

**SUN**

**MON**

**TUE**

**WED**

**THUR**

**FRI**

**SAT**

<p>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)</p>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Meetup (CC) 11:00 Sterling Scholars - The Pre-Civil War Era (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)</p>	<p>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 Pick a Song, Any Song, Sing Along (LAR)</p>	<p>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/ Taylor and Amy (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 Practice for Wii Bowling 4:00 Hymns &amp; Hope w/ Joel (LFL)</p>	<p><b>Independence Day</b> 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) 10:30 Holiday Concert with Butch Reeves (LFP) 11:30 One-on-one Visits 1:00 Trivia W/ Amy (LFL) 3:00 Stretch and Relaxation Class (WC) 3:30 Happy Hour with Live Music (LFL)</p>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Mystery Activity (LAR) 1:30 Sterling Cinemas: All The President's Men (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)</p>	<p>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)</p>
<p>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)</p>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Meetup (CC) 11:00 Sterling Scholars: School of Music (LAR) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 2:00 Gadget Gal Explains! (HMR) 2:00 Olympics Practice (WC) 3:00 Stretch and Relaxation Class (WC) 4:00 Sterling Jeopardy (LAR) 7:00 Line Dancing with Nurse Laura (SL)</p>	<p>9:00 Car Wash (HC) 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)</p>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 9:30 Shopping: Kroger (LFL) 10:00 Let's Play Ball! (LAR) 10:00 Massage (WC) 10:30 On-site Jewelry Repair (LFL) 11:15 Parkinson's Exercise Class (WC) 1:00 Afternoon Shopping: Target (LFL) 1:00 Cocktail Class (LAR) 2:00 Water Aerobics (WC) 2:00 Olympics Practice (WC) 3:00 Stretch and Relaxation Class (WC) 3:30 Practice for Wii Bowling 4:00 Hymns &amp; Hope w/ Joel (LFL)</p>	<p>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 1:00 Let's Make a Deal (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 Happy Hour with Live Music (LFL)</p>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Fun Friday: ATL Illuminarium (LFL) 10:00 Mystery Activity (LAR) 1:00 History Club (LAR) 2:00 Olympics Practice (WC) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)</p>	<p>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)</p>
<p>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)</p>	<p>9:00 Yoga (WC) 9:00 Podiatrist (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Meetup (CC) 11:00 Sterling Scholars - Speaker Richard Croker (LAR) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 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)</p>	<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) 10:30 Catholic Communion Service (LAR) 11:00 Olympics Practice (WC) 11:00 Trivia Challenge (LFL) 1:30 Bingo (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 Bible Study with Mic Knox (LAR)</p>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 9:30 Shopping: Walmart (LFL) 10:00 Get Pampered w/ Mary Kay (LAR) 11:15 Parkinson's Exercise Class (WC) 1:00 Meet Your Neighbor (LAR) 2:00 Water Aerobics (WC) 3:00 Stretch and Relaxation Class (WC) 3:30 Practice for Wii Bowling 4:00 Hymns &amp; Hope w/ Joel (LFL)</p>	<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) 10:00 Art Club (LAR) 11:00 Olympics Practice (WC) 11:30 One-on-one Visits 1:00 Music Hour w/ Barry (LFL) 3:00 Stretch and Relaxation Class (WC) 5:00 70s Disco Theme Dinner (LDR)</p>	<p>9:00 Yoga (WC) 9:00 Audiologist (WC) 9:30 Morning Fitness (WC) 10:00 Mystery Activity (LAR) 10:00 Fun Friday Outing: High Museum of Art (LFL) 1:00 History Club (LAR) 2:00 Popsicles on the Porch (LFP) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)</p>	<p>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)</p>
<p>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)</p>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Meetup (CC) 11:00 Sterling Scholars: School of Music (LAR) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 3:00 Olympics Practice (WC) 4:00 Sterling Jeopardy (LAR) 7:00 Line Dancing with Nurse Laura (SL)</p>	<p>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)</p>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 9:30 Shopping: Publix (LFL) 10:00 Massage (WC) 10:00 Stick it to the Beat (LAR) 11:15 Parkinson's Exercise Class (WC) 12:30 Let's go to the Bowling Alley (LFL) 2:00 Water Aerobics (WC) 3:00 Olympics Practice (WC) 3:30 Practice for Wii Bowling 4:00 Hymns &amp; Hope w/ Joel (LFL)</p>	<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) 10:00 Paint &amp; Sip (LAR) 11:30 One-on-one Visits 1:00 Trivia W/ Amy (LFL) 2:00 Birthday Celebration (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 Happy Hour with Live Music (LFL)</p>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Mystery Activity (LAR) 10:00 Fun Friday Outing: Fernbank Museum and Lunch (LFL) 1:00 History Club (LAR) 3:00 Olympics Practice (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)</p>	<p>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)</p>
<p>10:45 Sterling Church Service (LAR) 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Sunday Matinee - The Short Game (LAR) 3:00 Sunday Social with Refreshments (LAR) 4:00 Music Bingo (LAR)</p>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Meetup (CC) 11:00 Sterling Scholars - The American Civil War (LAR) 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) 7:00 Line Dancing with Nurse Laura (SL)</p>	<p>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)</p>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 9:30 Shopping: Walmart (LFL) 10:00 Let's Play Ball! (LAR) 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) 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 &amp; Hope w/ Joel (LFL)</p>	<p><b>LOCATION KEY</b> CC - Casual Cafe HC - Hampton Club HMR - Hampton Media Room</p>	<p>LAR - Landmark Activity Room LDR - Landmark Dining Room LFL - Landmark Front Lobby</p>	<p>LFP - Landmark Front Porch SL - Stratford Lounge WC - Wellness Center Pool - Wellness Center Pool</p>

