

SUN MON TUE WED THUR FRI SAT

1
 10:00 AM Holy Family Catholic Communion (AR)
 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC)
 11:00 AM Documentary 3-Part Series "The Private Lives of the Tudors" Henry VIII: Rise of a Dynasty (AR)
 1:00 PM Weekly Devotions with Jan (CC)
 2:00 PM BINGO (AR)
 4:00 PM Leigh Plays Guitar in the Living Room! (Front Lobby)
 6:00 PM Evening Movie "The Right Stuff" Winner of 4 Academy Awards (AR)

2
 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 "The Sound of Music" Winner of 5 Oscars (AR)
 6:30 PM Cottage Game Night (CL)

3
 10:00 AM Purim Party Hosted by Chabad of Cobb (AR)
 10:15 AM Tuesday Trivia (DR)
 10:30 AM Circuit Training (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)
 6:00 PM Evening Movie "LBJ" (AR)

4
 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 "Ghosts of Mississippi" "Oscar Nominee" (AR)

5
 10:00 AM Art Class with Scott (AR)
 10:30 AM Circuit Training (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 Debra Lieb (Front Lobby)
 6:00 PM Evening Movie "From Russia With Love" (1963) (AR)

6
 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 "Hidden Malta" (AR)
 6:00 PM Evening Movie "The Mirror Has Two Faces" (AR)

7
 10:00 AM Coffee and Conversation (CC)
 10:30 AM Cottage Sittercise (WC)
 11:00 AM Sterling Music Series with Thayer Naples (AR)
 11:15 AM Open Gym (WC)
 12:00 PM GYM CLOSING TODAY (WC)
 1:15 PM Performance: The Hinkles Family on Piano and Cello (LR)
 2:00 PM Saturday Snack Bar (AR)
 6:00 PM Evening Movie "Speed" (AR)

8
 Daylight Savings Time Begins
 10:00 AM ONLINE: Catholic Service (AR)
 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC)
 11:00 AM Documentary: 3-Part Series "The Private Lives of the Tudors: Henry VIII The Tyrant King" (AR)
 1:00 PM Weekly Devotions with Jan (CC)
 2:00 PM BINGO (AR)
 3:00 PM Confession with Holy Family Catholic Church (Sterling Hair Salon)
 3:30 PM Program: "The Importance of Online Safety" (CL)
 4:00 PM Karaoke Group Sing-a-Long (AR)
 6:00 PM Evening Movie "The American President" (AR)

9
 10:00 AM Water Aerobics with Christine (WC)
 10:30 AM Cottage Sittercise (WC)
 11:00 AM POP-UP Jewelry Show (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 "Priscilla" Golden Globe Nominee (AR)
 6:30 PM Cottage Game Night (CL)

10
 10:15 AM Tuesday Trivia (AR)
 10:30 AM Circuit Training (WC)
 11:00 AM Bible Study with Joel (AR)
 1:30 PM Staff Training (AR)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 4:15 PM Documentary: Battle of Atlanta, Kennesaw Mountain 1864 (AR)
 6:00 PM Evening Movie "The Magic of Belle Isle" Starring Morgan Freeman (AR)

11
 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 Speaker: Ranger Jake Boling, "The Atlanta Campaign of 1864" (AR)
 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 Chucki Herendeen! (CL)
 6:00 PM Evening Movie "Father Goose" Starring Cary Grant (AR)

12
 10:00 AM Art Class with Scott (AR)
 10:30 AM Circuit Training (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 Keenan Blount (Front Lobby)
 6:00 PM Evening Movie "Dr. No" (AR)
 6:15 PM Feisty Fossils Cottage Residents Social (CL)

13
 10:30 AM Cottage Sittercise (WC)
 10:30 AM Crafts "Spring Decor" (AR)
 11:00 AM COTTAGE OUTING: Archibald Smith Plantation Tour and Lunch at the Fickle Pickle in Roswell (Front Lobby)
 11:15 AM Focused Fitness (WC)
 1:30 PM OUTING: Walmart Shopping (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 "Ireland Like You've Never Seen - Castles, Cliffs & Hidden Beauty" (AR)
 6:00 PM Evening Movie "The Shawshank Redemption" (AR)

