

SUN	MON	TUE	WED	THUR	FRI	SAT						
	New Year's Day 9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Motivation (CC) 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)	1	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) 10:15 IL: Technology Help Desk (HMR) 10:30 Catholic Communion Service (LAR) 1:00 BINGO (LAR) 1:00 IL- Rummikub (SL) 1:30 BINGO (LAR) 3:00 Stretch & Relaxation Class (WC)	2	9:00 Yoga (WC) 9:30 Morning Fitness (WC) 9:30 Shopping: Walmart (LFL) 10:00 IL: Spouse Support (SL) 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) 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)	3	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) 10:00 Crafts with Agape (LAR) 10:00 IL: Open Art Studio (HAS) 11:00 IL: Sterling Bridge Club (HC) 2:30 IL: Hand & Foot Card Game (HC) 3:00 Stretch & Relaxation Class (WC) 3:30 Happy Hour with Music (LFL)	4	9:00 Yoga (WC) 9:00 Audiologist Visit (WC) 9:30 Morning Fitness (WC) 10:30 Fun Friday Outing to Doug's Place for lunch & Bartow History Museum (LFL) 1:00 History Club (LAR) 3:00 Domino's (HMR) 3:00 Stretch & Relaxation Class (WC) 5:45 Game Night (LDR)	5	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) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)	6
10:45 Sterling Church Service (LAR) 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Name that Tune (LAR) 3:00 Hot Cider 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 Winter Quarter-Sterling School 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 Natalie Silver aka Gadget Gal (HMR) 3:00 Stretch & Relaxation Class (WC) 3:30 The Chosen (HMR) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	7	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) 10:15 IL: Technology Help Desk (HMR) 10:30 Catholic Communion Service (LAR) 1:00 BINGO (LAR) 1:00 IL- Rummikub (SL) 3:00 RSV Vaccine Presentation w/ Dr. Mohan (LAR) 3:00 Stretch & Relaxation Class (WC) 3:30 Bible Study with Mic Knox (LFL) 7:00 Widow's Support Group with Trudy Green (LAR)	8	9:00 Yoga (WC) 9:30 Morning Fitness (WC) 9:30 Shopping: Kroger (LFL) 10:00 IL: Spouse Support (SL) 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) 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)	9	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) 11:00 IL: Sterling Bridge Club (HC) 2:00 Science Hour (LAR) 2:30 IL: Hand & Foot Card Game (HC) 3:00 Stretch & Relaxation Class (WC) 3:30 Happy Hour with Music (LFL)	10	9:00 Yoga (WC) 9:30 Morning Fitness (WC) 11:30 Fun Friday Outing to Table 20 for lunch & Qualusi Winery (LFL) 1:00 History Club (LAR) 3:00 Domino's (HMR) 3:00 Stretch & Relaxation Class (WC) 5:45 Game Night (LDR)	11	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) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)	12
10:45 Sterling Church Service (LAR) 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Family Feud (LAR) 2:00 Art Class w/ Scott (HAS) 3:00 Hot Cocoa and Cookies (LFL) 4:00 Music Bingo (LAR)	Martin Luther King Jr. Day 9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Motivation (CC) 11:00 Winter Quarter-Sterling School 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)	14	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 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-Winter Wonderland Theme Dinner (HC)	15	9:00 Yoga (WC) 9:30 Morning Fitness (WC) 9:30 Shopping: Walmart (LFL) 10:00 IL: Spouse Support (SL) 10:30 Alzheimer's Education Class (LAR) 11:15 Parkinson's Exercise Class (WC) 2:00 Water Aerobics (WC) 2:00 Cocktail Class with Austin (LAR) 2:00 IL: PageTurners Book Club (HMR) 3:00 IL- Knit and Crochet (SL) 3:00 Stretch & Relaxation Class (WC) 4:00 Hymns & Hope w/ Joel (LFL)	16	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) 10:00 IL: Open Art Studio (HAS) 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)	17	9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:45 Fun Friday Outing: Salvadorian Mexican Restaurant & Savoy Museum (LFL) 1:00 History Club (LAR) 3:00 Domino's (HMR) 3:00 Stretch & Relaxation Class (WC) 5:45 Game Night (LDR)	18	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) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)	19
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 Cider and Cookies (LFL) 4:00 Music Bingo (LAR)	9:00 Yoga (WC) 9:00 Podiatrist (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Motivation (CC) 11:00 Winter Quarter-Sterling School 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)	21	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 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)	22	9:00 Yoga (WC) 9:30 Morning Fitness (WC) 9:30 Shopping: Publix (LFL) 10:00 IL: Spouse Support (SL) 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) 1:00 Afternoon Shopping at Five Below (LFL) 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)	23	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) 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)	24	9:00 Yoga (WC) 9:30 Morning Fitness (WC) 1:00 History Club (LAR) 1:00 Fun Friday Outing to the movies to see Killers of the Flower Moon (LFL) 3:00 Domino's (HMR) 3:00 Stretch & Relaxation Class (WC) 5:45 Game Night (LDR)	25	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) 4:00 Meet and Greet -Miss Cobb County and Miss Cobb County's Teen (LFL) 7:00 IL: Game Night (HMR)	26
10:45 Sterling Church Service (LAR) 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Family Feud (LAR) 2:00 Art Class w/ Scott (HAS) 3:00 Hot Cocoa 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 Winter Quarter-Sterling School 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)	28	8:30 Men's Breakfast Meeting (HC) 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 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)	29	9:00 Yoga (WC) 9:30 Morning Fitness (WC) 9:30 Shopping: Kroger (LFL) 10:00 IL: Spouse Support (SL) 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) 1:00 Documentary Of The Month (LAR) 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) 4:30 IL Dinner Club to Elevation Chophouse & Skybar (HC)	30	LOCATION KEY CC - Casual Cafe HAS - Hampton Art Studio HC - Hampton Club	31	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

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

