

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
BBC - Bocce Ball Court
CC - Casual Cafe
HAS - Hampton Art Studio
HC - Hampton Club
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)
 10:00 IL: Spouse Support (SL)
 10:00 Shopping: Walmart (LFL)
 10:00 Massage (WC)
 11:15 Parkinson's Exercise Class (WC)
 1:00 Card Making with Joyce (HAS)
 1:00 Cocktail Class with Austin (LAR)
 2:00 Water Aerobics (WC)
 2:00 Cooking Show w/ Heather and Austin (LAR)
 3:00 IL- Knit and Crochet (SL)
 3:00 Stretch & Relaxation Class (WC)
 4:00 Hymns & Hope w/ Joel (LFL)
 7:00 IL: Game Night: Hand and Foot (HMR)

9:00 Aqua Power (Pool)
 9:00 Power Up (WC)
 9:00 Massage (WC)
 9:30 Morning Fitness (WC)
 10:00 Crafts with Agape (LAR)
 11:00 IL: Sterling Bridge Club (HC)
 1:00 Trivia w/ Heather (LFL)
 2:30 IL: Hand & Foot Card Game (HC)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Happy Hour with Music (LFL)

9:00 Yoga (WC)
 9:00 Audiologist Visit (WC)
 9:30 Morning Fitness (WC)
 10:30 Fun Friday Outing to The Varsity (LFL)
 11:00 SAR (some assembly required) Class with Joan (HAS)
 1:00 History Club (LAR)
 2:00 Employee CPR Training (LAR)
 3:00 Domino's (HMR)
 3:00 Stretch & Relaxation Class (WC)
 5:45 Game Night (LDR)

9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 10:00 Bocce Tournament Game (BBC)
 11:00 Bocce Tournament Game (BBC)
 1:00 Girl Scout Troup 18361 to visit (LAR)
 1:00 IL- Rummikub (SL)
 1:00 The 25th Annual Putman County Spelling Bee (HC)
 1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Golden Oldies Music hour (LAR)
 7:00 IL: Game Night (HMR)

Daylight Savings Time Ends
 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)
 9:30 Morning Fitness (WC)
 10:00 Monday Morning Motivation (CC)
 11:00 Fall Semester at The Sterling University of Music (LAR)
 1:30 IL-Poker Games (HMR)
 1:30 IL- Mahjongg (SL)
 2:00 Water Aerobics (WC)
 2:00 IL- Technology Help with the Gadget Gal (HMR)
 3:00 Bocce Tournament Game (BBC)
 3:00 Stretch & Relaxation Class (WC)
 3:30 The Chosen (HMR)
 4:00 Bocce Tournament Game (BBC)
 6:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Aqua Power (Pool)
 9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 10:15 IL: Technology Help Desk (HMR)
 10:30 Catholic Communion Service (LAR)
 1:00 IL- Rummikub (SL)
 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)
 9:30 Morning Fitness (WC)
 10:00 IL: Spouse Support (SL)
 10:00 Shopping: Kroger (LFL)
 10:00 Massage (WC)
 10:30 On-site Jewelry Repair (LFL)
 11:15 Parkinson's Exercise Class (WC)
 1:00 Afternoon Shopping Trip Dallas Hwy Market (LFL)
 1:30 Men's Bible Study (SL)
 2:00 Water Aerobics (WC)
 3:00 IL- Knit and Crochet (SL)
 3:00 Stretch & Relaxation Class (WC)
 4:00 Hymns & Hope w/ Joel (LFL)
 4:00 IL-Fall Bocce Final Championship Game and Pizza Party (BBC)
 7:00 IL: Game Night: Hand and Foot (HMR)

9:00 Aqua Power (Pool)
 9:00 Power Up (WC)
 9:00 Massage (WC)
 9:30 Morning Fitness (WC)
 9:30 IL Golf (HC)
 10:00 IL: Open Art Studio (HAS)
 10:30 Sweet Spirit Singers Christmas Edition (LFL)
 11:00 IL: Sterling Bridge Club (HC)
 1:00 Trivia w/ Heather (LFL)
 2:30 IL: Hand & Foot Card Game (HC)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Happy Hour with Music (LFL)

7:30 Veterans Breakfast at Still Elementary (LFL)
 9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
 2:00 Lip Sync Competition (LDR)
 3:00 Domino's (HMR)
 5:45 Game Night (LDR)

Veterans Day
 9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 1:00 IL- Rummikub (SL)
 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)
 7:00 IL: Game Night (HMR)

