

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 BBC - Bocce Ball Court
 CC - Casual Cafe
 HAS - Hampton Art Studio
 HMR - Hampton Media Room

LAR - Landmark Activity Room
LDR - Landmark Dining Room
LFL - Landmark Front Lobby

LFP - Landmark Front Porch
SL - Stratford Lounge
WC - Wellness Center
Pool - Wellness Center Pool

9:00 Yoga (WC)
 9:30 Morning Fitness (WC) **1**
 10:00 Shopping: Walmart (LFL)
 10:00 Massage (WC)
 11:15 Parkinson's Exercise Class (WC)
 1:00 Cocktail Class with Austin (LAR)
 2:00 Water Aerobics (WC)
 2:00 Cooking Show w/ Heather and Austin (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Practice for Wii Bowling
 4:00 Hymns & Hope w/ Joel (LFL)

9:00 Aqua Power (Pool) **2**
 9:00 Power Up (WC)
 9:00 Massage (WC)
 9:30 Morning Fitness (WC)
 10:00 Crafts with Agape (LAR)
 11:30 One on One Visits
 1:00 Trivia W/ Heather (LFL)
 2:00 Lip Sync Practice (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Happy Hour with Music (LFL)

9:00 Yoga (WC) **3**
 9:00 Audiologist Visit (WC)
 9:30 Morning Fitness (WC)
 10:30 Fun Friday Outing to The Varsity (LFL)
 1:00 History Club (LAR)
 2:00 Employee CPR Training (LAR)
 3:00 Stretch & Relaxation Class (WC)
 4:00 Group Trivia (LFL)
 5:45 Game Night (LDR)

9:00 Power Up (WC) **4**
 9:30 Morning Fitness (WC)
 10:00 Bocce Tournament Game (BBC)
 10:00 Brain Games (LAR)
 10:30 Giant Crosswords (LAR)
 11:00 Bocce Tournament Game (BBC)
 11:00 Practice for Wii Bowling
 1:00 Girl Scout Troup 18361 to visit (LAR)
 1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Golden Oldies Music hour (LAR)
 6:00 Game Night (LAR)

Daylight Savings Time Ends **5**
 10:45 Sterling Church Service (LAR)
 11:00 First Presbyterian Church of Marietta (HMR)
 1:00 Crafting with Girl Scout Troup 18361 (LAR)
 2:00 Art Class w/ Scott (HAS)
 3:00 Hot Cocoa and Cookies (LFL)
 4:00 Music Bingo (LAR)

9:00 Yoga (WC) **6**
 9:30 Morning Fitness (WC)
 10:00 Monday Morning Motivation (CC)
 11:00 Fall Semester at The Sterling University of Music (LAR)
 1:00 Left Right Center Game (LRC Game) (LAR)
 2:00 Water Aerobics (WC)
 2:00 Sterling Jeopardy (LAR)
 3:00 Bocce Tournament Game (BBC)
 3:00 Stretch & Relaxation Class (WC)
 4:00 Bocce Tournament Game (BBC)
 4:00 Time Travel Trivia (LFL)
 6:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Aqua Power (Pool) **7**
 9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 10:30 Catholic Communion Service (LAR)
 11:00 Cranium Crunches (LAR)
 1:30 BINGO (LAR)
 3:00 Lip Sync Competition Dress Rehearsal (LDR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Bible Study with Mic Knox (LAR)

9:00 Yoga (WC) **8**
 9:30 Morning Fitness (WC)
 10:00 Crafting with Laverne (LAR)
 10:00 Shopping: Kroger (LFL)
 10:00 Massage (WC)
 10:30 Lip Sync Practice (LAR)
 10:30 On-site Jewelry Repair (LFL)
 11:15 Parkinson's Exercise Class (WC)
 1:00 Afternoon Shopping Trip Dallas Hwy Market (LFL)
 2:00 Water Aerobics (WC)
 2:00 Pick a Song any Song... Sing along (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Practice for Wii Bowling
 4:00 Hymns & Hope w/ Joel (LFL)

9:00 Aqua Power (Pool) **9**
 9:00 Power Up (WC)
 9:00 Massage (WC)
 9:30 Morning Fitness (WC)
 10:30 Sweet Spirit Singers Christmas Edition (LFL)
 11:30 One on One Visits
 1:00 Trivia W/ Heather (LFL)
 2:00 Lip Sync Practice (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Happy Hour with Music (LFL)

7:30 Veterans Breakfast at Still Elementary (LFL) **10**
 9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
 2:00 Lip Sync Competition (LDR)
 4:00 Group Trivia (LFL)
 5:45 Game Night (LDR)

