

**SUN MON TUE WED THUR FRI SAT**

**LOCATION KEY**  
 BBC - Bocce Ball Court  
 CC - Casual Cafe  
 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)  
 9:30 Shopping: Walmart (LFL)  
 10:00 Massage (WC)  
**10:00 Word Game (LAR)**  
 11:15 Parkinson's Exercise Class (WC)  
**1:00 Cocktail Class (LAR)**  
 2:00 Water Aerobics (WC)  
**2:00 Cooking Show w/ Amy and Austin (LAR)**  
 3:00 Stretch and 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 Crafts With Agape (LAR)**  
**11:30 One on One Visits with Austin and Amy**  
**1:00 Trivia W/ Amy (LFL)**  
**2:00 Run for the Roses: History of the Kentucky Derby (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Happy Hour with Live Music (LFL)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Lets Play Ladder ball (LAR)**  
**1:00 History Club (LAR)**  
**3:00 Annual Sterling Derby Day (LFP)**  
 3:00 Stretch and Relaxation Class (WC)  
**5:45 Game Night (LDR)**

9:00 Power Up (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Bocce Game (BBC)**  
**10:00 Brain Games (LAR)**  
**10:30 Giant Crossword (LAR)**  
**11:00 Bocce Game (BBC)**  
**11:00 Practice for Wii Bowling**  
**1:30 Bingo (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Golden Oldies Music Hour (LAR)**  
**6:00 Game Night (LAR)**

**Orthodox Easter**  
**Cinco de Mayo**  
**10:45 Sterling Church Service (LAR)**  
**11:00 First Presbyterian Church of Marietta (HMR)**  
**1:00 Mystery Trivia (LFL)**  
**3:30 Cinco de Mayo Music Hour with Gil Caro (LFL)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Monday Morning Meetup (CC)**  
**11:00 Sterling Scholars-School of Music Presents: (LAR)**  
**1:30 Left Right Center Game (LFL)**  
 2:00 Water Aerobics (WC)  
**3:00 Bocce Game (BBC)**  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Bocce Game (BBC)**  
**4:00 Time Travel Trivia (LFL)**  
**6:00 Line Dancing with 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 Zumba (WC)  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Bible Study with Mic Knox (LAR)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**9:30 Shopping: Kroger (LFL)**  
 10:00 Massage (WC)  
**10:00 Stick it to the beat (LAR)**  
 10:30 On-site Jewelry Repair (LFL)  
 11:15 Parkinson's Exercise Class (WC)  
**1:00 Afternoon Shopping Trip: Pike Nurseries (LFL)**  
 2:00 Water Aerobics (WC)  
**2:00 Pick a song, any song, sing along (LAR)**  
 3:00 Stretch and 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 Lets Play Ball! (LAR)**  
**10:00 Pop Up Shop- Dee's Affordable Finds (LFL)**  
**11:30 One on One Visits with Austin and Amy**  
**1:00 Lets Make Deal (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Happy Hour with Live Music (LFL)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**2:30 Ladies Day Tea (LDR)**  
 3:00 Stretch and Relaxation Class (WC)  
**5:45 Game Night (LDR)**

9:00 Power Up (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Bocce Game (BBC)**  
**10:00 Brain Games (LAR)**  
**10:30 Giant Crossword (LAR)**  
**11:00 Bocce Game (BBC)**  
**11:00 Practice for Wii Bowling**  
**1:30 Bingo (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Baseball Party: Braves vs Mets (LAR)**  
**6:00 Game Night (LAR)**

**Mother's Day**  
**10:45 Sterling Church Service (LAR)**  
**11:00 First Presbyterian Church of Marietta (HMR)**  
**1:00 Mystery Trivia (LFL)**  
**3:00 Sunday Social with Refreshments (LAR)**  
**4:00 Music Bingo (LAR)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Monday Morning Meetup (CC)**  
**11:00 Sterling Scholars-School of Music Presents: (LAR)**  
**1:30 Left Right Center Game (LFL)**  
 2:00 Water Aerobics (WC)  
**3:00 Bocce Game (BBC)**  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Bocce Game (BBC)**  
**4:00 Sterling Jeopardy (LAR)**  
**7:00 Line Dancing with 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 and Relaxation Class (WC)  
**3:30 Bible Study with Mic Knox (LAR)**  
**7:00 Widow Support Group w/ Trudy Green (LAR)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
 9:30 Shopping: Walmart (LFL)  
**10:00 Word Game (LAR)**  
 11:15 Parkinson's Exercise Class (WC)  
**1:00 Meet Your Neighbor (LAR)**  
 2:00 Water Aerobics (WC)  
**2:00 Cooking Show w/ Amy and Austin (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Practice for Wii Bowling**  
**4:00 Bocce Final (BBC)**  
 4:00 Hymns & Hope w/ Joel (LFL)

9:00 Power Up (WC)  
 9:00 Aqua Power (Pool)  
 9:30 Morning Fitness (WC)  
**10:00 Art Club (LAR)**  
**11:00 Writing Workshop - Pen Pal Project (LAR)**  
**11:30 One on One Visits with Austin and Amy**  
**1:00 Music Hour w/ Barry (LFL)**  
**2:00 Science Hour (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Happy Hour with Live Music (LFL)**

