

SUN

MON

TUE

WED

THUR

FRI

SAT

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)

30

LOCATION KEY
 CC - Casual Cafe
 HMR - Hampton Media Room
 LAR - Landmark Activity Room

LC - Landmark Courtyard
 LDR - Landmark Dining Room
 LFL - Landmark Front Lobby

LFP - Landmark Front Porch
 SL - Stratford Lounge
 WC - Wellness Center
 Pool - Wellness Center Pool

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)

1

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)

2

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Monday Morning Meetup (CC)
11:00 Sterling Scholars-School of Music Presents: (LAR)
 12:00 Zumba (WC)
1:30 Left Right Center Game (LAR)
 2:00 Water Aerobics (WC)
 3:00 Stretch and Relaxation Class (WC)
4:00 Time Travel Trivia (LFL)
6:00 Line Dancing with Nurse Laura (SL)

3

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)

4

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
9:30 Shopping: Walmart (LFL)
 10:00 Massage (WC)
10:00 Stick it to the beat (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)

5

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Crafts With Agape (LAR)
10:00 Shuffleboard Tournament (LC)
11:30 One-on-one Visits
1:00 Silly Bean Auction (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Happy Hour with Live Music (LFL)

6

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Fun Friday: Marietta Fire Museum (LFL)
10:00 Mystery Activity (LAR)
1:00 History Club (LAR)
2:00 Ice Cream Social (LAR)
 3:00 Stretch and Relaxation Class (WC)
4:00 Group Trivia (LFL)
5:45 Game Night (LDR)

7

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)

8

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

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 (LAR)
 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)

10

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)

11

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
9:30 Shopping: Kroger (LFL)
 10:00 Massage (WC)
10:00 Word Game (LAR)
 11:15 Parkinson's Exercise Class (WC)
1:00 Shopping Trip to Kohl's (LFL)
1:30 Pick a Song, Any Song, Sing along (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)

12

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Art Club: Diving Into Watercolors! (LAR)
10:00 Shuffleboard Tournament (LC)
11:30 One-on-one Visits
1:00 Meet Your Neighbor (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Happy Hour with Live Music (LFL)

13

Flag Day
 9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
12:00 Burgers, Brats, and Brews (LFP)
1:00 History Club (LAR)
 3:00 Stretch and Relaxation Class (WC)
4:00 Group Trivia (LFL)
5:45 Game Night (LDR)

14

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)

15

Father's Day
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)

16

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 (LAR)
 2:00 Zumba (WC)
 3:00 Stretch and Relaxation Class (WC)
4:00 Time Travel Trivia (LFL)
7:00 Line Dancing with Nurse Laura (SL)

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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)
4:30 AL Dinner Club (LFL)

18

Juneteenth
 9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
9:30 Shopping: Walmart (LFL)
10:00 Stick it to the beat (LAR)
 11:15 Parkinson's Exercise Class (WC)
1:00 Documentary Of The Month: Fred Rodgers (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)

19

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Lets Play Ball! (LAR)
10:00 Shuffleboard Tournament (LC)
11:30 One-on-one Visits
1:00 Music Hour w/ Barry (LFL)
 3:00 Stretch and Relaxation Class (WC)
5:00 Noble Nineties Theme Dinner (LDR)

20

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Mystery Activity (LAR)
11:00 Fun Friday: Marietta Square Market (LFL)
1:00 History Club (LAR)
 3:00 Stretch and Relaxation Class (WC)
4:00 Group Trivia (LFL)
5:45 Game Night (LDR)

21

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)

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10:45 Sterling Church Service (LAR)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Sunday Movie Matinee - 9 to 5 (LAR)
3:00 Sunday Social with Refreshments (LAR)
4:00 Music Bingo (LAR)

23

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Monday Morning Meetup (CC)
11:00 Sterling Scholars - Maria Martin- Cuba to America (LAR)
1:30 Left Right Center Game (LAR)
 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)

24

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 at Sterling West (WC)
 3:00 Stretch and Relaxation Class (WC)
3:30 Bible Study with Mic Knox (LAR)

25

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
9:30 Shopping: Publix (LFL)
10:00 Bean Bag Number Toss (LAR)
 10:00 Massage (WC)
 11:15 Parkinson's Exercise Class (WC)
1:00 Mocktail Class (LAR)
 2:00 Water Aerobics (WC)
2:30 Sterling Wide Summer Trivia Tournament (LDR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope w/ Joel (LFL)

26

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Painting with Amy (LAR)
11:30 One-on-one Visits
1:00 Guess Who's Who (LAR)
2:00 Birthday Celebration (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Happy Hour with Live Music (LFL)

27

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
9:30 Fun Friday: Atlanta Botanical Gardens (LFL)
10:00 Crafting with LaVerne (LAR)
1:00 History Club (LAR)
 3:00 Stretch and Relaxation Class (WC)
4:00 Group Trivia (LFL)
5:45 Game Night (LDR)

28

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)

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June 2024

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



HAPPY
Birthday

6.24-ROSE BERGMAN
COME CELEBRATE JUNE BIRTHDAYS ON JUNE 27TH AT 2:00PM IN THE LANDMARK ACTIVITY ROOM

Happy Hour Entertainment

6/6-Loose Shoes
6/13-Joe Castellanos
6/20-Noble 90s Themed Dinner w/ dinner music by special guest Jim Coots
6/27-Keith West

Sterling Wide Summer Trivia Tournament!

- Over the next 3 months Sterling will have a campus wide trivia tournament.
- Up to four people per team.
- Sign up in the activity room to reserve a spot!
- First round is 6.26 at 2:30pm in the Landmark Dining Room.

Sterling Scholars
Mondays @11AM
Landmark Activity Room

6/3- Thayer Naples
6/10 Greg Athnos
6/18- Thayer Naples
6/25- Maria Martin

Art Club
6/13
10:00am

Join Maggie this month as we paint with water color!

Landmark Activity Room

Please join us for a Royal Evening Celebrating the Lords and Ladies of Sterling in their nineties.

JUNE 20TH AT 5:00PM
IN THE EVENING IN
THE LANDMARK BALLROOM

Sterling on the Go!

6/7 Marietta Fire Museum
6/18 AL Dinner Club goes to Carrabba's Italian grill
6/21 Marietta Square Market
6/28 Atlanta Botanical Garden

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.

6/5 - Walmart
6/12 - Kroger & Kohl's
6/19 - Walmart
6/26 - Publix

New Activity! Guess Who's Who 6/27 at 1:00pm

Ever wonder how much you know about somebody? Join us for our first ever Guess Who's Who where we learn and find out just how well we know our neighbors!

ALL STERLING MEN ARE INVITED TO
STERLING'S ANNUAL

BURGERS, BRATS, AND BREWS

Landmark Front Porch
June 14th @ 12:00Noon