

SUN MON TUE WED THUR FRI SAT

<p>10:45 Sterling Church Service (LAR) 1</p> <p>11:00 First Presbyterian Church of Marietta (HMR)</p> <p>1:00 Movie Matinee (LAR)</p> <p>1:00 Name that Tune (LAR)</p> <p>3:00 Hot Cider and Cookies (LFP)</p> <p>4:00 Music Bingo (LAR)</p>	<p>9:30 Morning Fitness (WC) 10:00 Monday Morning Motivation (CC) 2</p> <p>11:00 Fall Semester at The Sterling University of Music (LAR)</p> <p>1:00 Left Right Center Game (LRC Game) (LAR)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 Sterling Jeopardy (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:00 AL-Grief Support Group-Led by Joel Lanier (Legacy Terrace)</p> <p>3:00 Bocce Tournament Game (BBC)</p> <p>4:00 Bocce Tournament Game (BBC)</p> <p>4:00 Lizzy The Wonder Dog (LFL)</p> <p>6:00 IL: Line Dancing w/ Nurse Laura (SL)</p>	<p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 3</p> <p>9:30 Morning Fitness (WC)</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>11:00 Trivia Challenge (LFL)</p> <p>1:30 BINGO (LAR)</p> <p>3:00 Stretch & Relaxation Class (WC)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p>	<p>9:30 Morning Fitness (WC)</p> <p>10:00 Shopping: Walmart (LFL) 4</p> <p>10:00 Massage (WC)</p> <p>11:15 Parkinson's Exercise Class (WC)</p> <p>1:30 Margaritas and Munchies (LAR)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 Cooking Show w/ Heather and Austin (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:30 Practice for Wii Bowling</p> <p>4:00 Hymns & Hope w/ Joel (LFL)</p>	<p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 5</p> <p>9:30 Morning Fitness (WC)</p> <p>10:00 6th Annual Great Pumpkin Contest Kick-off (LAR)</p> <p>11:30 One on One Visits</p> <p>1:00 Documentary of the Week (LAR)</p> <p>2:00 Silly Bean Auction (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:30 Happy Hour with Music (LFL)</p>	<p>8:30 Fun Friday Outing to Monastery Of The Holy Spirit & Breakfast @ Cracker Barrel (LFL)</p> <p>9:30 Morning Fitness (WC) 6</p> <p>1:00 History Club (LAR)</p> <p>2:00 Great Pumpkin Decorating Session (LAR)</p> <p>3:00 Stretch & Relaxation Class (WC)</p> <p>4:00 Group Trivia (LFL)</p> <p>5:45 Game Night (LDR)</p>	<p>9:00 Power Up (WC)</p> <p>9:30 Morning Fitness (WC) 7</p> <p>10:00 Bocce Tournament Game (BBC)</p> <p>10:00 Brain Games (LAR)</p> <p>10:30 Giant Crosswords (LAR)</p> <p>11:00 Bocce Tournament Game (BBC)</p> <p>11:00 Practice for Wii Bowling</p> <p>1:30 BINGO (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:30 Golden Oldies Music hour (LAR)</p> <p>6:00 Game Night (LAR)</p>
<p>10:45 Sterling Church Service (LAR) 8</p> <p>11:00 First Presbyterian Church of Marietta (HMR)</p> <p>1:00 Name that Tune (LAR)</p> <p>3:00 Hot Cocoa and Cookies (LFL)</p> <p>4:00 Music Bingo (LAR)</p>	<p>Indigenous Peoples' Day 9:30 Morning Fitness (WC) 10:00 Monday Morning Motivation (CC) 9</p> <p>11:00 Fall Semester at The Sterling University of Music (LAR)</p> <p>1:00 Left Right Center Game (LRC Game) (LAR)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 Great Pumpkin Decorating Session (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:00 AL-Grief Support Group-Led by Joel Lanier (Legacy Terrace)</p> <p>3:00 Bocce Tournament Game (BBC)</p> <p>4:00 Bocce Tournament Game (BBC)</p> <p>4:00 Time Travel Trivia (LFL)</p> <p>7:00 IL: Line Dancing w/ Nurse Laura (SL)</p>	<p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 10</p> <p>9:30 Morning Fitness (WC)</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>11:00 Trivia Challenge (LFL)</p> <p>1:30 BINGO (LAR)</p> <p>3:00 Stretch & Relaxation Class (WC)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p> <p>7:00 Widow's Support Group with Trudy Green (LAR)</p>	<p>9:30 Morning Fitness (WC)</p> <p>10:00 Stick to the Beat (LAR) 11</p> <p>10:00 Shopping: Kroger (LFL)</p> <p>10:00 Massage (WC)</p> <p>10:30 On-site Jewelry Repair (LFL)</p> <p>11:15 Parkinson's Exercise Class (WC)</p> <p>1:00 Outing-Marietta Antique