9:00 Yoga (WC)  
 9:00 Audiologist (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Mystery Activity (LAR)**  
**10:00 Fun Friday Outing: Top Golf! (LFL)**  
**1:00 History Club (LAR)**  
**2:00 Root Beer Float Social (LAR)**  
 3:00 Stretch and 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 Crossword (LAR)**  
**11:00 Practice for Wii Bowling**  
**1:30 Bingo (LAR)**  
 3:00 Stretch and 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 (LFL)**  
**3:00 St. James Episcopal Church (LFL)**  
**3:00 Sunday Social with Refreshments (LAR)**  
**4:00 Music Bingo (LAR)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Monday Morning Meetup (CC)**  
**11:00 Sterling Scholars-School of Music Presents: (LAR)**  
**1:30 Left Right Center Game (LFL)**  
 2:00 Water Aerobics (WC)  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Time Travel Trivia (LFL)**  
**7:00 Line Dancing with 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 Zumba (WC)  
 3:00 Stretch and 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 Crafting with LaVerne (LAR)**  
 10:00 Massage (WC)  
 11:15 Parkinson's Exercise Class (WC)  
**1:00 Afternoon Shopping Trip: Dollar Tree & Goodwill (LFL)**  
 2:00 Water Aerobics (WC)  
**2:00 Cornhole and Cantaloupe (LAR)**  
 3:00 Stretch and 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 Lets Play Ball! (LAR)**  
**11:30 One on One Visits with Austin and Amy**  
**1:00 Trivia W/ Amy (LFL)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Happy Hour with Live Music (LFL)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Mystery Activity (LAR)**  
**11:00 Fun Friday: Movie Outing (LFL)**  
**1:00 History Club (LAR)**  
**2:00 Cocktail Class (LAR)**  
 3:00 Stretch and 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 Crossword (LAR)**  
**11:00 Practice for Wii Bowling**  
**1:30 Bingo (LAR)**  
 3:00 Stretch and 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 Sunday Matinee - Butch Cassidy and the Sundance Kid (LAR)**  
**3:00 Sunday Social with Refreshments (LAR)**  
**4:00 Music Bingo (LAR)**

**Memorial Day**  
 9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Monday Morning Meetup (CC)**  
**11:00 Sterling Scholars-School of Music Presents: (LAR)**  
**1:30 Left Right Center Game (LFL)**  
 2:00 Water Aerobics (WC)  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Sterling Jeopardy (LAR)**  
**7:00 Line Dancing with 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)**  
**12:30 Wii Bowling Tournament at Sterling East (LFL)**  
**1:30 Bingo (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Bible Study with Mic Knox (LAR)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**9:30 Shopping: Kroger (LFL)**  
 10:00 Massage (WC)  
**10:00 Stick it to the beat (LAR)**  
 11:15 Parkinson's Exercise Class (WC)  
**1:00 Afternoon Shopping Trip: Barnes & Noble at The Avenue of West Cobb (LFL)**  
**1:00 Documentary Of The Month: Bing Crosby (LAR)**  
 2:00 Water Aerobics (WC)  
 3:00 Stretch and 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)  
**11:30 One on One Visits with Austin and Amy**  
**1:00 Trivia W/ Amy (LFL)**  
**2:00 May Birthday Celebration (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Happy Hour with Live Music (LFL)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Fun Friday: Gibbs Gardens (LFL)**  
**10:00 Mystery Activity (LAR)**  
**1:00 History Club (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Group Trivia (LFL)**  
**5:45 Game Night (LDR)**

**May 2024**

**Campus Events & Outings**

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





5/1 Nicolette Bruner  
 5/2 Rhea Pridgen  
 5/9 Debbie Zienert  
 5/12 Angela Williams  
 5/15 Randy Cameron  
 5/16 Murray Homan  
 5/17 Tonie Etter  
 5/19 Waldo Jones  
 5/22 Dianne Slocum



5/23 Betty Andrew  
 5/23 Frank Joyce  
 5/27 Joyce Cabler

## Happy Hour Entertainment

5/2 LOOSE SHOES  
 5/9 JOE CASTELLANOS  
 5/16 BRANDON CROCKER  
 5/23 KEITH WEST  
 5/30 GLEN HAYES



## Faith Based Groups and Events

Tuesday- Catholic Communion (Activity Room)  
 Bible Study w/Mic Knox (Activity Room)  
 Wednesday- Hymns & Hope With Joel (Landmark Lobby)  
 Thursday- Gospel Music Hour (3rd Thursday of the Month) (Landmark Lobby)  
 Sunday- Sterling Church Service with Freddie Knox (LAR) Sterling Church w/Pastor Freddy Knox (LAR)



## Baseball Party: Braves VS Mets!

Saturday May 11th at 4:00 we will watch the Braves VS the Mets in the Landmark Activity room! Hotdogs, peanuts and beer will be served!



All Sterling Ladies are invited to the

*Ladies Tea*

Friday May 10. 2:30 PM  
 Landmark Dining Room  
 RSVP to the Concierge desk by May 8th



## Sterling Estates

### Derby Day 2024!

Wear your Derby day hat and join us on the Front Porch  
 Friday May 3rd at 3:00 pm  
 Join us for an exhilarating Derby Day event! Get ready and saddle up for your favorite horse and jockey. Lemonade, Mint Julips, and other refreshments will be served!



*Kentucky Derby*

Sign up in the Landmark Dining Room to secure your spot in the race. Don't miss out on the excitement!

## 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.

5/1 Walmart  
 5/8 Kroger & Pikes  
 5/15 Walmart  
 5/22 Publix & Dollar Tree + Goodwill  
 5/29 Kroger & The Avenues



## LET'S MAKE A DEAL IF THE PRICE IS RIGHT!

THURSDAY MAY 9TH

1:00PM



CONTESTANTS COME ON DOWN! WHOEVER IS CLOSEST TO THE ACTUAL RETAIL PRICE OF THE PRIZE WINS IT, OR CHOOSE FROM THE MYSTERY BOX!

## Fun Friday Outings

5/17 Top Golf & Lunch  
 5/24 Movie Outing  
 5/31 Gibbs Gardens & Lunch at the Cafe