

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 AR - Activity Room
 CC - Casual Cafe
 DR - Dining Room
 FP - Front Porch
 LR - Living Room

WC - Wellness Center

Atlanta Braves Games will show on the Casual Cafe TV

9:15 Meditation with Heather (AR) **1**
 9:30 Sittercise (AL) (WC)
 10:00 Art Class with Scott (AR)
 10:00 Water Aerobics with Christine (WC)
 1:00 Hymns & Hope with Joel (LR)
 1:00 Open Gym (WC)
 2:00 BINGO (AR)
 2:00 Open Swim (WC)
 3:30 Happy Hour with Tom and Joni Illi (DR)
 6:00 Evening Movie "The Caine Mutiny" (AR)

9:30 Sittercise (AL) (WC) **2**
 10:30 Crafts - Dragonfly Magnets (AR)
 11:15 Focused Fitness (WC)
 12:15 Sterling Olympics! Opening Ceremony (DR)
 2:00 Current Events (AR)
 2:00 Open Gym (WC)
 3:00 Open Swim (WC)
 4:00 Armchair Travels: Greece: Athens and the Islands (AR)
 6:00 Friday Funnies Movie Time "Big" (AR)

National Watermelon Day **3**
 10:00 Coffee and Conversation (CC)
 11:00 Bananagrams Game (AR)
 2:00 Saturday Snack Bar "Fresh Chilled Watermelon" (AR)
 3:00 Game: Tumbling Tower! (AR)
 4:00 Leigh Plays Guitar in the Lobby! (Front Lobby)
 6:00 Evening Movie "Goodfellas" Oscar Winner! (AR)

9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) **4**
 10:00 Catholic Mass (AR)
 10:00 Holy Family Catholic Communion (AR)
 11:00 Documentaries "Secrets of the Greek Gods - Ancient Discoveries" (AR)
 2:00 BINGO (AR)
 4:00 Games with Friends: Resident Choice! (AR)
 6:00 Evening Movie "The Color Purple" *Nominated for 11 Academy Awards* (AR)

9:30 Sittercise (AL) (WC) **5**
 10:00 Games: "Left, Right, Center" Bring 6 Quarters! (AR)
 10:00 Sterling Olympics! Pool Events (WC)
 11:30 Wii Sports (WC)
 12:45 Happy Tails (LR)
 2:00 Open Gym (WC)
 2:00 Sterling Olympics! Wii Bowling (WC)
 2:30 Brain Fitness "Sudoku" (AR)
 3:00 Open Swim (WC)
 4:00 BINGO (AR)
 6:00 Evening Movie "Akeelah and the Bee" (AR)
 6:30 In Suite Movie: Ken Burns "LEWIS & CLARK" Part 1 (Channel 961)

9:15 Meditation with Heather (AR) **6**
 9:30 Sterling Olympics! Longest Football Throw, Basketball Free Throw, 3 Point Shot (FP)
 10:00 Water Aerobics with Christine (WC)
 11:00 Bible Study with Joel (AR)
 1:15 Sterling Olympics! Ping Pong (WC)
 2:00 Open Gym (WC)
 2:00 Pokeno & Prizes (AR)
 3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)
 3:00 Open Swim (WC)
 4:00 Quiddler (AR)
 4:00 Table Topics Game (AR)
 6:00 Evening Movie "Facing the Giants" (AR)
 6:30 In Suite Movie: Ken Burns "LEWIS & CLARK" Part 2 (Channel 961)

9:30 Sittercise (AL) (WC) **7**
 10:00 Publix Shopping
 11:15 Focused Fitness (WC)
 1:00 Piano with Dixie (LR)
 1:00 Massage Therapy (WC)
 1:15 Sterling Olympics! Nerf Gun Skeet Shooting, Archery (WC)
 2:00 Games: Jeopardy (AR)
 2:00 Open Gym (WC)
 2:00 Sterling Olympics! 3 Hole Putt Putt (WC)
 3:00 Bio Motion Wellness Seminar on Diabetic and Custom Footwear (AR)
 3:00 Open Swim (WC)
 3:00 Wii Bowling (WC)
 4:00 Series: A Gentleman in Moscow - Episode 1 (AR)
 6:00 Evening Movie: "Indiana Jones-Raiders of the Lost Ark" (AR)