Mall and Krispy Kreme</p> <p>1:00 Pick a Song any Song... Sing along (LAR)</p> <p>2:00 Water Aerobics (WC)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:30 Practice for Wii Bowling</p> <p>4:00 Hymns & Hope w/ Joel (LFL)</p>	<p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 12</p> <p>9:30 Morning Fitness (WC)</p> <p>10:30 Joyful Sound Singers to entertain (LFL)</p> <p>11:30 One on One Visits</p> <p>1:00 Bow Making Class (HAS)</p> <p>1:00 Guess the Gadget Game with Regina (LAR)</p> <p>2:00 Cooking Show w/ Heather and Austin (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:30 Happy Hour with Music (LFL)</p>	<p>8:45 Fun Friday Outing-Reveille for Breakfast & Cobb County Book Fair (LFL)</p> <p>9:30 Morning Fitness (WC) 13</p> <p>10:00 Great Pumpkin Decorating Session (LAR)</p> <p>1:00 History Club (LAR)</p> <p>2:00 Ice Cream Social (LAR)</p> <p>3:00 Stretch & Relaxation Class (WC)</p> <p>4:00 Group Trivia (LFL)</p> <p>5:45 Game Night (LDR)</p>	<p>9:00 Power Up (WC)</p> <p>9:30 Morning Fitness (WC) 14</p> <p>10:00 Bocce Tournament Game (BBC)</p> <p>10:00 Brain Games (LAR)</p> <p>10:30 Giant Crosswords (LAR)</p> <p>11:00 Bocce Tournament Game (BBC)</p> <p>11:00 Practice for Wii Bowling</p> <p>1:30 BINGO (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:30 Golden Oldies Music hour (LAR)</p> <p>6:00 Game Night (LAR)</p>
<p>10:45 Sterling Church Service (LAR) 15</p> <p>11:00 First Presbyterian Church of Marietta (HMR)</p> <p>1:00 Name that Tune (LAR)</p> <p>3:00 Afternoon Worship and Communion w/ St. James Episcopal Church (LFL)</p> <p>3:00 Hot Cider and Cookies (LFP)</p> <p>4:00 Music Bingo (LAR)</p>	<p>9:30 Morning Fitness (WC)</p> <p>10:00 Monday Morning Motivation (CC) 16</p> <p>11:00 Fall Semester at The Sterling University of Music (LAR)</p> <p>1:00 Left Right Center Game (LRC Game) (LAR)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 Great Pumpkin Decorating Session (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>4:00 Time Travel Trivia (LFL)</p> <p>7:00 IL: Line Dancing w/ Nurse Laura (SL)</p>	<p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 17</p> <p>9:30 Morning Fitness (WC)</p> <p>9:00 Podiatrist (WC)</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>11:00 Trivia Challenge (LFL)</p> <p>1:30 BINGO (LAR)</p> <p>3:00 Stretch & Relaxation Class (WC)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p>	<p>9:00 Optometrist (WC)</p> <p>9:30 Morning Fitness (WC) 18</p> <p>10:00 Shopping: Walmart (LFL)</p> <p>10:30 Alzheimer's Education Class (LAR)</p> <p>11:15 Parkinson's Exercise Class (WC)</p> <p>1:00 Cocktail Class with Austin (LAR)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 Great Pumpkin Decorating Session (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:30 Practice for Wii Bowling</p> <p>4:00 Hymns & Hope w/ Joel (LFL)</p>	<p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 19</p> <p>9:30 Morning Fitness (WC)</p> <p>10:30 Morning Music Hour w/ Barry (LFL)</p> <p>11:30 One on One Visits</p> <p>1:00 Bow Making Class (HAS)</p> <p>1:00 Documentary of the Week (LAR)</p> <p>2:00 Cookie Decorating (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:30 Happy Hour with Music (LFL)</p>	<p>9:00 Great Pumpkin Decorating Session (LAR)</p> <p>9:30 Morning Fitness (WC) 20</p> <p>11:00 Fun Friday Outing to Lunch @ Lagarde American Eatery & Tutankhamun (LFL)</p> <p>1:00 History Club (LAR)</p> <p>2:00 Great Pumpkin Decorating Session (LAR)</p> <p>3:00 Stretch & Relaxation Class (WC)</p> <p>4:00 Group Trivia (LFL)</p> <p>5:45 Game Night (LDR)</p>	<p>9:00 Power Up (WC)</p> <p>9:30 Morning Fitness (WC) 21</p> <p>10:00 Bocce Tournament Game (BBC)</p> <p>10:00 Brain Games (LAR)</p> <p>10:30 Giant Crosswords (LAR)</p> <p>11:00 Bocce Tournament Game (BBC)</p> <p>11:00 Practice for Wii Bowling</p> <p>1:30 BINGO (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:30 Golden Oldies Music hour (LAR)</p> <p>6:00 Game Night (LAR)</p>
