

SUN	MON	TUE	WED	THUR	FRI	SAT
	9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Monday Morning Motivation (CC)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Sterling Jeopardy (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Time Travel Trivia (LFL)</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>1:30 BINGO (LAR)</b> 3:00 Stretch & Relaxation Class (WC)	9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>9:30 Shopping: Walmart (LFL)</b> 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) 2:00 Water Aerobics (WC) 3:00 Stretch & Relaxation Class (WC) <b>3:30 Practice for Wii Bowling (LFL)</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:00 Crafts with Agape (LAR)</b> <b>11:30 One on One Visits</b> <b>1:00 Trivia W/ Heather (LFL)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Happy Hour with Music (LFL)</b>	9:00 Yoga (WC) <b>9:00 Audiologist Visit (WC)</b> 9:30 Morning Fitness (WC) <b>10:00 Mystery Activity (LAR)</b> <b>10:30 Fun Friday Outing to Doug's Place for lunch &amp; Bartow History Museum (LFL)</b> <b>1:00 History Club (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) 10:00 Brain Games (LAR) 10:30 Giant Crosswords (LAR) <b>11:00 Practice for Wii Bowling</b> <b>1:30 BINGO (LAR)</b> 3:00 Stretch & Relaxation Class (WC) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>
10:45 Sterling Church Service (LAR) <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Name that Tune (LAR)</b> <b>3:00 Hot Cider and Cookies (LFL)</b> 4:00 Music Bingo (LAR)	9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Monday Morning Motivation (CC)</b> <b>11:00 Winter Quarter-Sterling School of Music (LAR)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Sterling Jeopardy (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Time Travel Trivia (LFL)</b> 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:00 BINGO (LAR)</b> <b>3:00 RSV Vaccine Presentation w/ Dr. Mohan (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LFL)</b> <b>7:00 Widow's Support Group with Trudy Green (LAR)</b>	9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>9:30 Shopping: Kroger (LFL)</b> <b>10:00 Shopping with LaVerne (LAR)</b> 10:00 Massage (WC) 10:30 On-site Jewelry Repair (LFL) 11:15 Parkinson's Exercise Class (WC) <b>1:00 Afternoon Shopping Trip Dallas Hwy Market (LFL)</b> 2:00 Water Aerobics (WC) <b>2:00 Pick a Song any Song... Sing along (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Practice for Wii Bowling (LFL)</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:00 Let's Play Ball (LAR)</b> <b>11:30 One on One Visits</b> <b>1:00 Trivia W/ Heather (LFL)</b> <b>2:00 Science Hour (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Happy Hour with Music (LFL)</b>	9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Mystery Activity (LAR)</b> <b>11:30 Fun Friday Outing to Table 20 for lunch &amp; Qualusi Winery (LFL)</b> <b>1:00 History Club (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) 10:00 Brain Games (LAR) 10:30 Giant Crosswords (LAR) <b>11:00 Practice for Wii Bowling</b> <b>1:30 BINGO (LAR)</b> 3:00 Stretch & Relaxation Class (WC) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>
10:45 Sterling Church Service (LAR) <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Family Feud (LAR)</b> <b>2:00 Art Class w/ Scott (HAS)</b> <b>3:00 Hot Cocoa and Cookies (LFL)</b> 4:00 Music Bingo (LAR)	9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Monday Morning Motivation (CC)</b> <b>11:00 Winter Quarter-Sterling School of Music (LAR)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Sterling Jeopardy (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Time Travel Trivia (LFL)</b> 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 BINGO (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b>	9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>9:30 Shopping: Walmart (LFL)</b> <b>10:30 Alzheimer's Education Class (LAR)</b> 11:15 Parkinson's Exercise Class (WC) <b>1:00 "Let's Make A Deal" Game (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Cocktail Class with Austin (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Practice for Wii Bowling (LFL)</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:30 Morning Music Hour w/ Barry (LFL)</b> <b>11:30 One on One Visits</b> 3:00 Stretch & Relaxation Class (WC) <b>5:00 Winter Wonderland Theme Dinner (LDR)</b>	9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Mystery Activity (LAR)</b> <b>10:45 Fun Friday Outing: Salvadorian Mexican Restaurant &amp; Savoy Museum (LFL)</b> <b>1:00 History Club (LAR)</b> <b>2:00 Ice Cream Social (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) 10:00 Brain Games (LAR) 10:30 Giant Crosswords (LAR) <b>11:00 Practice for Wii Bowling</b> <b>1:30 BINGO (LAR)</b> 3:00 Stretch & Relaxation Class (WC) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>
10:45 Sterling Church Service (LAR) <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Name that Tune (LAR)</b> <b>3:00 Afternoon Worship and Communion w/ St. James Episcopal Church (LFL)</b> <b>3:00 Hot Cider and Cookies (LFL)</b> 4:00 Music Bingo (LAR)	9:00 Yoga (WC) <b>9:00 Podiatrist (WC)</b> 9:30 Morning Fitness (WC) <b>10:00 Monday Morning Motivation (CC)</b> <b>11:00 Winter Quarter-Sterling School of Music (LAR)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Sterling Jeopardy (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Time Travel Trivia (LFL)</b> 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 BINGO (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b>	9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>9:30 Shopping: Publix (LFL)</b> <b>10:00 Word Game (LAR)</b> 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) <b>1:00 Afternoon Shopping at Five Below (LFL)</b> 2:00 Water Aerobics (WC) 3:00 Stretch & Relaxation Class (WC) <b>3:30 Practice for Wii Bowling (LFL)</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:00 Let's Play Ball (LAR)</b> <b>11:30 One on One Visits</b> <b>1:00 Trivia W/ Heather (LFL)</b> <b>2:00 AL- January Birthday Celebration (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Happy Hour with Music (LFL)</b>	9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Mystery Activity (LAR)</b> <b>1:00 History Club (LAR)</b> <b>1:00 Fun Friday Outing to the movies to see Killers of the Flower Moon (LFL)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) 10:00 Brain Games (LAR) 10:30 Giant Crosswords (LAR) <b>11:00 Practice for Wii Bowling</b> <b>1:30 BINGO (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Meet and Greet -Miss Cobb County and Miss Cobb County's Teen (LFL)</b> <b>6:00 Game Night (LAR)</b>
10:45 Sterling Church Service (LAR) <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Family Feud (LAR)</b> <b>2:00 Art Class w/ Scott (HAS)</b> <b>3:00 Hot Cocoa and Cookies (LFL)</b> 4:00 Music Bingo (LAR)	9:00 CAR WASH 9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Monday Morning Motivation (CC)</b> <b>11:00 Winter Quarter-Sterling School of Music (LAR)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Sterling Jeopardy (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Time Travel Trivia (LFL)</b> 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 BINGO (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b>	9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>9:30 Shopping: Kroger (LFL)</b> <b>10:00 Stick to the Beat (LAR)</b> 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) <b>1:00 Documentary Of The Month (LAR)</b> 2:00 Water Aerobics (WC) 3:00 Stretch & Relaxation Class (WC) <b>3:30 Practice for Wii Bowling (LFL)</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	<b>LOCATION KEY</b> CC - Casual Cafe HAS - Hampton Art Studio HMR - Hampton Media Room	LAR - Landmark Activity Room LDR - Landmark Dining Room LFL - Landmark Front Lobby	SL - Stratford Lounge WC - Wellness Center Pool - Wellness Center Pool

