



Dear Residents and Families,

As we welcome the beautiful month of April, we are excited to embrace all the joy and energy that springtime brings here at Sterling Estates. The blooming flowers and warmer days set the perfect backdrop for a season full of fun, connection, and memorable events.

One of our favorite traditions, the annual Sterling Masters Tournament, is right around the corner. This friendly and spirited event always brings out great participation and camaraderie among our residents. We are also looking forward to a very special beach party-themed dinner, where our Independent Living and Assisted Living communities will come together for an evening of great food, laughter, and entertainment. We are thrilled to welcome Loose Shoes as our featured performers, sure to make it a night to remember.

And the excitement doesn't stop there, our much-anticipated Sterling Derby will be coming up in early May. It's always a highlight of the season and a wonderful opportunity for everyone to join in the fun and festivities.

Spring is truly a special time at Sterling Estates, and we are so grateful to share these moments with such a vibrant and engaged community. We look forward to celebrating together and making many more memories in the weeks ahead.

Warm Regards,

Deana Harris
Executive Director

The Hidden Dangers of Senior Isolation, and What Families Can Do About It

Understanding the signs of isolation in elderly living alone is one of the most meaningful ways families can support a loved one's well-being, safety, and overall quality of life.



[Read More](#)

Senior Living Community vs. Nursing Home: Why They're Not the Same Thing At All

The differences between senior living communities and nursing homes are often misunderstood. Understanding senior living vs nursing home differences can help families make more confident decisions.



[Read More](#)

GEORGIA

Literary Tour

Join us for a journey through Georgia's rich literary landscape as we visit the homes of three of the state's most celebrated writers—Flannery O'Connor, Alice Walker, and Joel Chandler Harris. Along the way, we'll explore charming small towns, historic landmarks, and a few surprise highlights that bring the stories and settings of these beloved authors to life. Step into the pages of Southern literature and experience the places that inspired their timeless works!



**MILLEDGEVILLE
EATONTON
MADISON**

- UNCLE REMUS MUSEUM
- GA WRITERS MUSEUM
- OLD SCHOOL HISTORY MUSEUM
- ANDALUSIA FARM
- WALKER FAMILY HOME
- TOUR 2ND GA CAPITAL- MILLEDGEVILLE



We are excited to announce an upcoming overnight adventure that celebrates the heart and soul of Southern storytelling, our Georgia Literary Tour. This special trip will take us on a journey through Georgia's rich literary landscape, where history, culture, and creativity come together in unforgettable ways.

Along the way, we will visit the homes of three of the state's most celebrated writers: Flannery O'Connor, Alice Walker, and Joel Chandler Harris. Each stop offers a unique glimpse into the lives and inspirations behind some of the South's most beloved works, bringing their stories vividly to life.

...the way, the expert examining each room, museum, historic landmark, and enjoy great surprise highlights along the way. From quiet front porches to preserved writing spaces, every moment of this tour is designed to connect us more deeply with the settings and traditions that shaped these literary icons.

This overnight trip promises not only enrichment and discovery, but also the simple joy of traveling together and sharing in meaningful experiences. We can't wait to immerse ourselves in this Southern literary journey and create lasting memories along the way.



How to Prevent Falls with Home Safety Modifications

Older adults can prevent falls and continue living safely at home by making a few modifications.

[Learn More About Home Safety](#)



Test Your Fall Prevention Knowledge

Enjoy this activity packet, perfect for older adults or anyone to learn about fall prevention. These brain games blend together fun, learning, and cognitive stimulation.

[Download The Activity Packet](#)

Balance Exercises for Seniors

Join Connor, Wellness Director at Sterling Estates, as he demonstrates two simple but effective exercises to improve balance and reduce the risk of falls, which is key for maintaining confidence and mobility in independent living.

FALL PREVENTION EXERCISES FOR SENIORS:

FEEL CONFIDENT ON YOUR FEET!



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