<p>10:45 Sterling Church Service (LAR) 22</p> <p>11:00 First Presbyterian Church of Marietta (HMR)</p> <p>1:00 Name that Tune (LAR)</p> <p>2:00 Art Class w/ Scott (HAS)</p> <p>2:00 Landmark: Visit with "Betsy" the Mini Horse (LFP)</p> <p>3:00 Hot Cocoa and Cookies (LFL)</p> <p>4:00 Music Bingo (LAR)</p>	<p>9:30 Morning Fitness (WC)</p> <p>10:00 Monday Morning Motivation (CC) 23</p> <p>11:00 Fall Semester at The Sterling University of Music (LAR)</p> <p>1:00 Left Right Center Game (LRC Game) (LAR)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 Sterling Jeopardy (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:00 Bocce Tournament Game (BBC)</p> <p>4:00 Bocce Tournament Game (BBC)</p> <p>4:00 Time Travel Trivia (LFL)</p> <p>7:00 IL: Line Dancing w/ Nurse Laura (SL)</p>	<p>8:00 Voting for The Great Pumpkin Decorating Contest 1:00pm-5:00pm (LDR)</p> <p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 24</p> <p>9:30 Morning Fitness (WC)</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>11:00 Trivia Challenge (LFL)</p> <p>12:30 Outing- Wii Bowling Tournament at Sterling East (LFL)</p> <p>1:30 BINGO (LAR)</p> <p>3:00 Stretch & Relaxation Class (WC)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p>	<p>9:30 Morning Fitness (WC)</p> <p>10:00 Word Game (LAR) 25</p> <p>10:00 Shopping: Publix (LFL)</p> <p>10:00 Massage (WC)</p> <p>11:15 Parkinson's Exercise Class (WC)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 Birthday Celebration (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:00 Walk & Celebration of Breast Cancer Survivors (LBP)</p> <p>3:30 Practice for Wii Bowling</p> <p>4:00 Hymns & Hope w/ Joel (LFL)</p>	<p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 26</p> <p>9:30 Morning Fitness (WC)</p> <p>11:30 One on One Visits</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>5:00 Harvest Moon Dance (Courtyard)</p>	<p>8:15 Fun Friday Outing to Blue Ridge (LFL)</p> <p>9:30 Morning Fitness (WC) 27</p> <p>1:00 History Club (LAR)</p> <p>3:00 Stretch & Relaxation Class (WC)</p> <p>4:00 Group Trivia (LFL)</p> <p>5:45 Game Night (LDR)</p>	<p>9:00 Power Up (WC)</p> <p>9:30 Morning Fitness (WC) 28</p> <p>10:00 Bocce Tournament Game (BBC)</p> <p>10:00 Brain Games (LAR)</p> <p>10:30 Giant Crosswords (LAR)</p> <p>11:00 Bocce Tournament Game (BBC)</p> <p>11:00 Practice for Wii Bowling</p> <p>1:30 BINGO (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:30 Tail Gate Party (LAR)</p> <p>6:00 Game Night (LAR)</p>
<p>10:45 Sterling Church Service (LAR) 29</p> <p>11:00 First Presbyterian Church of Marietta (HMR)</p> <p>1:00 Movie Matinee (LAR)</p> <p>1:00 Name that Tune (LAR)</p> <p>2:00 Art Class w/ Scott (HAS)</p> <p>3:00 Hot Cider and Cookies (LFP)</p> <p>4:00 Music Bingo (LAR)</p>	<p>9:00 CAR WASH</p> <p>9:30 Morning Fitness (WC)</p> <p>10:00 Crafting with Laverne (LAR) 30</p> <p>11:00 Fall Semester at The Sterling University of Music (LAR)</p> <p>1:00 Left Right Center Game (LRC Game) (LAR)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 Sterling Jeopardy (LAR)</p> <p>3:00 Afternoon Stretch Class (WC)</p> <p>3:00 Bocce Tournament Game (BBC)</p> <p>4:00 Bocce Tournament Game (BBC)</p> <p>4:00 Time Travel Trivia (LFL)</p> <p>7:00 IL: Line Dancing w/ Nurse Laura (SL)</p>	<p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 31</p> <p>9:30 Morning Fitness (WC)</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>11:00 Trivia Challenge (LFL)</p> <p>1:30 BINGO (LAR)</p> <p>3:00 Stretch & Relaxation Class (WC)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p>	<p>LOCATION KEY</p> <p>BBC - Bocce Ball Court</p> <p>CC - Casual Cafe</p> <p>HAS - Hampton Art Studio</p>	<p>HMR - Hampton Media Room</p> <p>LAR - Landmark Activity Room</p> <p>LBP - Landmark Back Patio</p>	<p>LDR - Landmark Dining Room</p> <p>LFL - Landmark Front Lobby</p> <p>LFP - Landmark Front Porch</p>	<p>SL - Stratford Lounge</p> <p>WC - Wellness Center</p> <p>Pool - Wellness Center Pool</p>

