

EXPERIENCE FIRST CLASS HAPPINESS® ONE GRAND DAY

Don't miss out on this opportunity! Get ready to embark on an unforgettable Sterling Stay with our exclusive One Grand Day program! Take a sneak peek at a thrilling sample itinerary packed with exhilarating activities for you to savor. Keep in mind that our itineraries are crafted to surprise you every day, offering exciting options for your enjoyment.

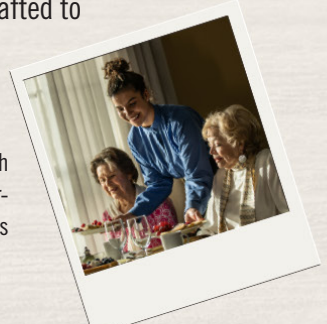


8AM

Wake up and find yourself in a beautiful Signature Suite apartment. Take your time getting up and ready for your day. Make a cup of coffee, call your loved ones, check the calendars and menus, and take your dog for a walk at our on-site Pet Park.

9AM

You decide on taking a more casual approach for your breakfast and eat at the cafe. You order the morning waffle drizzled with delicious syrup.



11AM

Now you decide it's time for fitness. Out of the abundance of options, you choose to join a tai chi class, led by the Director of Fitness.

NOON

Lunchtime! The Bistro sounds like it will hit the spot today. You choose to have the Crab Tower Salad with ice-cold lemonade.

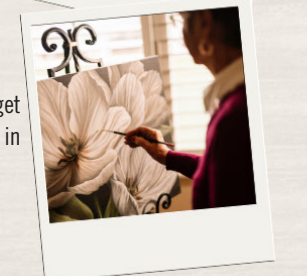


1PM

It's time to relax, take a moment to yourself and read in the Grand Library. You choose a new book from the rotation and sit in the relaxing chair by the fireplace.

3PM

After you've finished reading, you decide to get creative and take an art class with residents in our workshop studio.



5PM

Dinner time! There is a special event happening later in the evening, so you decide to dress up and eat in the Formal Dining Room with your new friends. You order the chef's special for the evening and top it off with a drink.

7PM

The big show is finally here! Entertaining tonight at the elegant Forum Theatre is KEITH WEST'S THE ILLUSIONEERS, an award-winning show featuring incredible performers who perform breathtaking entertainment. You enjoy the event, then walk back to your apartment. You retire for the night. You had ONE GRAND DAY!



Schedule your One Grand Day and Sterling Stay today
319.657.5021



AL#13324

INDEPENDENT | ASSISTED | MEMORY CARE

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