

**SUN MON TUE WED THUR FRI SAT**

**LOCATION KEY**  
 BBC - Bocce Ball Court  
 CC - Casual Cafe  
 HC - Hampton Club  
 HMR - Hampton Media Room

**LAR - Landmark Activity Room**  
**LC - Landmark Courtyard**  
**LDR - Landmark Dining Room**

**LFL - Landmark Front Lobby**  
**LFP - Landmark Front Porch**  
**LLT - Landmark Legacy Terrace**

**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)**  
**1:00 Trivia (LFL)**  
**2:00 One-on-one Visits**  
 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)**  
**1:00 History Club (LAR)**  
 2:30 Sterling Olympics (LDR)  
**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 (LAR)**  
**1:30 Bingo (LAR)**  
**2:30 Surprise Hour with Taylor (LAR)**  
**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 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 Olympic Season Edition (LAR)**  
**1:30 Left Right Center Game (LAR)**  
**2:00 Gadget Gal Explains! (HMR)**  
**2:00 Sterling Olympics Viewing Party (Pool)**  
 2:00 Sterling Olympics-Pool Foot Race (WC)  
 2:00 Zumba (WC)  
 3:00 Sterling Olympics - Freestyle Swim (WC)  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Sterling Jeopardy (LAR)**  
**6:00 Line Dancing with Nurse Laura (SL)**

9:00 Aqua Power (Pool)  
 10:00 Sterling Olympics - Shotput (LC)  
**10:30 Catholic Communion Service (LAR)**  
 11:00 Sterling Olympics - Football Throw (LC)  
**11:00 Trivia Challenge (LFL)**  
**1:30 Bingo (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Bible Study with Mic Knox (LAR)**

**9:30 Shopping: Walmart (LFL)**  
 10:00 Massage (WC)  
 10:00 Sterling Olympics- Soccer Kick (LC)  
**10:00 Word Game (LAR)**  
 11:00 Sterling Olympics - Stationary Bike Race (WC)  
**1:00 Cocktail Class (LAR)**  
 2:00 Water Aerobics (WC)  
**2:00 Cooking Show w/ Amy and Taylor (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 Let's Play Ball! (LAR)**  
**11:00 Audio Book Club (LLT)**  
**1:00 Watermelon on the Porch (LFP)**  
**2:00 One-on-one Visits (WC)**  
**2:00 Sterling Olympics Viewing Party (WC)**  
 2:00 Sterling Olympics - Bench Press (WC)  
 3:00 Sterling Olympics - Leg Press (WC)  
**3:30 Happy Hour with Live Music (LFL)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Mystery Activity (LAR)**  
**10:00 Olympic Outing to TopGolf (LFL)**  
**1:00 History Club (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 (LAR)**  
**1:30 Bingo (LAR)**  
**2:30 Surprise Hour with Taylor (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 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)**  
 10:00 Sterling Olympics - Free throw (LC)  
 11:00 Sterling Olympics - 3 Point Shot (LC)  
**11:00 Sterling Scholars Olympic Season Edition (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)**

9:00 Aqua Power (Pool)  
 10:00 Sterling Olympics - Lawn Bowling (BBC)  
**10:30 Catholic Communion Service (LAR)**  
**11:00 Trivia Challenge (LFL)**  
**1:30 Bingo (LAR)**  
 2:00 Sterling Olympics - Hole in One (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: 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 Silly Bean Auction (LAR)**  
 1:00 Sterling Olympics - Bowling at Stars and Strikes (Landmark Lobby)  
 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 Aqua Power (Pool)  
 10:00 Sterling Olympics - Corn Hole (LFP)  
**10:00 Sterling Olympics Viewing Party (WC)**  
**11:00 Audio Book Club (LLT)**  
**1:00 Music Hour w/ Barry (LFL)**  
 2:00 Sterling Olympics - Ping Pong (WC)  
**2:00 Sterling Olympics Viewing Party (WC)**  
**2:30 Olympic Trivia Competition (LDR)**  
**3:30 Happy Hour with Live Music (LFL)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Mystery Activity (LAR)**  
**1:00 History Club (LAR)**  
**2:30 Sterling Olympic Closing Ceremony (LDR)**  
**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 (LAR)**  
**1:30 Bingo (LAR)**  
**2:30 Surprise Hour with Taylor (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 Fitness Assessment (WC)  
**10:00 Monday Morning Meetup (CC)**  
**11:00 Sterling Scholars: Exploring Bach with Resident Bob Conger (LAR)**  
**1:30 Left Right Center Game (LAR)**  
 2:00 Water Aerobics (WC)  
 2:00 Zumba (WC)  
**4:00 Sterling Jeopardy (LAR)**  
**7:00 Line Dancing with Nurse Laura (SL)**