14
 10:00 AM Special Irish Coffee Bar Today! (AR)
 10:30 AM Cottage Sittercise (WC)
 10:30 AM Performance: Irish Dancers (LR)
 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)
 4:00 PM Leigh Plays Guitar in the Living Room! (Front Lobby)
 6:00 PM Evening Movie "Captain Phillips" (AR)

15
 Academy Awards
 10:00 AM Holy Family Catholic Communion (AR)
 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC)
 11:00 AM Documentaries "The Private Lives of the Tudors: Elizabeth I: The Golden Age" (AR)
 1:00 PM Weekly Devotions with Jan (CC)
 2:00 PM BINGO (AR)
 6:00 PM Evening Movie "Miracle: The Boys of '80" (AR)

16
 10:00 AM Water Aerobics with Christine (WC)
 10:30 AM Cottage Sittercise (WC)
 11:15 AM COTTAGE OUTING: Ladies' Lunch at Zafron in Sandy Springs (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 "People We Meet on Vacation" (AR)
 6:30 PM Cottage Game Night (CL)

17
 St. Patrick's Day
 10:15 AM Tuesday Trivia (AR)
 10:30 AM Circuit Training (WC)
 11:00 AM Bible Study with Joel (AR)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 3:30 PM St. Patrick's Day Social and Limericks Contest (LR)
 6:00 PM Evening Movie "Belfast" (AR)

18
 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 and Dinner with Bill Gleeson! (CL)
 6:00 PM Evening Movie "Blue Moon" Nominated for 2 Oscars! (AR)

19
 10:00 AM Art Class with Scott (AR)
 10:30 AM Circuit Training (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 Sonya Shell (Front Lobby)
 6:00 PM Evening Movie "No Time for Sergeants" Starring Andy Griffith! 1958 (AR)

20
 First Day of Spring!
 10:30 AM Cottage Sittercise (WC)
 10:30 AM Sudoku on the Big Screen (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 "Georgia's Golden Isles" (AR)
 6:00 PM Evening Movie "The Birdcage" Starring Robin Williams and Nathan Lane (AR)

21
 10:00 AM Coffee and Conversation (CC)
 10:30 AM Cottage Sittercise (WC)
 11:00 AM Sterling Music Series with Thayer Naples (AR)
 11:15 AM Open Gym (WC)
 1:00 PM Open Gym / Open Swim (WC)
 2:00 PM Saturday Snack Bar (AR)
 6:00 PM Evening Movie "Skyfall" Bond...James Bond (AR)

22
 10:00 AM ONLINE: Catholic Service (AR)
 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC)
 11:00 AM Documentaries "Who Was St. Patrick and the History Behind Saint Patrick's Day" (AR)
 1:00 PM Weekly Devotions with Jan (CC)
 1:00 PM COTTAGE OUTING: Sandy Springs Theater "COME FROM AWAY" (Front Lobby)
 2:00 PM BINGO (AR)
 3:30 PM Sketching with Seniors Painting (AR)
 6:00 PM Evening Movie "Train Dreams" Nominated for 4 Oscars (AR)

23
 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 "Same Time, Next Year" Alan Alda and Ellyn Burstyn (AR)
 6:30 PM Cottage Game Night (CL)

24
 10:15 AM Tuesday Trivia (AR)
 10:30 AM Circuit Training (WC)
 11:00 AM Bible Study with Joel (AR)
 12:45 PM Wii Bowling at Sterling West
 1:30 PM Staff Training (AR)
 6:00 PM Evening Movie "The Last Word" (AR)

25
 10:00 AM Water Aerobics with Christine (WC)
 10:00 AM Rummikub Game Time! (AR)
 10:30 AM Cottage Sittercise (WC)
 10:30 AM Teacup Fairy Garden Craft with the Camellia Garden Club (AR)
 11:15 AM Focused Fitness (WC)
 2:00 PM Open Gym (WC)
 3:00 PM Open Swim (WC)
 3:00 PM Wii Bowling (WC)
 4:00 PM Sterling Book Club "The Bibliophiles" (CC)
 4:30 PM Cottage Residents' Happy Hour, Dinner and Special Awards Night! (CL)
 6:00 PM Evening Movie "Marriage Story" Nominated for 6 Academy Awards! (AR)