# January 2024

## Campus Events & Outings

3165 Dallas Hwy, Marietta, GA 30064 770-255-7000





Join us on 12.25 at 2:00pm in the LAR to celebrate January birthdays!

1/1 Mary Ann Jordan  
1/12 Scott McMurry  
1/13 Ada Shorr

### Happy Hour Entertainment



1/4 Loose Shoes  
1/11 Joe Castellano  
1/18 Winter Wonderland Themed Dinner w/ musical guest Thayer Naples  
1/25 Keith West

### 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)

Sunday— Sterling Church w/Pastor Freddy Knox (LAR)  
January 21st, Afternoon worship and communion w/ St. James



### Fun Friday Outings

1/5 Doug's place for lunch & Bartow History Museum  
1/12 Table 20 for lunch & Qualusi Winery  
1/19 Salvadorian Mexican Restaurant & Savoy Care Museum  
1/26 Movie Outing: TBD



### Sterling Scholars @11AM

Landmark Activity Room



1/8 Greg Athnos-Tchaikovsky: Western Ideas, Russian Heart  
1/15 Thayer Naples-History of Jazz  
1/22 Greg Athnos-Giuseppe Verdi  
1/29 Thayer Naples-History of Jazz



### Lets Make A Deal Followed by Cocktail Class!

Join us at 2:00pm on the January 17th in the Landmark Activity Room to compete and win wonderful prizes! Following lets make a deal, we will learn how to make a delicious cocktail and sample what we have created!



### 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 9:30am. Please meet in the Front Lobby of the Landmark building at 9:15am.

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

- 1/3 Walmart
- 1/10 Kroger & Dallas Hwy Market
- 1/17 Walmart
- 1/24 Publix & Five Below
- 1/31 Kroger



### RSV Vaccine Presentation with Dr. Mohan

Join Dr. Mohan in the Landmark Activity room on January 9th at 3:00pm to learn about the RSV vaccine and its benefits. Please sign up in Landmark activity room for this special presentation.



Meet and Greet -Miss Cobb County and Miss Cobb County's Teen

Saturday Jan 27, 4:00 PM Landmark Front Lobby

Come meet Miss Cobb County, **Audrey Kittila** and Miss Cobb County's Teen, **Carrington Manous** and learn about their platforms and how they want to make a difference.

These two young ladies will also be volunteering here at Sterling in 2024. So let's give them a big Sterling Welcome.



Audrey Kittila



Carrington Manous