10:45 Sterling Church Service (LAR)
 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
 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)
 1:30 IL-Poker Games (HMR)
 1:30 IL- Mahjongg (SL)
 2:00 Water Aerobics (WC)
 3:00 Stretch & Relaxation Class (WC)
 3:30 The Chosen (HMR)
 7:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Aqua Power (Pool)
 9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 10:15 IL: Technology Help Desk (HMR)
 10:30 Catholic Communion Service (LAR)
 1:00 IL- Rummikub (SL)
 1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Bible Study with Mic Knox (LAR)
 5:30 IL Theme Dinner: Black & White Affair (HC)
 7:00 Widow's Support Group with Trudy Green (LAR)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
 10:00 IL: Spouse Support (SL)
 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)
 1:30 Men's Bible Study (SL)
 2:00 Water Aerobics (WC)
 2:00 IL: PageTurners Book Club (HMR)
 2:00 Mandatory All Staff Meeting (LDR)
 3:00 IL- Knit and Crochet (SL)
 4:00 Hymns & Hope w/ Joel (LFL)
 7:00 IL: Game Night: Hand and Foot (HMR)

9:00 Aqua Power (Pool)
 9:00 Power Up (WC)
 9:00 Massage (WC)
 9:30 Morning Fitness (WC)
 10:30 Morning Music Hour w/ Barry (LFL)
 11:00 IL: Sterling Bridge Club (HC)
 2:30 IL: Hand & Foot Card Game (HC)
 3:00 Stretch & Relaxation Class (WC)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
 11:00 SAR (some assembly required) Class with Joan (HAS)
 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 Domino's (HMR)
 3:00 Stretch & Relaxation Class (WC)
 5:45 Game Night (LDR)

9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 1:00 IL- Rummikub (SL)
 1:30 BINGO (LAR)
 2:00 1940s Radio Hour at The Strand (HC)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Golden Oldies Music hour (LAR)
 7:00 IL: Game Night (HMR)

10:45 Sterling Church Service (LAR)
 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)
 9:30 Morning Fitness (WC)
 10:00 Monday Morning Motivation (CC)
 11:00 Fall Semester at The Sterling University of Music (LAR)
 1:30 IL-Poker Games (HMR)
 1:30 IL- Mahjongg (SL)
 2:00 Water Aerobics (WC)
 3:00 Stretch & Relaxation Class (WC)
 3:30 The Chosen (HMR)
 7:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Aqua Power (Pool)
 9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 10:15 IL: Technology Help Desk (HMR)
 10:30 Catholic Communion Service (LAR)
 1:00 IL- Rummikub (SL)
 1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Bible Study with Mic Knox (LAR)
 4:00 IL Team Trivia (HAS)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
 10:00 IL: Spouse Support (SL)
 10:00 Shopping: Publix (LFL)
 10:00 Massage (WC)
 11:15 Parkinson's Exercise Class (WC)
 11:45 Outing- Lunch at La Parrilla (LFL)
 1:30 Men's Bible Study (SL)
 2:00 Water Aerobics (WC)
 3:00 IL- Knit and Crochet (SL)
 3:00 Stretch & Relaxation Class (WC)
 4:00 Hymns & Hope w/ Joel (LFL)
 7:00 IL: Game Night: Hand and Foot (HMR)

Thanksgiving
 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)
 10:00 IL: Open Art Studio (HAS)
 11:00 IL: Sterling Bridge Club (HC)
 1:00 Trivia w/ Heather (LFL)
 2:00 Science Hour (LAR)
 2:30 IL: Hand & Foot Card Game (HC)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
 10:00 Holiday Pajama Day all Day (LAR)
 10:00 Fun Friday Outing-Breakfast/ Brunch at the Morning Shift Restaurant (LFL)
 1:00 History Club (LAR)
 3:00 Domino's (HMR)
 3:00 Stretch & Relaxation Class (WC)
 5:45 Game Night (LDR)

9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 1:00 IL- Rummikub (SL)
 1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
 7:00 IL: Game Night (HMR)

10:45 Sterling Church Service (LAR)
 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
 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)
 1:30 IL-Poker Games (HMR)
 1:30 IL- Mahjongg (SL)
 2:00 Water Aerobics (WC)
 3:00 Stretch & Relaxation Class (WC)
 3:30 The Chosen (HMR)
 7:00 IL: Line Dancing w/ Nurse Laura (SL)

