



Spring Has Sprung at Sterling Estates

From the desk of Deana Harris

March has arrived, and with it comes the welcome signs of spring all around us. The days are getting a little longer, the weather is beginning to warm, and you can feel the energy of a new season beginning. There is something about this time of year that brings a sense of renewal and excitement to our community.

One of the highlights of the month will certainly be our St. Patrick's Day themed dinner. This festive evening is always a wonderful opportunity for residents to gather, enjoy a delicious meal, and celebrate a little Irish cheer together. We encourage everyone to wear a touch of green and come ready for an evening filled with good food, laughter, and great company.

March is a perfect time to reconnect with neighbors, enjoy the beauty of the changing season, and take part in the many activities that make Sterling Estates such a vibrant and welcoming community.

Here's to the start of a beautiful spring season at Sterling Estates! 🍀🌸

Deana Harris

Executive Director

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.



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March Madness

March wouldn't be March without a little March Madness, and here at Sterling Estates, we are getting ready for our **Fourth Annual March Madness Shenanigans!** The excitement is already building as we prepare for another season of friendly competition, bracket predictions, and cheering on our favorite teams.

This has quickly become one of our most entertaining traditions. Residents gather to follow the tournament, compare brackets, celebrate the upsets, and of course enjoy a little playful rivalry along the way. Whether you are a devoted basketball fan or just enjoy the fun of the competition, there is always plenty of excitement to go around.

So get your brackets ready, pick your teams, and prepare for the surprises that make March Madness so much fun. One thing is certain: there will be plenty of laughs, spirited conversations, and maybe even a few bragging rights by the end of it all.

7 SIMPLE DAILY BRAIN BOOSTERS

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Learn a new word each day

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Play strategy games



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

What is brain health?



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

Cognitive Health and Older Adults

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](#)

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.

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Senior Living Activities That Build Community

Mahjong and Other Engaging Activities

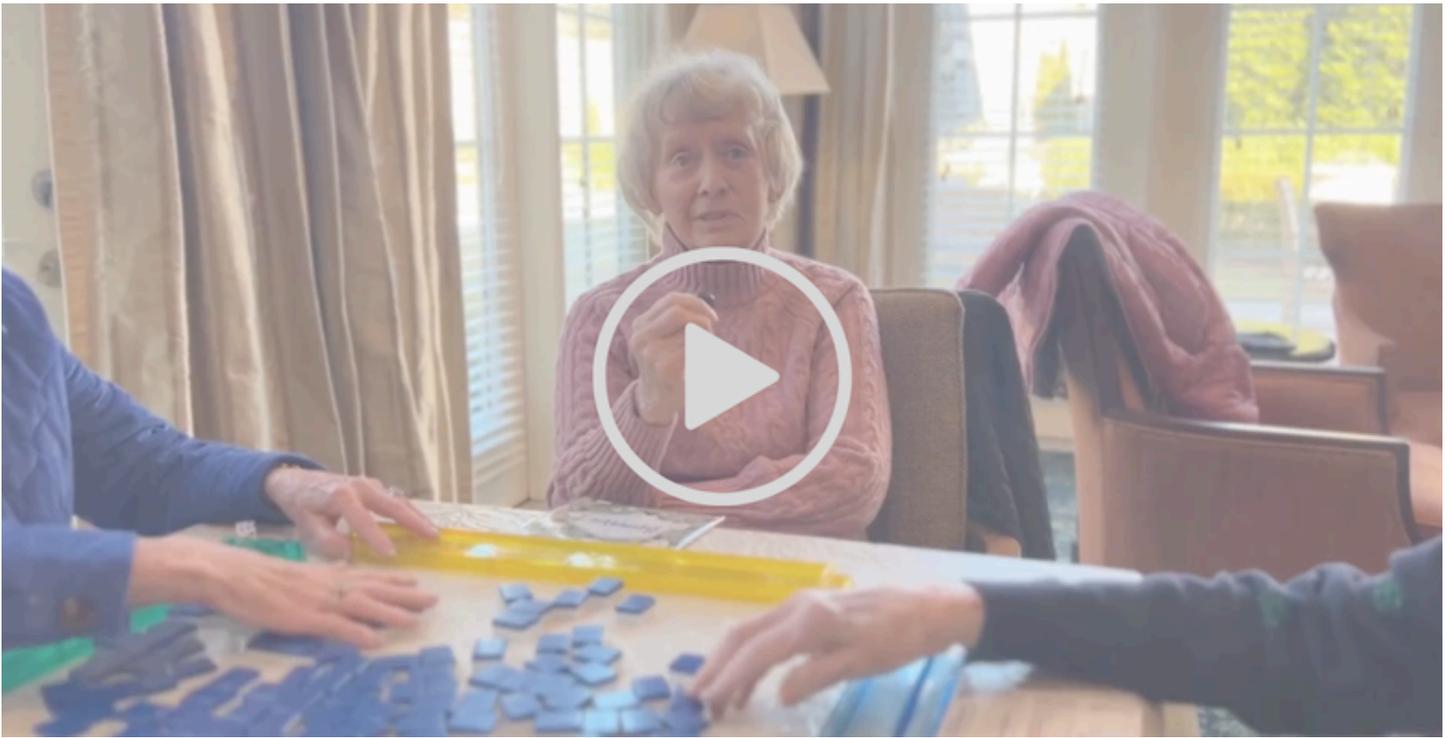
For this group of residents, Mahjong is more than a game—it's a weekly tradition that brings people together, keeps minds sharp, and creates something to look forward to.

One of the wonderful things about life at Sterling Estates is the opportunity to continue learning and trying new things. Lately, there has been quite a bit of excitement around learning new games, and one game in particular has taken the Assisted Living building by storm, Mahjong.

Mahjong has quickly become the number one game everyone is talking about. What started as a small group interested in learning has grown into a lively activity filled with strategy, laughter, and friendly competition. Residents are discovering that it's not only fun, but it also keeps the mind active and engaged.

Learning a new game like Mahjong is a perfect example of how it's never too late to try something new. It challenges the brain, keeps those "brain juices" flowing, and brings people together around the table to share in the fun of learning something different.

At Sterling Estates, we love seeing residents step out, give something new a try, and enjoy the process of learning together. Mahjong is just one example of how staying curious and engaged can keep both the mind and the spirit energized.



[Watch The Video](#)

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