9:15 Meditation with Heather (AR) **8**
 9:30 Yoga (Landmark Building Residents) (WC)
 10:00 Art Class with Scott (AR)
 10:00 Water Aerobics with Christine (WC)
 1:00 Sterling Olympics! Trivia (AR)
 1:00 Hymns & Hope with Joel (LR)
 2:00 Sterling Olympics! Cornhole (FP)
 3:30 Happy Hour with Jeni Michelson on the Piano (Front Lobby)
 6:00 Evening Movie "Indiscreet" Starring Ingrid Bergman and Cary Grant (AR)

9:30 Sittercise (AL) (WC) **9**
 11:15 Focused Fitness (WC)
 12:15 Sterling Olympics! Medals and Closing Ceremony (DR)
 1:00 BINGO (Rescheduled game) (AR)
 2:00 Open Gym (WC)
 3:00 Open Swim (WC)
 3:30 International Beer Tasting (AR)
 6:00 Friday Funnies Movie "Anyone But You" (AR)

10:00 Coffee and Conversation (CC) **10**
 11:00 Bananagrams Game (AR)
 1:00 Sterling Music Series with Thayer Naples (AR)
 4:00 Games with Friends (AR)
 6:00 Evening Movie "Jagged Edge" a Twisty Thriller! (AR)

Paris Olympics Closing Ceremony **11**
 9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite)
 10:00 Catholic Mass (AR)
 11:00 Documentaries & Biographies "Sacagawea" (AR)
 2:00 BINGO (AR)
 3:15 Sketching with Seniors Volunteers-Painting with Acrylics (AR)
 6:00 Evening Movie "Leave the World Behind" (AR)

9:30 Sittercise (AL) (WC) **12**
 10:00 Games: "Left, Right, Center" Bring 6 Quarters! (AR)
 11:30 Wii Sports (WC)
 2:00 Open Gym (WC)
 2:30 Brain Fitness "Wordle" (AR)
 3:00 Open Swim (WC)
 4:00 BINGO (AR)
 5:00 Landmark Building Ladies' Night: Pizza and a Movie "Florence Foster Jenkins" (AR)
 6:15 In Suite Movie: Patriot Games (Channel 961)

9:15 Meditation with Heather (AR) **13**
 9:30 Sittercise (AL) (WC)
 10:00 Tuesday Trivia and Calendar Update (CC)
 10:00 Water Aerobics with Christine (WC)
 11:00 Bible Study with Joel (AR)
 1:00 Resident Council Meeting (AR)
 2:00 Open Gym (WC)
 2:30 Pokeno & Prizes (AR)
 3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)
 3:00 Open Swim (WC)
 4:00 "Name That Tune" (AR)
 6:00 Evening Movie "Silence of the Lambs" (AR)

8:30 Men's Breakfast - Meet Bill Brown of the Dixie Classic Chevy Club (AR) **14**
 9:30 Sittercise (AL) (WC)
 10:00 Publix Shopping
 11:15 Focused Fitness (WC)
 1:00 Piano with Dixie (LR)
 2:00 Games: Wheel of Fortune (AR)
 2:00 Open Gym (WC)
 3:00 Open Swim (WC)
 3:00 Wii Bowling (WC)
 4:00 Series: A Gentleman in Moscow - Episode 2 (AR)
 6:00 Evening Movie "Indiana Jones and the Temple of Doom" (AR)

9:15 Meditation with Heather (AR) **15**
 9:30 Sittercise (AL) (WC)
 10:00 Art Class with Scott (AR)
 10:00 Water Aerobics with Christine (WC)
 1:00 Hymns & Hope with Joel (LR)
 1:00 Open Gym (WC)
 2:00 BINGO (AR)
 2:00 Open Swim (WC)
 3:30 Happy Hour with Music (Front Lobby)
 6:00 Evening Movie "Some Like it Hot" (AR)

9:30 Sittercise (AL) (WC) **16**
 10:30 Crafts - Beaded Bracelets (AR)
 11:15 Focused Fitness (WC)
 1:00 OUTING: Aviation and Technology Center at Dobbins Air Force Base (Front Lobby)
 2:00 Current Events with John Hurlbut (AR)
 2:00 Open Gym (WC)
 3:00 Open Swim (WC)
 4:00 Armchair Travels "Hidden Turkey" (AR)
 6:00 Friday Funnies Movie "War Dogs" (AR)