8:30 Men's Breakfast Meeting (HC)
 9:00 Aqua Power (Pool)
 9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 10:15 IL: Technology Help Desk (HMR)
 10:30 Catholic Communion Service (LAR)
 1:00 IL- Rummikub (SL)
 1:30 BINGO (LAR)
 3:30 Bible Study with Mic Knox (LAR)
 4:30 IL Dinner Club to Ted's Montana Grill (HC)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
 10:00 IL: Spouse Support (SL)
 10:00 Shopping: Kroger (LFL)
 10:00 Massage (WC)
 11:15 Parkinson's Exercise Class (WC)
 1:30 Men's Bible Study (SL)
 2:00 Water Aerobics (WC)
 3:00 IL- Knit and Crochet (SL)
 3:00 Stretch & Relaxation Class (WC)
 4:00 Hymns & Hope w/ Joel (LFL)
 7:00 IL: Game Night: Hand and Foot (HMR)

9:00 Aqua Power (Pool)
 9:00 Power Up (WC)
 9:00 Massage (WC)
 9:30 Morning Fitness (WC)
 10:00 Christmas Decorating (LAR)
 11:00 IL: Sterling Bridge Club (HC)
 1:00 Documentary Of The Month (LAR)
 1:00 IL Birthday Celebration (HC)
 2:30 IL: Hand & Foot Card Game (HC)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Happy Hour with Music (LFL)

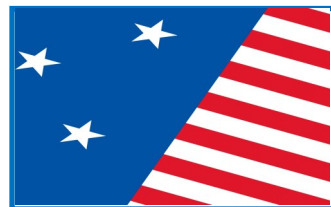
November 2023

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





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| 11.1-Diane Hobson | 11.12-Mary Petry |
| 11.2-Martin Multer | 11.15-Irv Lanquist |
| 11.3-Dwayne Lineback | 11.16-John Earley |
| 11.3-Nancy Morrison | 11.19-Barry Birckhead |
| 11.5-Jenine Steele | 11.21-Bill Broad |
| 11.6-Allen Baumgartner | 11.22-Joyce Tippens |
| 11.7-Corrine Broad | 11.24-Myrna Estes |
| 11.10-Judy Dollock | 11.25-Kim Keffer |
| | 11.26-Dorris Tucker |
| | 11.27-Marge DeBenedetto |
| | 11.27-Kay Eadie |
| | 11.27-Jerri Trepke |
| | 11.30-Joe Gabriel |
| | 11.30-Lee Mathews |



We love our Veterans!!

Happy Hour Entertainment

- 11/2 Joe Castellanos
- 11/9 Scotty Paulk
- 11/16 No Happy Hour AL Theme Dinner
- 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)
- NEW- Men's Weekly Bible Study** starts on Wed 11.8 at 1:30 in the Stratford
- Thursday-Gospel Music Hour (3rd Thursday of the Month) (Landmark Lobby)
- Sunday- Sterling Church w/Pastor Freddy Knox (LAR)



Sterling on the Go!

- 11.3-Lunch out to The Varsity
- 11.4-Marietta Theatre Co. presents, *The 25th Annual Putnam Co. Spelling Bee*
- 11.10-Breakfast for Veterans at Still Elementary 7:30am
- 11.17-Movie Outing: *Journey to Bethlehem*
- 11.18-The Strand Presents, *The 1940's Radio Hour*
- 11.24-Breakfast/Brunch at The Morning Shift Restaurant
- 12.1- Booth Western Museum, Lunch at the Appalachian Grille
- 12.2-Georgia Symphony Orchestra presents, *Holiday Pops*
- 12.3-City Springs presents, *A White Christmas*
- 12.6 -IL Marietta Christmas Tour of Lights
- 12.15-Fainting Goat Vineyards
- 12.16 -The Strand presents, *A Christmas Tradition*
- 12.18- The Vienna Light Orchestra Christmas Tour
- 12.20- IL Marietta Christmas Tour of Lights
- 12.22 -Movie Outing (Movie to be announced)
- 12.29- The Albert for lunch and to the Carter Center




**IL Theme Dinner:
Black & White Affair**

Tuesday Nov 14, 5:30 PM

We are rolling out the red carpet so come dressed to impress in your finest black and white attire, as we celebrate Hollywood style. To make your reservations please sign up in the Hampton Club. Dinner starts at 5:30pm!

Hampton Club



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



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"

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 & Dallas Hwy Market
- 11/15- Walmart
- 11/22-Publix & Lunch outing at La Parrilla
- 11/29 Kroger

