

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>9:00 Yoga (WC)</p> <p>10:00 Monday Morning Motivation (CC) 2</p> <p>11:00 Fall Semester at The Sterling University of Music (LAR)</p> <p>1:30 IL- Poker Games (HMR)</p> <p>1:30 IL- Mahjongg (SL)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 IL- Technology Help with the Gadget Gal (HMR)</p> <p>3:00 Bocce Tournament Game (BBC)</p> <p>3:30 The Chosen (HMR)</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>10:00 Calligraphy 101 (HAS)</p> <p>10:15 IL: Technology Help Desk (HMR)</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>1:00 IL- Rummikub (SL)</p> <p>1:30 BINGO (LAR)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p> <p>4:00 Lip Sync Competition Practice (HMR)</p>	<p>9:00 Yoga (WC)</p> <p>10:00 IL: Spouse Support (SL) 4</p> <p>10:00 Shopping: Walmart (LFL)</p> <p>10:00 Massage (WC)</p> <p>11:15 Parkinson's Exercise Class (WC)</p> <p>1:00 Card Making with Joyce (HAS)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 Cooking Show w/ Heather and Austin (LAR)</p> <p>3:00 IL- Knit and Crochet (SL)</p> <p>4:00 Hymns & Hope w/ Joel (LFL)</p> <p>7:00 IL: Game Night: Hand and Foot (HMR)</p>	<p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 5</p> <p>10:00 6th Annual Great Pumpkin Contest Kick-off (LAR)</p> <p>11:00 IL: Sterling Bridge Club (HC)</p> <p>1:00 Documentary of the Week (LAR)</p> <p>2:30 IL: Hand & Foot Card Game (HC)</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) 6</p> <p>9:00 Yoga (WC)</p> <p>11:00 SAR (some assembly required) Class with Joan (HAS)</p> <p>1:00 History Club (LAR)</p> <p>2:00 Great Pumpkin Decorating Session (LAR)</p> <p>3:00 Domino's (HMR)</p> <p>5:45 Game Night (LDR)</p>	<p>9:00 Power Up (WC)</p> <p>10:00 Bocce Tournament Game (BBC) 7</p> <p>10:30 Giant Crosswords (LAR)</p> <p>11:00 Bocce Tournament Game (BBC)</p> <p>1:00 IL- Rummikub (SL)</p> <p>1:30 BINGO (LAR)</p> <p>3:30 Golden Oldies Music hour (LAR)</p> <p>7:00 IL: Game Night (HMR)</p>
<p>10:45 Sterling Church Service (LAR) 8</p> <p>11:00 First Presbyterian Church of Marietta (HMR)</p> <p>12:15 Fiddler On The Roof (HC)</p> <p>1:00 Name that Tune (LAR)</p> <p>3:00 Hot Cocoa and Cookies (LFL)</p>	<p>Indigenous Peoples' Day</p> <p>9:00 Yoga (WC) 9</p> <p>10:00 Monday Morning Motivation (CC)</p> <p>11:00 Fall Semester at The Sterling University of Music (LAR)</p> <p>1:30 IL- Poker Games (HMR)</p> <p>1:30 IL- Mahjongg (SL)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 Great Pumpkin Decorating Session (LAR)</p> <p>3:00 Bocce Tournament Game (BBC)</p> <p>3:30 The Chosen (HMR)</p> <p>4:00 Bocce Tournament Game (BBC)</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>10:00 Calligraphy 101 (HAS)</p> <p>10:15 IL: Technology Help Desk (HMR)</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>1:00 IL- Rummikub (SL)</p> <p>1:30 BINGO (LAR)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p> <p>4:00 Lip Sync Competition Practice (HMR)</p> <p>7:00 Widow's Support Group with Trudy Green (LAR)</p>	<p>9:00 Yoga (WC)</p> <p>9:00 IL Golf (HC) 11</p> <p>10:00 IL: Spouse Support (SL)</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>2:00 Water Aerobics (WC)</p> <p>3:00 IL- Knit and Crochet (SL)</p> <p>4:00 Hymns & Hope w/ Joel (LFL)</p> <p>7:00 IL: Game Night: Hand and Foot (HMR)</p>	<p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 12</p> <p>10:00 IL: Open Art Studio (HAS)</p> <p>10:30 Joyful Sound Singers to entertain (LFL)</p> <p>11:00 IL: Sterling Bridge Club (HC)</p> <p>1:00 Bow Making Class (HAS)</p> <p>2:00 Cooking Show w/ Heather and Austin (LAR)</p> <p>2:30 IL: Hand & Foot Card Game (HC)</p> <p>3:30 Happy Hour with Music (LFL)</p>	<p>8:45 Fun Friday Outing-Reveille for Breakfast & Cobb County Book Fair (LFL) 13</p> <p>9:00 Yoga (WC)</p> <p>10:00 Great Pumpkin Decorating Session (LAR)</p> <p>1:00 History Club (LAR)</p> <p>3:00 Domino's (HMR)</p> <p>5:45 Game Night (LDR)</p>	<p>9:00 Power Up (WC)</p> <p>10:00 Bocce Tournament Game (BBC) 14</p> <p>10:30 Giant Crosswords (LAR)</p> <p>11:00 Bocce Tournament Game (BBC)</p> <p>1:00 IL- Rummikub (SL)</p> <p>1:30 BINGO (LAR)</p> <p>3:30 Golden Oldies Music hour (LAR)</p> <p>7:00 IL: Game Night (HMR)</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>9:00 Yoga (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>1:30 IL- Poker Games (HMR)</p> <p>1:30 IL- Mahjongg (SL)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 