

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 CC - Casual Cafe
 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)
11:30 One on One Visits
12:45 Wii Bowling Tournament Game @ Sterling East (LFL)
1:00 Trivia W/ Heather (LFL)
2:00 Cookie Decorating (LAR)
 3:00 Stretch & Relaxation Class (WC)
3:30 Happy Hour with Music (LFL)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
9:30 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 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Valentine Craft
ProjectWe need your help (LAR)
11:00 Pop-Up Shop-Diva Styles & Accessories and King Creations/ Gourmet Chocolates (LFL)
11:30 One on One Visits
1:00 Trivia W/ Heather (LFL)
 3:00 Stretch & Relaxation Class (WC)
3:30 Happy Hour with Music (LFL)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Mystery Activity (LAR)
10:00 Fun Friday Outing to Delta Flight Museum & Marietta Diner for lunch (LFL)
1:00 History Club (LAR)
 3:00 Stretch & Relaxation Class (WC)
3:30 AFTERNOON GAMES W/ KIDS CARE (LAR)
 5:45 Game Night (LDR)

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)
1:00 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)
 6:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:30 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)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
9:30 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 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Valentine Craft
ProjectWe need your help (LAR)
11:00 Pop-Up Shop-Diva Styles & Accessories and King Creations/ Gourmet Chocolates (LFL)
11:30 One on One Visits
1:00 Trivia W/ Heather (LFL)
 3:00 Stretch & Relaxation Class (WC)
3:30 Happy Hour with Music (LFL)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Mystery Activity (LAR)
10:00 Fun Friday Outing to Delta Flight Museum & Marietta Diner for lunch (LFL)
1:00 History Club (LAR)
 3:00 Stretch & Relaxation Class (WC)
3:30 AFTERNOON GAMES W/ KIDS CARE (LAR)
 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)
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)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Mystery Trivia w/ Heather (LFL)
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)
1:00 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 Power Up (WC)
 9:00 Aqua Power (Pool)
 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)
 9:30 Morning Fitness (WC)
9:30 Shopping: Kroger (LFL)
10:00 Word Game (LAR)
 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 Stretch & Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope w/ Joel (LFL)

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Let's Play Ball (LAR)
10:30 Morning Music Hour w/ Barry (LFL)
11:30 One on One Visits
1:00 Trivia W/ Heather (LFL)
2:00 Science Hour (LAR)
 3:00 Stretch & Relaxation Class (WC)
3:30 Happy Hour with Music (LFL)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Mystery Activity (LAR)
10:30 Fun Friday Outing to Mary Mac's Tea Room. (LFL)
1:00 History Club (LAR)
 3:00 Stretch & Relaxation Class (WC)
4:00 Group Trivia (LFL)
 5:45 Game Night (LDR)

9:00 Power Up (WC)
 9:30 Morning Fitness (WC)
 10:00 Brain Games (LAR)
10:00 Girl Scout Cookie Pop Up Shop (LFL)
 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)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Mystery Trivia w/ Heather (LFL)
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)
 9:30 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)
1:00 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 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:30 Catholic Communion Service (LAR)
10:30 Lights, Camera, Make Up! (LFL)
11:00 Trivia Challenge (LFL)
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)
10:30 Cranium Crunches (LAR)
 11:15 Parkinson's Exercise Class (WC)
1:00 Silly Bean Auction (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 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Let's Play Ball (LAR)
11:30 One on One Visits
 3:00 Stretch & Relaxation Class (WC)
5:00 AL-Theme Dinner (LDR)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Mystery Activity (LAR)
1:00 History Club (LAR)
1:00 Fun Friday Outing to the movies (LFL)
1:30 Zumba With Angela (WC)
 3:00 Stretch & Relaxation Class (WC)
4:00 Group Trivia (LFL)
 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)
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)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Mystery Trivia w/ Heather (LFL)
3:00 Hot Cocoa 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 Winter Quarter-Sterling School 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 Power Up (WC)
 9:00 Aqua Power (Pool)
 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)
 3:00 Stretch & Relaxation Class (WC)
3:30 Bible Study with Mic Knox (LAR)

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
9:30 Shopping: Publix (LFL)
10:00 Word Game (LAR)
 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 Stretch & Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope w/ Joel (LFL)

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Let's Play Ball (LAR)
11:30 One on One Visits
1:00 Trivia W/ Heather (LFL)
2:00 Birthday Celebration (LAR)
 3:00 Stretch & Relaxation Class (WC)
3:30 Happy Hour with Music (LFL)

February 2024

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





- 2/11 Carolyn Scott
- 2/17 Joann Athnos
- 2/17 Barbara Bontempi
- 2/17 Jesse Chaffin
- 2/17 Charlayne Simons
- 2/2 Marvin Olansky
- 2/2 Marie Reilly
- 2/5 Norma Deemer
- 2/11 Douglas Ries
- 2/18 Nancy White
- 2/20 Jane Munns
- 2/20 Betty Saladna

Happy Hour Entertainment

- 2/1 Loose Shoes
- 2/8 Joe Castellano
- 2/15 David Ferguson
- 2/22 Italian Themed Dinner
- 2/29 Keith West



Faith Based Groups and Events

- Tuesday- Catholic Communion (LAR)
- Bible Study w/Mic Knox (Landmark Lobby)
- Wednesday- Join Joel Lanier our Spiritual Care Director for Hymns and Hope sing a long every Wednesday at 4:00pm (Landmark Lobby)
- Sunday- Sterling Church w/Pastor Freddy Knox (LAR)



Fun Friday Outings

- 2/2 Big Door Vineyards
- 2/9 Delta Flight Museum & Marietta Diner
- 2/16 Mary Mac's Tea Room
- 2/23 Movie Outing: Ordinary Angels



Sterling Scholars @11AM

Landmark Activity Room

- 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



ITALIAN
T H E M E
D I N N E R
F E B R U A R Y
2 2 N D
5 : 0 0 P M



Silly Bean Action

The auction house is back once again! Join us at 1:00pm on February 21st in the Landmark Activity Room as we auction off prizes.



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.

- 2/7 Walmart
- 2/14 Kroger & TJ Max + Marshalls
- 2/21 Walmart
- 2/28 Publix & Belk



WHATS ON THE MENU for Cocktail Class and Cooking Show?

- 2/7 1:00pm Cocktail: Appletini
- 2/7 2:00 PM Cooking Show: Fluffy Delicious Pancakes
- 2/21 2:00pm Cooking Show: Strawberry Angel Food Cake



Pick a Game any Game...

Friday February 9th at 3:30pm

KIDS CARE

will be here for a special game day afternoon. Friday Fun Day! Sign up for your favorite game.