10:00 Coffee and Conversation (CC) **17**
 11:00 "Musical Favorites from the Past" with Tom Parrott (AR)
 2:00 Saturday Snack Bar - Katherine's Toffee Cookies and Coffee! (AR)
 3:00 Game: Tumbling Tower! (AR)
 4:00 Leigh Plays Guitar in the Lobby! (Front Lobby)
 6:00 Evening Movie "Spy Game" (AR)

9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) **18**
 10:00 Catholic Mass (AR)
 10:00 Holy Family Catholic Communion (AR)
 11:00 Documentaries "Mysterious Oceanic Oases" (AR)
 2:00 BINGO (AR)
 4:00 Games with Friends: Resident Choice! (AR)
 6:00 Evening Movie "Castaway" (AR)

Martha Lindeman is 100! **19**
 9:30 Sittercise (AL) (WC)
 10:00 Games: "Left, Right, Center" Bring 6 Quarters! (AR)
 11:15 Alliance of Therapy Dogs - Georgia and Iggy! (Front Lobby)
 11:30 Wii Sports (WC)
 12:30 Happy #100 Birthday Celebration for Martha Lindeman (DR)
 2:00 Open Gym (WC)
 2:30 SPEAKER Wanda Patterson "A Cherokee Romantic Tragedy" (AR)
 3:00 Open Swim (WC)
 4:00 BINGO (AR)
 6:00 Evening Movie "Finding Neverland" (AR)

9:15 Meditation with Heather (AR) **20**
 9:30 Sittercise (AL) (WC)
 10:00 Tuesday Trivia and Calendar Update (CC)
 10:00 Water Aerobics with Christine (WC)
 11:00 Bible Study with Joel (AR)
 2:00 Open Gym (WC)
 2:00 Pokeno & Prizes (AR)
 3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)
 3:00 Open Swim (WC)
 4:00 Quiddler (AR)
 4:00 Table Topics Game (AR)
 5:00 Landmark Building Gentlemen's Night: Pizza and a Movie "Unbroken" (AR)
 6:15 In Suite Movie: Baby Boom (Channel 961)

National Poets' Day **21**
 9:30 Sittercise (AL) (WC)
 10:00 Publix Shopping
 11:15 Focused Fitness (WC)
 1:00 Piano with Dixie (LR)
 1:00 Massage Therapy (WC)
 2:00 Games: Jeopardy (AR)
 2:00 Open Gym (WC)
 3:00 Open Swim (WC)
 3:00 Wii Bowling (WC)
 4:00 Series: A Gentleman in Moscow - Episode 3 (AR)
 6:00 Evening Movie "Indiana Jones and the Last Crusade" (AR)

9:15 Meditation with Heather (AR) **22**
 9:30 Yoga (Landmark Building Residents) (WC)
 10:00 Art Class with Scott (AR)
 10:00 Water Aerobics with Christine (WC)
 1:00 Hymns & Hope with Joel (LR)
 1:00 Open Gym (WC)
 1:15 Wellness Seminar: Georgia Advance Directive for Healthcare Seminar (AR)
 2:00 Open Swim (WC)
 2:15 BINGO (AR)
 3:30 Happy Hour with Keith West on Guitar (Front Lobby)
 6:00 Evening Movie "Guess Who's Coming to Dinner" (AR)

9:30 Sittercise (AL) (WC) **23**
 11:15 Focused Fitness (WC)
 1:00 OUTING: Funk History Center at Rheinhardt University (Front Lobby)
 2:00 Current Events (AR)
 2:00 Open Gym (WC)
 3:00 Open Swim (WC)
 4:00 Armchair Travels "Napoli and Beyond - Italy Travel" (AR)
 6:00 Friday Funnies Movie "Guarding Tess" (AR)

Vesuvius Day **24**
 10:00 Coffee and Conversation (CC)
 11:00 Bananagrams Game (AR)
 1:00 Sterling Music Series with Thayer Naples (AR)
 2:00 Crafts (AR)
 3:00 Snapshot Game! (AR)
 4:00 Games with Friends (AR)
 4:00 Idlewood Quartet (Front Lobby)
 6:00 Evening Movie "Skyfall" (AR)

9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) **25**
 10:00 Catholic Mass (AR)
 11:00 Documentaries and Biographies: "Call Me Kate" (AR)
 2:00 BINGO (AR)
 4:15 Sunday Strings Serenades with Jack, Turner and Brinda (Front Lobby)
 6:00 Evening Movie "August: Osage County" (AR)