9:00 Aqua Power (Pool)  
**10:30 Catholic Communion Service (LAR)**  
**11:00 Trivia Challenge (LFL)**  
**1:30 Bingo (LAR)**  
**2:30 Watermelon on the Porch (LFP)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Bible Study with Mic Knox (LAR)**

9:00 Fitness Assessment (WC)  
**9:30 Shopping: Walmart (LFL)**  
**10:00 Word Game (LAR)**  
 2:00 Water Aerobics (WC)  
**3:30 Practice for Wii Bowling (LFL)**  
**4:00 Hymns & Hope w/ Joel (LFL)**  
**4:30 AL Dinner Club (LFL)**

9:00 Power Up (WC)  
 9:00 Aqua Power (Pool)  
 9:30 Morning Fitness (WC)  
**10:00 Let's Play Ball! (LAR)**  
**11:00 Audio Book Club (LLT)**  
**1:00 Meet Your Neighbor - Mary Jo Boyd (LAR)**  
**2:00 One-on-one Visits**  
 3:00 Stretch and Relaxation Class (WC)  
**5:00 AL-Theme Dinner-Take Me Out to the Ballgame (LDR)**

9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Mystery Activity (LAR)**  
**11:00 Outing-Marietta Cobb Museum of Art (LFL)**  
**1:00 History Club (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 (LAR)**  
**1:30 Bingo (LAR)**  
**2:30 Surprise Hour with Taylor (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)**  
**1:00 Sunday Matinee Hillbilly Elegy (LAR)**  
**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 - Speaker Richard Croker (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)**

**9:00 Car Wash On site (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)**

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)  
**1:00 Afternoon Shopping: TJ Maxx (LFL)**  
 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)**

9:00 Power Up (WC)  
 9:00 Aqua Power (Pool)  
 9:30 Morning Fitness (WC)  
**10:00 Paint & Sip (LAR)**  
**11:00 Audio Book Club (LLT)**  
**1:00 Trivia (LFL)**  
**2:00 Birthday Celebration (LAR)**  
**2:00 One-on-one Visits**  
 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 Outing: Savoy Automobile Museum (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)**

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 (LAR)**  
**1:30 Bingo (LAR)**  
**2:30 Surprise Hour with Taylor (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Golden Oldies Music Hour (LAR)**  
**6:00 Game Night (LAR)**

**August 2024**

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





## HAPPY BIRTHDAY!

- 8-2 Maureen Welstead
- 8-4 Micheal Byrne
- 8-19 Shirley Burris
- 8-19 Phyllis Ticsh
- 8-21 Donna Strickland
- 8-21 Catherine Byrne
- 8-25 Ida O'Malley



## Happy Hour Entertainment

- Loose Shoes- August 1st
- Keith West- August 8th
- Sara Davies- August 15th
- Take Me Out to the Ballgame Theme Dinner with Guest entertainer Sonya Shell
- Sybil Eberhart- August 29th



## Sterling on the Go!

- 8-9 Olympic outing to Topgolf
- 8-23 Marietta Cobb Museum of Art
- 8-27 AL Dinner Club to Capers
- 8-30 Savoy Car 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.

- 8/7-Walmart
- 8/14-Kroger
- 8/21-Walmart
- 8/28-Publix/TJ Maxx



## Take Me Out to the Ballgame

Join us for a fun night at the ballgame!



August 22nd at  
5:00 PM in the  
Landmark Dining  
Room

## DINNER CLUB GOES TO:

**CAPERS**  
RESTAURANT & BAR

Join us as we embark on our third destination for our "Around the World" dinner club outing to Capers!  
Wednesday, August 21st at 4:30pm

## Sterling Olympics

Come support your neighbors and fellow competitors for our opening ceremonies on Friday August 2nd at 2:30!

Olympic Games Start Monday August 5th!

Join us as we crown the winners in the Campus wide Closing Ceremonies August 16th at 2:30 in the Landmark Dining Room!



## Sterling Summer Trivia Challenge

Assemble your teams and join us in the Landmark Dining Room for final round of the Sterling Wide Trivia Challenge. Winning team announced!

## Pop Up Shop With Joan Hargrove

Shop her handmade cards!

All Proceeds will be donated to Childhood Cancer Research  
August 21st from 10am-3pm