October 2023

Campus Events & Outings
3165 Dallas Hwy, Marietta, GA 30064 770-255-7000



10/1 Sara Harris
 10/4 Frankie Langham
 10/11 Barbara Bixby
 10/15 Barbara Deuble
 10/15 Shirley Woodward
 10/23 Felton Argo
 10/29 Linda Van Scoyk



**Join us for the
 Monthly Birthday
 Celebration!
 10/25 @ 2:00pm**

Happy Hour Entertainment

**10/5 Joe Castellanos
 10/12 Jenny Michelson
 10/19 Val Miller
 10/26 Loose Shoes to
 perform at the Harvest
 Moon Dance 5:00-7:00pm**



Faith Based Groups and Events



Tuesday- Catholic Communion (LAR)
 Bible Study w/Mic Knox (LAR)
 Wednesday- Hymns and Hope singing with Joel every Wednesday at 4:00pm (LFL)
 Thursday- Gospel Music Hour (3rd Thursday of the Month) (LFL)
 Sunday- Sterling Church w/Pastor Freddy Knox (LAR)

Fun Friday Outings

10/6 Monastery of the Holy Spirit
 10/13 Reveille & Cobb County Book Sale
 10/20 American Eatery & Tutankhamun: Tomb and Treasures
 10/27 Blue Ridge Train Ride



Sterling Scholars @ 11AM



Landmark Activity Room

10/2 The origins of European Classical Guitar in Spain from the Renaissance to present day
 10/9 Evard Greig, the Norwegian Nationalist
 10/16 at 11:00 The origins of European Classical Guitar in Spain from the Renaissance to present day.
 10/23 19th Century Russian musical Nationalist
 10/30 Marla Aycock Grief is not my future with introduction of Beethoven

Harvest Moon Dance



October 26th
 5:00-7:00pm
 Courtyard

Silly Bean Auction!

Join us at 2:00pm on October 5th in the activity room while we auction off fantastic prizes, using beans as MONEY!



Weekly Shopping Trips

Catch a ride on the Sterling Express Bus on one of our morning or afternoon trips out to shop. The morning bus leaves at 10am. Please meet in the Front Lobby of the Landmark building at 9:45am.

The afternoon bus leaves at 1pm. Please meet in the Landmark Front Lobby at 12:45pm.

10/4 Walmart

10/11 Kroger & Krispy Kreme

10/18- Walmart

10/25-Publix & Marietta antique mall plus Krispy Kreme

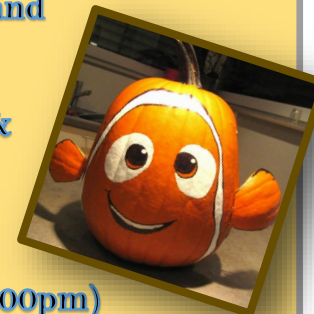


6th Annual Great Pumpkin Decorating Contest

It's time to pick your teams and your pumpkins.

Then let the painting, decoupage, and bedazzling begin!

Compete for outstanding prizes & Bragging rights!



Voting will be on Oct 24th (1:00pm-5:00pm)

in the Landmark Dining Room

Awards presented at the Harvest Moon Dance on October 26th

Wii Bowling practice

Help Sterling West Cobb defend its three month winning streak. This month we go to Sterling East Cobb on 10.24 @ 12:30

Practice is every Wednesday at 3:30pm and Saturdays at 11:00am in the Wellness Center