Veterans Day **11**
 9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 10:00 Brain Games (LAR)
 10:30 Giant Crosswords (LAR)
 11:00 Practice for Wii Bowling
 1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:00 Veterans Day Celebration w/ Live Music- Butch Reeves and Rick Lane to Perform (LFP)
 6:00 Game Night (LAR)

10:45 Sterling Church Service (LAR) **12**
 11:00 First Presbyterian Church of Marietta (HMR)
 1:00 Name that Tune (LAR)
 2:00 Art Class w/ Scott (HAS)
 3:00 Hot Cider and Cookies (LFL)
 4:00 Music Bingo (LAR)

8:00 National World Kindness Day **13**
 9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
 10:00 Monday Morning Motivation (CC)
 11:00 Fall Semester at The Sterling University of Music (LAR)
 1:00 Left Right Center Game (LRC Game) (LAR)
 2:00 Water Aerobics (WC)
 2:00 Sterling Jeopardy (LAR)
 3:00 Stretch & Relaxation Class (WC)
 4:00 Time Travel Trivia (LFL)
 7:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Aqua Power (Pool) **14**
 9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 10:30 Catholic Communion Service (LAR)
 11:00 Trivia Challenge (LFL)
 1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Bible Study with Mic Knox (LAR)
 7:00 Widow's Support Group with Trudy Green (LAR)

9:00 Yoga (WC) **15**
 9:30 Morning Fitness (WC)
 10:00 Shopping: Walmart (LFL)
 10:30 Alzheimer's Education Class (LAR)
 11:15 Parkinson's Exercise Class (WC)
 1:00 Cocktail Class with Austin (LAR)
 2:00 Water Aerobics (WC)
 2:00 Mandatory All Staff Meeting (LDR)
 3:30 Practice for Wii Bowling
 4:00 Hymns & Hope w/ Joel (LFL)

9:00 Aqua Power (Pool) **16**
 9:00 Power Up (WC)
 9:00 Massage (WC)
 9:30 Morning Fitness (WC)
 10:30 Morning Music Hour w/ Barry (LFL)
 11:30 One on One Visits
 3:00 Stretch & Relaxation Class (WC)
 5:00 Black & White Theme Dinner (LAR)

9:00 Yoga (WC) **17**
 9:30 Morning Fitness (WC)
 1:00 Fun Friday Outing to Movies-Journey to Bethlehem (LFL)
 1:00 History Club (LAR)
 2:00 Employee Fire Safety Training (LAR)
 3:00 Stretch & Relaxation Class (WC)
 4:00 Group Trivia (LFL)
 5:45 Game Night (LDR)

9:00 Power Up (WC) **18**
 9:30 Morning Fitness (WC)
 10:00 Brain Games (LAR)
 10:30 Giant Crosswords (LAR)
 11:00 Practice for Wii Bowling
 1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Golden Oldies Music hour (LAR)
 6:00 Game Night (LAR)

10:45 Sterling Church Service (LAR) **19**
 11:00 First Presbyterian Church of Marietta (HMR)
 1:00 Name that Tune (LAR)
 3:00 Afternoon Worship and Communion w/ St. James Episcopal Church (LFL)
 3:00 Hot Cocoa and Cookies (LAR)
 4:00 Music Bingo (LAR)

9:00 Yoga (WC) **20**
 9:30 Morning Fitness (WC)
 10:00 Monday Morning Motivation (CC)
 11:00 Fall Semester at The Sterling University of Music (LAR)
 1:00 Left Right Center Game (LRC Game) (LAR)
 2:00 Water Aerobics (WC)
 2:00 Sterling Jeopardy (LAR)
 3:00 Stretch & Relaxation Class (WC)
 4:00 Time Travel Trivia (LFL)
 7:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Aqua Power (Pool) **21**
 9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 10:30 Catholic Communion Service (LAR)
 11:00 Cranium Crunches (LAR)
 1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Bible Study with Mic Knox (LAR)

9:00 Yoga (WC) **22**
 9:30 Morning Fitness (WC)
 10:00 Word Game (LAR)
 10:00 Shopping: Publix (LFL)
 10:00 Massage (WC)
 11:15 Parkinson's Exercise Class (WC)
 11:45 Outing- Lunch at La Parrilla (LFL)
 2:00 Water Aerobics (WC)
 2:00 Let's Make a Deal: Holiday Edition (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Practice for Wii Bowling
 4:00 Hymns & Hope w/ Joel (LFL)

Thanksgiving **23**
 9:00 Aqua Power (Pool)
 9:00 Power Up (WC)
 9:00 Massage (WC)
 9:30 Morning Fitness (WC)
 9:30 Cooking and Macy's Day Parade (LAR)
 11:30 One on One Visits
 1:00 Trivia W/ Heather (LFL)
 2:00 Science Hour (LAR)

