

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 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
SL - Stratford Lounge
WC - Wellness Center
Pool - Wellness Center Pool

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)

Groundhog Day
 9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:45 Fun Friday Outing to Big Door Vineyards (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)
 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 Afternoon Movie Matinee (LAR)
3:00 Hot Cider and Cookies (LFL)
 4:00 Music Bingo (LAR)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Stay up to date on Current Events and World News (CC)
11:00 Education Class w/ Mobile Therapy Solutions (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)
 6:00 IL: Line Dancing w/ Nurse Laura (SL)

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)
 1:00 IL Encouraging Messages (HAS)
 1:00 Ladies Bridge (HMR)
1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
 3:30 Bible Study with Mic Knox (LAR)

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)
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)

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
 11:00 IL: Sterling Bridge Club (HC)
11:00 Pop-Up Shop-Diva Styles & Accessories and King Kreations/ Gourmet Chocolates (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)
 9:30 Morning Fitness (WC)
10:00 Fun Friday Outing to Delta Flight Museum & Marietta Diner for lunch (LFL)
1:00 History Club (LAR)
3:00 Domino's (HMR)
 3:00 Stretch & Relaxation Class (WC)
 5:45 Game Night (LDR)

Chinese New Year Lunar New Year
 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)

10:45 Sterling Church Service (LAR)
11:00 First Presbyterian Church of Marietta (HMR)
2:00 Super Bowl Party (LAR)
 4:00 Music Bingo (LAR)

9:00 Yoga (WC)
9:00 Fitness Assessment Day (WC)
 9:30 Morning Fitness (WC)
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)
 7:00 IL: Line Dancing w/ Nurse Laura (SL)

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)
 1:00 Ladies Bridge (HMR)
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)

Valentine's Day
 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: Betty Grable (LAR)
1:00 Shopping to TJ Max and Marshalls (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)

9:00 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)
2:00 Science Hour (LAR)
 2:30 IL: Hand & Foot Card Game (HC)
 3:00 Stretch & Relaxation Class (WC)
3:30 Happy Hour with Music (LFL)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:30 Fun Friday Outing to Mary Mac's Tea Room. (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)
10:00 Girl Scout Cookie Pop Up Shop (LFL)
 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)
7:00 Georgia Symphony Orchestra Presents What The World Needs Now (HC)

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

President's Day
 9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Stay up to date on Current Events and World News (CC)
11:00 Education Class w/ Mobile Therapy Solutions (LAR)
1:30 IL-Poker Games (HMR)
1:30 IL- Mahjongg (SL)
 2:00 Water Aerobics (WC)
 3:00 Stretch & Relaxation Class (WC)
 7:00 IL: Line Dancing w/ Nurse Laura (SL)

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)
10:30 Lights, Camera, Make Up! (LFL)
 1:00 IL- Rummikub (SL)
 1:00 Ladies Bridge (HMR)
1:30 BINGO (LAR)
 3:00 Stretch & Relaxation Class (WC)
3:30 Bible Study with Mic Knox (LAR)
5:30 IL-Italian Theme Dinner (HC)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
9:30 Shopping: Walmart (LFL)
10:00 IL: Spouse Support (SL)
 11:15 Parkinson's Exercise Class (WC)
 2:00 Water Aerobics (WC)
2:00 Cooking Show w/ Heather and 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)

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
 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)
1:00 History Club (LAR)
1:00 Fun Friday Outing to the movies (LFL)
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)
 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)
3:00 Hot Cocoa and Cookies (LFL)
3:00 IL New Resident Sunday Social (HC)
 4:00 Music Bingo (LAR)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Stay up to date on Current Events and World News (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)
 7:00 IL: Line Dancing w/ Nurse Laura (SL)

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)
 1:00 Ladies Bridge (HMR)
1:30 BINGO (LAR)
1:30 Wii Bowling Tournament Game @ Sterling West (WC)
 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)
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 Belk (LFL)
 2:00 Water Aerobics (WC)
2:00 Design Painting (LAR)
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 Fish Thyme (HC)

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
 10:00 IL: Open Art Studio (HAS)
 11:00 IL: Sterling Bridge Club (HC)
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)

February 2024

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



IN-HOUSE

ENTERTAINMENT

- 2.1 LOOSE SHOES- HAPPY HOUR
- 2.8 JOE CASTELLANO- HAPPY HOUR
- 2.15 DAVID FERGUSON- HAPPY HOUR
- 2.20 THAYER NAPLES - ITALIAN THEME DINNER
- 2.29 KEITH WEST - HAPPY HOUR



Coming March 2024!

JOEL LANIER WILL BE
LEADING A BIBLE STUDY
ON WEDNESDAYS AT 1:30 IN
THE STRATFORD LOUNGE
OPEN TO ALL RESIDENTS



STERLING SCHOLARS



- 2.5 Regina Sitterly: Transition from Hospital to Home Pt 1, know your choices.
- 2.12 Thayer Naples: History of Western Music
- 2.19 Regina Sitterly: Transition From Hospital to Home Pt 2, know your choices.
- 2.26 Greg Athnos: Truth and Opera

KIDS CARE

WILL BE HERE ON FRIDAY
FEBRUARY 9TH FOR A FUN AFTERNOON
OF BOARD GAMES AND FUN!
COME JOIN US!!
GAME STATIONS WILL BE SET UP
ALL AROUND THE LANDMARK
BUILDING.



ITALIAN THEME DINNER FEBRUARY 20TH

DRINK SERVICE WILL BEGIN AT 5:00PM
BUFFET SERVICE WILL BEGIN AT 5:30PM

Grazie
LIVE MUSIC BY THAYER NAPLES



MARK YOUR CALENDAR FOR SUNDAY
FEBRUARY 25TH FROM 3:00PM-6:00PM

JOIN US FOR PIZZA, BEER,
WINE, SODA AND A GET TO
KNOW YOUR NEIGHBOR
MYSTERY GAME.



Sterling on the GO!

- 2.2-Big Door Vineyards
- 2.9-Delta Flight Museum and Marietta Diner
- 2.16-Lunch out at Mary Macs Tea Room
- 2.23-Movie Outing to see- Ordinary Angels
- 2.28-Dinner Club goes to Fish Thyme
- 3.2-Marietta Theatre presents, *Honeymoon in Vegas*
- 3.3-GSO (Georgia Symphony Orchestra Vocal Competition)
- 3.10- City Springs Theatre presents, *Beauty and the Beast*
- 3.17-GSO, Gospel Mass



HAPPY
Valentines
DAY

FEBRUARY BIRTHDAYS

- 2.2-JUDY SHAW
- 2.4-SANDRA SEAGRAVES
- 2.6-MARILYN MOYLE
- 2.6-DONNA MILLS
- 2.10-SALLY COLE
- 2.17-DAVID STRAND
- 2.23-JOAN BEIL
- 2.26-JERRY BOONE
- 2.27-NANCY-PULLEY-STALLINGS

THANK YOU MOBILE THERAPY
SOLUTIONS FOR PROVIDING OUR CAKES