Great Pumpkin Decorating Session (LAR)</p> <p>3:30 The Chosen (HMR)</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>9:00 Podiatrist (WC)</p> <p>10:00 Calligraphy 101 (HAS)</p> <p>10:15 IL: Technology Help Desk (HMR)</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>1:00 IL- Rummikub (SL)</p> <p>1:30 BINGO (LAR)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p> <p>4:00 Lip Sync Competition Practice (HMR)</p>	<p>9:00 Yoga (WC)</p> <p>9:00 Optometrist (WC) 18</p> <p>10:00 IL: Spouse Support (SL)</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 IL- Knit and Crochet (SL)</p> <p>4:00 Hymns & Hope w/ Joel (LFL)</p> <p>7:00 IL: Game Night: Hand and Foot (HMR)</p>	<p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC) 19</p> <p>10:30 Morning Music Hour w/ Barry (LFL)</p> <p>11:00 IL: Sterling Bridge Club (HC)</p> <p>1:00 Bow Making Class (HAS)</p> <p>1:00 Documentary of the Week (LAR)</p> <p>2:30 IL: Hand & Foot Card Game (HC)</p> <p>3:30 Happy Hour with Music (LFL)</p>	<p>9:00 Yoga (WC)</p> <p>9:00 Great Pumpkin Decorating Session (LAR) 20</p> <p>11:00 SAR (some assembly required) Class with Joan (HAS)</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 Domino's (HMR)</p> <p>5:45 Game Night (LDR)</p>	<p>9:00 Power Up (WC)</p> <p>10:00 Bocce Tournament Game (BBC) 21</p> <p>10:30 Giant Crosswords (LAR)</p> <p>11:00 Bocce Tournament Game (BBC)</p> <p>1:00 IL- Rummikub (SL)</p> <p>1:30 BINGO (LAR)</p> <p>3:30 Golden Oldies Music hour (LAR)</p> <p>7:00 IL: Game Night (HMR)</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>9:00 Yoga (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>1:30 IL- Poker Games (HMR)</p> <p>1:30 IL- Mahjongg (SL)</p> <p>2:00 Water Aerobics (WC)</p> <p>3:00 Bocce Tournament Game (BBC)</p> <p>3:30 The Chosen (HMR)</p> <p>4:00 Bocce Tournament Game (BBC)</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) 24</p> <p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC)</p> <p>10:00 Calligraphy 101 (HAS)</p> <p>10:15 IL: Technology Help Desk (HMR)</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>12:30 Outing- Wii Bowling Tournament at Sterling East (LFL)</p> <p>1:00 IL- Rummikub (SL)</p> <p>1:30 BINGO (LAR)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p> <p>4:00 Lip Sync Competition Practice (HMR)</p>	<p>9:00 Yoga (WC)</p> <p>10:00 IL: Spouse Support (SL) 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>1:00 IL Birthday Celebration (HC)</p> <p>2:00 Water Aerobics (WC)</p> <p>2:00 IL: PageTurners Book Club (HMR)</p> <p>3:00 IL- Knit and Crochet (SL)</p> <p>3:00 Walk & Celebration of Breast Cancer Survivors (LBP)</p> <p>4:00 Hymns & Hope w/ Joel (LFL)</p> <p>7:00 IL: Game Night: Hand and Foot (HMR)</p>	<p>9:00 IL: Aqua Power (Pool) 26</p> <p>9:00 Power Up (WC)</p> <p>10:00 IL: Open Art Studio (HAS)</p> <p>11:00 IL: Sterling Bridge Club (HC)</p> <p>2:30 IL: Hand & Foot Card Game (HC)</p> <p>5:00 Harvest Moon Dance (Courtyard)</p>	<p>8:15 Fun Friday Outing to Blue Ridge (LFL) 27</p> <p>9:00 Yoga (WC)</p> <p>1:00 History Club (LAR)</p> <p>3:00 Domino's (HMR)</p> <p>5:45 Game Night (LDR)</p>	<p>9:00 Power Up (WC)</p> <p>10:00 Bocce Tournament Game (BBC) 28</p> <p>10:30 Giant Crosswords (LAR)</p> <p>11:00 Bocce Tournament Game (BBC)</p> <p>1:00 IL- Rummikub (SL)</p> <p>1:30 BINGO (LAR)</p> <p>7:00 IL: Game Night (HMR)</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>9:00 CAR WASH</p> <p>9:00 Yoga (WC) 30</p> <p>11:00 Fall Semester at The Sterling University of Music (LAR)</p> <p>1:30 IL- Poker Games (HMR)</p> <p>1:30 IL- Mahjongg (SL)</p> <p>2:00 Water Aerobics (WC)</p> <p>3:00 Bocce Tournament Game (BBC)</p> <p>3:30 The Chosen (HMR)</p> <p>4:00 Bocce Tournament Game (BBC)</p> <p>7:00 IL: Line Dancing w/ Nurse Laura (SL)</p>	<p>Halloween</p> <p>8:30 Men's Breakfast Meeting (HC) 31</p> <p>9:00 IL: Aqua Power (Pool)</p> <p>9:00 Power Up (WC)</p> <p>10:00 Calligraphy 101 (HAS)</p> <p>10:15 IL: Technology Help Desk (HMR)</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>1:00 IL- Rummikub (SL)</p> <p>1:30 BINGO (LAR)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p> <p>4:00 Lip Sync Competition Practice (HMR)</p> <p>4:15 IL Dinner Club to Modena Ristorante Vinoteca (HC)</p>	<p>LOCATION KEY</p> <p>BBC - Bocce Ball Court</p> <p>CC - Casual Cafe</p> <p>HAS - Hampton Art Studio</p> <p>HC - Hampton Club</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

