (AR)
 3:00 PM Open Swim (WC)
4:00 PM New York Times Games! (AR)
 6:00 PM Evening Movie "Fried Green Tomatoes" (AR)

Tax Day
 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 Meet Kevin Redmon (D) for Cobb County Commission District 3 (AR)
 3:00 PM Open Swim (WC)
 3:00 PM Wii Bowling (WC)
4:30 PM Cottage Residents' Happy Hour and Dinner with Sonya Shell (CL)
 6:00 PM Evening Movie "42: The Jackie Robinson Story" (AR)

9:30 AM Yoga (WC)
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 Loose Shoes! (Front Lobby)
 6:00 PM Evening Movie "The Long, Long Trailer" Lucille Ball and Desi Arnaz (AR)

10:00 AM OUTING: Gibbs Gardens with Lunch at the Café (Front Lobby)
 10:30 AM Senior Fitness Training (WC)
10:30 AM Crafts with Serene of Willowbrook Hospice (AR)
 11:15 AM Focused Fitness (WC)
1:30 PM OUTING: Dollar Tree (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 "Rick Steves Europe: West of England" (AR)
 6:00 PM Evening Movie "Hamnet" Nominated for 8 Oscars! (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)
1:15 PM Historical Series On the Big Screen: "John Adams - Don't Tread on Me" Episode 3 (AR)
3:00 PM Saturday Snack Bar "Popcorn Bar" (AR)
4:15 PM The Walton High School String Quartet (LR)
 6:00 PM Evening Movie "Sleepless in Seattle" (AR)

10:00 AM Holy Family Catholic Communion (AR)
 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC)
 11:00 AM Documentaries "True Whispers - The Story of the Navajo Code Talkers" Don't Miss this One! (AR)
 1:00 PM Weekly Devotions with Jan (AR)
 2:00 PM BINGO (AR)
3:00 PM COTTAGE OUTING: Jazz at the Strand "The Music of Ray Charles" (Front Lobby)
 4:00 PM Karaoke Group Sing-a-Long (AR)
 6:00 PM Evening Movie "The Client" (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 "Because of Winn Dixie" (AR)
 6:30 PM Cottage Game Night (CL)

9:30 AM Zumba with Karla (WC)
 10:15 AM Tuesday Trivia (AR)
10:30 AM Cottage Sittercise (WC)
 11:00 AM Bible Study with Joel (AR)
12:00 PM Speaker: Dr. Bryce Wyatt of Georgia Urology "Lunch and Learn" on Men's Urological Health (AR)
1:30 PM Wii Bowling at Sterling East (WC)
 2:00 PM Pokeno & Prizes (AR)
3:00 PM Art Class with Scott (AR)
 6:00 PM Evening Movie "August Rush" (AR)

Earth Day
 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 with Brandon Crocker (CL)
 6:00 PM Evening Movie "Cinderella Man" (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 Rhythm and Rouge (Front Lobby)
 6:00 PM Evening Movie "Get Smart!" (AR)

9:30 AM SENIOR FITNESS TESTING (TIME SLOTS BY FLOOR- SEE SIGNS) (WC)
10:30 AM Crafts "Derby Hats" (AR)
11:00 AM OUTING: Lunch at Salt Pub and a Tour of Bulloch Hall in Roswell (Front Lobby)
1:30 PM OUTING: East Cobb Library (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 "Rick Steves' Andalusia: The Best of Southern Spain" (AR)
 6:00 PM Evening Thriller! "Arlington Road" (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)
12:00 PM GYM CLOSSES TODAY (WC)
1:15 PM Historical Series On the Big Screen: "John Adams - Reunion" Episode 4 (AR)
3:00 PM Saturday Snack Bar "Sundae Bar" (AR)
 4:00 PM Leigh Plays Guitar in the Living Room! (Front Lobby)
 6:00 PM Evening Movie "Chocolat" (AR)

10:00 AM ONLINE: Catholic Service (AR)
10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC)
 11:00 AM Documentaries "A Summer on the Appalachian Trail" (AR)
 1:00 PM Weekly Devotions with Jan (AR)
 2:00 PM BINGO (AR)
3:30 PM Sketching with Seniors (AR)
 6:00 PM Evening Movie "The Straight Story" (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 "Must Love Dogs" (AR)
 6:30 PM Cottage Game Night (CL)

10:00 AM Podiatrist Visit (Sign Up Required) (WC)
 10:15 AM Tuesday Trivia (AR)
10:30 AM Cottage Sittercise (WC)
 11:00 AM Bible Study with Joel (AR)
1:15 PM Chico's Spring/Summer Fashion Show (DR)
 2:00 PM Open Gym (WC)
 2:00 PM Pokeno & Prizes (AR)
 3:00 PM Open Swim (WC)
3:00 PM Art Class with Scott (AR)
4:30 PM OUTING: Cottage Dinner at Osteria Mattone in Roswell (Front Lobby)
 6:00 PM Evening Movie "La La Land" Winner of 6 Oscars (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 Sterling Book Club "The Bibliophiles" (CC)
 3:00 PM Wii Bowling (WC)
4:30 PM Cottage Residents' Happy Hour and Dinner (CL)
 6:00 PM Evening Movie "The Quiet Man" Starring John Wayne (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 Keith West (Front Lobby)
 6:00 PM Evening Movie "Cold Mountain" Oscar Winner! (AR)



Special Speakers



- 4/1 - Caden Sumsky "Aviation"
- 4/1 Emory: Shoulder Health
- 4/8 JoAnn Birrel Candidate for Cobb Commission Dist. 3
- 4/9 GA Urology: Women's Session
- 4/12 Speaker: Online Safety
- 4/15 Kevin Redmon Candidate for Cobb Commission Dist. 3
- 4/21 GA Urology: Men's Session



Cottage Residents

***Don't Miss the Sterling Annual
Eggceptional Egg Hunt on
Friday April 3rd at 3:00pm!
Families are invited!***



Cottage Outings This Month

- 4/6 Ladies' Lunch at Seasons 52
- 4/7 Movie Outing: Project Hail Mary
- 4/7 Swan Lake Ballet at City Springs Theater
- 4/10 Nature Walk & Birding on the Chattahoochee
- 4/17 Gibbs Gardens
- 4/19 Jazz at the Strand-Music of Ray Charles
- 4/24 Bulloch Hall Tour and Lunch in Roswell
- 4/28 Cottage Dinner Out at Osteria Mattone



Resident Birthdays

- Wayne Plaster 4/5
- Faye Donnelly 4/11
- Bonnie Anton 4/12
- Ruth McDevitt 4/16
- John DeWolf 4/16
- Bob Norville 4/20
- Arlene Lipsy 4/28
- Mary Evans 4/28
- Joe Crouch 4/28

Employee Birthdays

- Sherry Hightower 4/16
- Jaedyn Carty 4/24

***Cottage Game Night
Every Monday
in the Club!***



***Feisty Fossils
Thursday, April 9th***

**Sterling's Annual Masters
Tournament! Friday, April 10th**



**Come Practice Your Swing!
Sign up in the Wellness Center!**

Other Special Events in April

- 4/1 Trivia Night/Dinner
- 4/3 Good Friday Service
- 4/4 & 4/18 Thayer Naples
- 4/5 Easter Lunch
- 4/15 Sonya Shell
- 4/22 Brandon Crocker
- 4/28 Chico's Fashion Show