9:00 Yoga (WC) **24**
 9:30 Morning Fitness (WC)
 10:00 Holiday Pajama Day all Day (LAR)
 1:00 History Club (LAR)
 2:00 Ice Cream Social (LAR)
 3:00 Stretch & Relaxation Class (WC)
 4:00 Group Trivia (LFL)
 5:45 Game Night (LDR)

9:00 Power Up (WC) **25**
 9:30 Morning Fitness (WC)
 10:00 Brain Games (LAR)
 10:30 Giant Crosswords (LAR)
 11:00 Practice for Wii Bowling
 1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Tail Gate Party (LAR)
 6:00 Game Night (LAR)

10:45 Sterling Church Service (LAR) **26**
 11:00 First Presbyterian Church of Marietta (HMR)
 1:00 Afternoon Movie Matinee (LAR)
 3:00 Hot Cider and Cookies (LFL)
 4:00 Music Bingo (LAR)

9:00 CAR WASH **27**
 9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
 10:00 Monday Morning Motivation (CC)
 11:00 Fall Semester at The Sterling University of Music (LAR)
 1:00 Deck the Halls! (LAR)
 2:00 Water Aerobics (WC)
 3:00 Stretch & Relaxation Class (WC)
 4:00 Time Travel Trivia (LFL)
 7:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Aqua Power (Pool) **28**
 9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 10:30 Catholic Communion Service (LAR)
 11:00 Trivia Challenge (LFL)
 1:30 BINGO (LAR)
 1:30 Wii Bowling Tournament Game @ Sterling West (WC)
 3:30 Bible Study with Mic Knox (LAR)

9:00 Yoga (WC) **29**
 9:30 Morning Fitness (WC)
 10:00 Shopping: Kroger (LFL)
 10:00 Massage (WC)
 11:15 Parkinson's Exercise Class (WC)
 1:00 Pick a Song any Song... Sing along (LAR)
 2:00 Water Aerobics (WC)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Practice for Wii Bowling
 4:00 Hymns & Hope w/ Joel (LFL)

9:00 Aqua Power (Pool) **30**
 9:00 Power Up (WC)
 9:00 Massage (WC)
 9:30 Morning Fitness (WC)
 10:00 Christmas Decorating (LAR)
 11:30 One on One Visits (LAR)
 1:00 Documentary Of The Month (LAR)
 2:00 Birthday Celebration (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Happy Hour with Music (LFL)

November 2023

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



11/2 Marlys Buczynski
 11/6 Martha Davis
 11/10 Cy Zienert
 11/10 Bill Tatum
 11/12 Hazel Windham
 11/17 BJ Mix
 11/18 Betty Kaminsky
 11/21 Ken Burriss
 11/23 Darlene Grochowski

11/23 Mary Sanford
 11/26 John O'Malley
 11/30 Stephen Van Scoyk



We love our Veterans!!

Happy Hour Entertainment

11/2 Joe Castellanos
 11/9 Scotty Paulk
 11/16 Theme Dinner-
 Val Miller -Decades of Jazz
 11/30 Loose Shoes



Faith Based Groups and Events

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



Fun Friday Outings

11/3 Lunch out to The Varsity
 11/10 Breakfast for Veterans
 11/17 Move Outing: Journey to Bethlehem



Sterling Scholars @11AM
 Landmark Activity Room

11.6- Thayer Naples-Guitar Styles in America from the Eighteenth Century to the late 20th Century
 11.13- Greg Athnos-Musical History of Spain
 11.20-Thayer Naples-Guitar Styles in America from the Eighteenth Century to the late 20th Century
 11.27-Greg Athnos- Music of the Americans, "War between the States, The Civil War"

Black & White Theme Dinner

We are rolling out the red carpet for you!
 Come dressed to impress with your favorite black and white attire.

Thursday Nov 16, 5:00 PM

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.

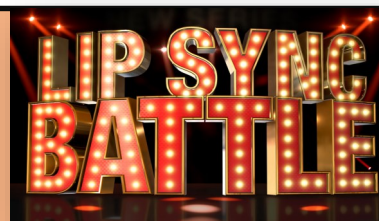
11/1 Walmart

11/8 Kroger AM & Dallas Hwy Market 1:00pm

11/15- Walmart

11/22-Publix in the AM Lunch outing at La Parrilla at 1:00pm

11/29 Kroger



Join us November 10th at 2:00pm As we Crown the winner of our 1st Annual Lip Sync Competition!

Dress Rehearsal on Tuesday 11.7 at 3:00pm in Landmark Dining Room

Wii Bowling practice

Help Sterling West Cobb take back the trophy
 As we prepare for bowling competition!
 Practice is every Wednesday at 3:30pm and Saturday at 11:00am in the Wellness Center



Lets Make A Deal Holiday Edition

Join us at 2:00pm on November 22nd in the Landmark Activity Room to compete and win wonderful holiday themed prizes!