26
 10:00 AM Art Class with Scott (AR)
 10:30 AM Circuit Training (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 Illis! (Front Lobby)
 4:30 PM OUTING: Cottage Dinner at OK Cafe (Front Lobby)
 6:00 PM Evening Movie "Field of Dreams" (AR)

27
 10:30 AM Cottage Sittercise (WC)
 10:30 AM Crafts with Serene of Willowbrook Hospice (AR)
 11:15 AM Focused Fitness (WC)
 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 "Wild Cumberland Island" and "Ossabaw" (AR)
 6:00 PM Evening Movie "La La Land" Winner of 6 Oscars (AR)

28
 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)
 4:00 PM Leigh Plays Guitar in the Living Room! (Front Lobby)
 6:00 PM Evening Movie "North by Northwest" One of Alfred Hitchcock's Best! (AR)

29
 Palm Sunday
 10:00 AM ONLINE: Johnson Ferry Baptist Church Live Service (CC)
 10:00 AM SERVICE: Holy Family Catholic Church Palm Sunday and Communion (AR)
 11:00 AM Documentaries: "Jackie: A Tale of Two Sisters" (AR)
 1:00 PM Weekly Devotions with Jan (CC)
 2:00 PM BINGO (AR)
 3:30 PM Canvas and Games Hosted by Chabad of Cobb (AR)
 6:00 PM Evening Movie "The Swedish Connection" Based on a True Story! (AR)

30
 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 "Eleanor the Great" (AR)
 6:30 PM Cottage Game Night (CL)

31
 10:15 AM Tuesday Trivia (AR)
 10:30 AM Circuit Training (WC)
 11:00 AM Bible Study with Joel (AR)
 1:15 PM Wellness Seminar: Emory St. Josephs- Shoulder Health (AR)
 2:00 PM Open Gym (WC)
 2:15 PM Pokeno & Prizes (AR)
 3:00 PM Open Swim (WC)
 6:00 PM Evening Movie "The Trial of the Chicago 7" (AR)

LOCATION KEY
 AR - Activity Room
 CC - Casual Cafe
 DR - Dining Room
 LR - Living Room
 CL - The Club

WC - Wellness Center

Happy St. Patrick's Day on March 17th!

The Sterling Book.Club
"Bibliophiles" March Selection



Rated 4.3 stars!
Read with us!

Chabad of Cobb Hosts

- 3/3 Purim Party
- 3/29 Canvas & Games



Wednesday Nights in the Club

- 3/4 Trivia Night
- 3/11 Chuck Herenden (New!)
- 3/18 Bill Gleeson
- 3/25 Sterling Awards Night

St. Patrick's Day Social and Limerick Contest!



Cottage Residents

Special Outings and Events

- 3/4 Cottage Trivia Night
- 3/7 Piano & Cello Performance in Living Room
- 3/8 Program: "Online Safety" in the Club
- 3/9 Pop-up Jewelry Shop in Lobby
- 3/11 Ranger Jake Boling on the Atlanta Campaign
- 3/12 Feisty Fossils Meet-Up
- 3/13 Outing: Archibald Smith Plantation
- 3/14 Irish Dancers & Irish Coffee
- 3/16 Outing: Ladies' Lunch at Zafron
- 3/17 St. Patrick's Day Social and Limerick Contest
- 3/22 Outing: "Come From Away" Play
- 3/25 Camellia Garden Club "Teacup Garden" Craft
- 3/26 Dinner Outing: OK Cafe
- 3/31 Emory Speaker: Shoulder Health



Thursday Happy Hours Landmark Building

- 3/5 Debra Lieb
- 3/12 Keenan Blount
- 3/19 Sonya Shell
- 3/26 Tom & Joni Illi



Resident Birthdays

- Julia English 3/1
- Gretchen Patterson 3/2
- Dorothy Hallquist 3/6
- Bettye Smith 3/8
- Kathy Bartelme 3/8
- Robert Reiss 3/12
- Tania Castagnaro 3/15
- Gail Less 3/18
- Georgia Joiner 3/21
- Midge Whittington 3/24
- Bill Brunner 3/26



Employee Birthdays

- Isabel Cristina Rueda Tapias 3/1
- Frances Thervil 3/10
- Jasmine Swift 3/14
- Marcelline Nyangano 3/14
- Katherine Smith 3/10



and Irish Coffee Bar!