**July 2024**

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



## HAPPY BIRTHDAY!

7/6 Carolyn Bayer  
7/7 Joanna Patterson  
7/8 Preston Jarvis  
7/11 Pat McPherson  
7/13 Kathleen O'Shaughnessy  
7/13 Weston Bergman  
7/28 Betty Boiling



## Happy Hour Entertainment

Loose Shoes- July 4th  
Donovan Carter- July 11th  
Disco Fever Theme Dinner with Special Guest DJ Maggie Magg  
Keith West- July 25th



## Sterling on the Go!

- 7.12-Illuminarium Atlanta
  - 7.19-High Museum of Art
  - 7.23-AL Dinner Club goes to Papi's
  - 7.24-Let's go to the bowling alley
  - 7.26-Fernbank Museum
- Sign up in the Landmark Activity Room to secure your spot on the bus

## 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 1:00pm. Please meet in the Landmark front lobby at 12:45pm.

- 7/3-Walmart
- 7/10-Kroger am/Target pm
- 7/17-Walmart
- 7/24-Publix
- 7.31-Walmart



## Audiologist and Podiatrist Will Be Here!

Podiatrist 7/15

Audiologist 7/19

See Wellness Center to make your appointment

## Disco Fever

Wear your bell bottoms and join us for a fun Disco theme dinner with DJ Maggie Magg

July 18th at 5:00 PM in the Landmark Dining Room



## DINNER CLUB

**PAPI'S**  
CUBAN GRILL

Join us as we embark on our second destination for our "Around the World" dinner club outing to enjoy some Cuban Food at Papi's

## Olympic Training Schedule

Monday-7/8-2:00pm

Wednesday-7/10-2:00pm

Friday-7/12-2:00pm

Tuesday-7/16-11:00am

Thursday-7/18-11:00am

Monday-7/22-3:00pm

Wednesday-7/24-3:00pm

Friday-7/26-3:00pm

- Come to the Wellness Center to sign up for an event.
- Training will be held in the Wellness Center

## July 4th

Patriotic Concert on the Landmark Front Porch with special guest Butch Reeves  
10:30am

