



Welcome to February

Our **Azalea Gala** is coming up on **Thursday, February 12th from 4:30-6:00 pm**. We are having a formal dinner of prime rib or chicken cordon bleu, mashed potatoes, green beans or collard greens, roll, and red velvet cake. We have Heather and the Tin Roof Band coming for our musical guests. We look forward to an evening of entertainment with our wonderful residents.

The Azalea Gala

February 12th

4:30 - 6:00 p.m.



12 Heart-Healthy Activities for Seniors

Maintain Your Health and Agility With Our Top 12 Heart-Healthy Activities for Seniors



Get These Heart-Healthy Tips

Little Things That Make Your Heart Happy

for Heart Health Awareness Month

01

Calling an old friend

02

Listening to a favorite song

03

Sharing a laugh over coffee

04

Spending time outdoors

05

Enjoying a good night's sleep

Recent & Upcoming Fun

On Fridays, we reserve our Azalea Estates bus for taking residents out-to-eat. This week we went to Panda Bear Buffet. Our next Friday out-to-eat outing will be to Anthony's Pizza on Friday, February 20th.



Happy 97th Birthday, Mr. Weyman Bryant. We love celebrating birthdays with our residents. When you are at Azalea Estates, you are among a community of friends.



Senior Living Resources

We're here to help you make the right decision for yourself or your loved one. Visit our [Resources](#) page to answer your questions and learn more about senior living.

AZALEA ESTATES
ASSISTED LIVING
AND
RETIREMENT COMMUNITY

SENIOR LIVING RESOURCES

Explore Our Senior Living Resources



Show Your Heart Some Love

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**The Surprising Number of Steps
That Can Support a Longer Life**

By making small changes today, you can help avoid heart problems down the road. The same habits that help keep your heart strong also reduce your risk for other conditions! Check out the helpful tips and free resources below!

Staying active is known to bring a wide range of health benefits. But many older adults may struggle for a variety of reasons to maintain the step count they used to reach. Until now it has been unclear how much people need to do as they age to reap the rewards. But, this many steps is all they need...

[Get These Heart-Healthy Tips](#)

[How Many Steps Older Adults Need](#)

What Our Residents Love About Sterling Estates

Azalea Estates has been a blessing for my 92-year-old mother. The facility is beautiful, clean, and my mother loves the food there. The staff and her nurses have been very kind and supportive of my mother during her two-month respite stay. Whenever there was a very small concern, I only had to call, and it was taken care of. When my family visits my mom, she is happy and in a good mood. She loves the activities, entertainment, and the church service.

-FAMILY MEMBER OF RESIDENT-

Visit us on Facebook and tell us what you love about Azalea Estates!



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