

## A CHOICE OF FLOOR PLAN THAT'S JUST THE RIGHT FIT.

1001 Alabaster Wy, Deltona, FL 32725 | 386-775-8004 | sterlingcourtskyactiveliving.com





# **STERLING COURT** - $\mathbf{SKY}$ ACTIVE LIVING —

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Our community is managed by Priority Life Care, which offers a wide range of services to make life at Sterling Court worry-free. Services and amenities include:

### **SERVICES**

- A strong community partnership that brings fun activities to enrich the lives of our residents •
- Restaurant-style dining featuring daily specials served with flair •
- Housekeeping and Linens
- Scheduled transportation services for errands, medical appointments, and weekly outings
- A full-service on-site beauty salon .
- A caring and dedicated staff that develops long-lasting relationships
- Access to local medical professionals to provide additional services if needed .
- Special Events •

## **AMENITIES**

- Home maintenance
- Great call safety devices •
- Variety of Floor Plans To Meet Your Needs .
- Library •
- Beauty/Barber Shop
- **Fitness** Center
- Gardening with walking Paths .
- Game Room
- Fireside Living Room •

- **Resident Parking** •
- Housekeeping and Linen Services •
- Maintenance •
- Porch •
- Community Room .
- Guest Suite
- Meeting Rooms •
- Full Kitchens (only included with cottages)
- 24/7 Laundry Facilities •

#### Mind

#### Mind "Intellectual" Enrichment: Exercising the brain benefits our residents by improving attention, enhancing memory, and increasing independence. Our communities offer brain activities such as book clubs, trivia nights, and educational speakers to keep the brain stimulated and engaged.

#### Body

Body "Physical" Enrichment: Physical activity is important for our seniors' overall health, and helps to improve or maintain balance, mobility, and pain control. Fitness classes offered at our communities are easily modified for any level of fitness and include classes such as chair yoga, walking clubs, chair or standing aerobics, and more.

Sterling Court pioneers the way for our valued seniors in their search for purpose, validation, and fulfillment. We serve the needs of our residents and their families by providing unsurpassed attention to their quality of life, fostering spirituality, and exploring together meaningful life experiences. We provide ongoing opportunities to stimulate personal growth and engage each resident in mind, body, and soul.

### THE BEST SOCIAL ACTIVITIES START WITH GREAT FOOD





**HAPPY HOUR** 



### **COOKING CLASSES**

#### Soul

Soul "Self" Enrichment: Enriching the soul can take on many forms. It might be self-reflection and improvement, serving others to create a positive force, or connecting with others and having a sense of belonging.