9:30 Sittercise (AL) (WC) **26**
 10:00 Games: "Left, Right, Center" Bring 6 Quarters! (AR)
 11:30 Wii Sports (WC)
 2:00 Open Gym (WC)
 2:30 New Resident Social (AR)
 3:00 Open Swim (WC)
 4:00 BINGO (AR)
 6:00 Evening Movie "Love Punch" (AR)

9:15 Meditation with Heather (AR) **27**
 9:30 Sittercise (AL) (WC)
 10:00 Tuesday Trivia and Calendar Update (CC)
 10:00 Water Aerobics with Christine (WC)
 11:00 Bible Study with Joel (AR)
 12:45 Wii Bowling Tournament: Outing to Sterling West (WC)
 2:00 Open Gym (WC)
 2:00 Pokeno & Prizes (AR)
 3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)
 3:00 Open Swim (WC)
 4:00 "Name That Tune" (AR)
 6:00 Evening Movie "Bridge of Spies" (AR)

9:30 Sittercise (AL) (WC) **28**
 10:00 Publix Shopping
 11:15 Focused Fitness (WC)
 1:00 Piano with Dixie (LR)
 2:00 Games: Wheel of Fortune (AR)
 2:00 Open Gym (WC)
 3:00 "The Bibliophiles" Book Club (Library)
 3:00 Open Swim (WC)
 3:00 Wii Bowling (WC)
 4:00 Series: A Gentleman in Moscow - Episode 4 (AR)
 6:00 Evening Movie "Indiana Jones and the Kingdom of the Crystal Skull" (AR)

9:15 Meditation with Heather (AR) **29**
 9:30 Sittercise (AL) (WC)
 10:00 Art Class with Scott (AR)
 10:00 Water Aerobics with Christine (WC)
 1:00 Hymns & Hope with Joel (LR)
 1:00 Open Gym (WC)
 2:00 BINGO (AR)
 2:00 Open Swim (WC)
 4:00 Happy Hour "Special 60's Show with Val Miller and Band!" (Front Lobby)
 5:00 Landmark Building Theme Dinner "Toga Party and Dinner" (DR)
 6:00 Evening Movie "National Lampoon's Animal House" (AR)

9:30 Sittercise (AL) (WC) **30**
 10:00 OUTING: Library (Meet in Front Lobby)
 10:30 Crafts (AR)
 11:15 Focused Fitness (WC)
 1:00 OUTING: TJMaxx / Home Goods (Front Lobby)
 2:00 Current Events (AR)
 2:00 Open Gym (WC)
 3:00 Open Swim (WC)
 4:00 Armchair Travels "23 Most Beautiful Islands in the Mediterranean" (AR)
 6:00 Friday Funnies Movie Time "Bruce Almighty" (AR)

9:30 Sittercise (AL) (WC) **31**
 10:00 Coffee and Conversation (CC)
 11:00 "Musical Favorites from the Past" with Tom Parrott (AR)
 11:15 Open Gym (WC)
 3:00 Game: Tumbling Tower! (AR)
 4:00 Leigh Plays Guitar in the Lobby! (Front Lobby)
 6:00 Evening Movie "Solace" (AR)

August 2024
 Activity and Social Calendar





Landmark Building Residents



**International Beer Tasting
Activity Room 8/9**

Good Luck Sterling Athletes!!



August 29th

Toga Party/Theme Dinner

*Valerie Miller and Band
will play the 60's!*



Virginia Cone 8/6
Martin Morris 8/9
Angel Williamson 8/11
Jack Broman 8/17
Mel Less 8/17

Martha Lindeman 8/19/24

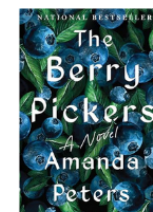
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George Sanner 8/30

Employee Birthdays

Yasmin Fernandez 8/8
Lisdawati Lathanavong 8/18
Will Simril 8/19

August Book Club Pick!



★ CHECK THIS OUT ★

**Ladies and Gents "Pizza and a Movie" Nights
on 8/12 and 8/20!**



Men's Breakfast

*Wednesday, August 14, 8:30am
Guest: Bill Brown with the
DIXIE CLASSIC CHEVY CLUB*

outings

8/16 Aviation and Technology
Center at Dobbins AFB
8/23 Funk History Center at
Rheinhardt University
8/30 Library & TJMaxx/Homegoods

Our new Wednesday series for the next 8 weeks is....A Gentleman in Moscow! The hardback novel spent 59 weeks on the NYT bestseller list! Join us to watch in the activity room!