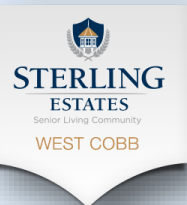
Cottage & Apartment Special Events
 3165 Dallas Hwy, Marietta, GA 30064 770-255-7000



- 10.4 Joanne Fudger
- 10.7 Irene Cantone
- 10.8 Shirley Holcomb
- 10.8 Jack Corn
- 10.9 Norm Poirier
- 10.13 MariAnne Ramsey
- 10.16 Jim Hufford
- 10.19 Doris Kuckhoff
- 10.22 Harry Hargrove
- 10.24 Birdie Bassett
- 10.25 Larry Finnigan
- 10.29 Steve Stallings
- 10.30 Jim Holcomb

Birthday Celebration
October 25th
@1:00pm

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

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



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

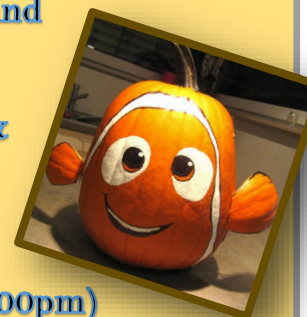


6th Annual Great Pumpkin Decorating Contest

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

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)
- 10.12—Joyful Sound Singers to perform at 10:30
- Sunday— Sterling Church w/Pastor Freddy Knox (LAR)
- 10.15-Afternoon worship and Communion with St. James Episcopal Church

Sterling on the GO!



- 10/6 Monastery of the Holy Spirit
- 10/8 City Springs Theatre Presents Fiddler on the Roof
- 10/11 City Club Golf
- 10/13 Reveille & Cobb County Book Sale
- 10/15 Charleston, SC Trip
- 10/20 American Eatery & Tutankhamun: Tomb and Treasures
- 10/27 Blue Ridge Train Ride
- 11/3 The Varsity for Lunch and Betsy's Horse Farm
- 11/4 Marietta Theatre presents, The 25th Annual Putnam County Spelling Bee
- 11/10 Breakfast at the Morning Shift
- 11/17 Movie outing "Journey to Bethlehem"
- 11/18 The Strand Theatre presents The 1940's Radio Hour
- 11/24 Festival of Trees
- 12/1 Appalachian Grill and Booth Western Museum
- 12/2 Marietta Performing Arts Center presents Holiday Pops
- 12/3 City Springs presents White Christmas