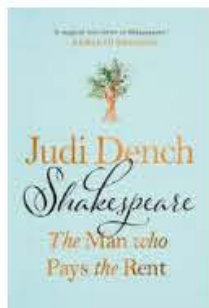


SUN	MON	TUE	WED	THUR	FRI	SAT
<p>9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite)</p> <p><b>10:00 Holy Family Catholic Communion (AR)</b></p> <p><b>11:00 Documentaries &amp; Biographies "Ronald Reagan: Movie Star Turned President" (AR)</b></p> <p>2:00 BINGO (AR)</p> <p>6:00 Evening Movie "Anna and the King" (AR)</p>	<p><b>Labor Day</b></p> <p>9:30 Sittercise (AL) (WC)</p> <p>11:00 Brain Fitness "WORDLE" (AR)</p> <p>11:30 Wii Sports (WC)</p> <p>1:00 Bananagrams! (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 BINGO (this is an hour earlier today!) (AR)</p> <p>3:00 Open Swim (WC)</p> <p>6:00 Evening Movie "Lawrence of Arabia" Part 1 (AR)</p>	<p>9:00 Meditation with Heather (AR)</p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Tuesday Trivia and Calendar Update (CC)</p> <p>11:00 Bible Study with Joel (AR)</p> <p>2:00 Open Gym (WC)</p> <p>2:00 Pokemo &amp; Prizes (AR)</p> <p>3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 Quiddler AND Dominoes! (AR)</p> <p>6:00 Evening Movie "Lawrence of Arabia" Part 2 (AR)</p>	<p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>10:00 Publix Shopping</p> <p>11:00 Games: Pictionary! (AR)</p> <p>11:15 Focused Fitness (WC)</p> <p>1:00 Piano with Dixie (LR)</p> <p>1:00 Massage Therapy (WC)</p> <p>2:00 Games: Jeopardy (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>3:00 Wii Bowling (WC)</p> <p>4:00 Series: A Gentleman in Moscow - Episode 5 (AR)</p> <p>6:00 Evenin' Picture Show: Lonesome Dove Series (Episode 1 "Leaving") (AR)</p>	<p>9:00 Meditation with Heather (AR)</p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Art Class with Scott (AR)</p> <p>1:00 Hymns &amp; Hope with Joel (LR)</p> <p>1:00 Open Gym (WC)</p> <p>2:00 BINGO (AR)</p> <p>2:00 Open Swim (WC)</p> <p>3:30 Happy Hour with Tom and Joni Illi (DR)</p> <p>6:00 Evening Movie "Cast Away" Starring Tom Hanks (AR)</p>	<p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Games with Friends: Tumbling Tower (AR)</p> <p>11:15 Focused Fitness (WC)</p> <p>2:00 Current Events (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 Armchair Travels Rick Steves Normandy and Mont St. Michel (AR)</p> <p>5:00 Pizza and Family Bingo Night (DR)</p> <p>6:00 Friday Funnies Movie: "The Proposal" (AR)</p>	<p>10:00 Coffee and Conversation (CC)</p> <p>11:00 Sterling Music Series with Thayer Naples (AR)</p> <p>12:00 Football! Georgia Tech v Syracuse (AR)</p> <p>2:00 Saturday Snack Bar - Coke Floats (AR)</p> <p>6:00 Evening Movie "K-19: The Widomaker" (AR)</p>
<p>9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite)</p> <p>10:00 Catholic Mass (AR)</p> <p><b>11:00 Documentaries "Ancient Builders of the Amazon" (AR)</b></p> <p>2:00 BINGO (AR)</p> <p>4:00 Games with Friends: Resident Choice! (AR)</p> <p>6:00 Evening Movie "Secondhand Lions" (AR)</p>	<p><b>International Sudoku Day</b></p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Monday Morning Coffee and Conversations (AR)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>11:30 Wii Sports (WC)</p> <p>1:00 Devotions with Jan Watson (Shelly's Mother!) (CC)</p> <p>2:00 Open Gym (WC)</p> <p>2:30 Brain Fitness "SUDOKU" (AR)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 BINGO (AR)</p> <p>6:00 Evening Movie "Sense and Sensibility" (AR)</p>	<p>9:00 Meditation with Heather (AR)</p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Tuesday Trivia and Calendar Update (CC)</p> <p>11:00 Bible Study with Joel (AR)</p> <p><b>1:00 Resident Council Meeting (AR)</b></p> <p>2:00 Open Gym (WC)</p> <p>2:30 Pokemo &amp; Prizes (AR)</p> <p>3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 "Name That Tune" (AR)</p> <p>6:00 Evening Movie "Chappaquiddick" (AR)</p>	<p><b>Patriot Day</b></p> <p>8:45 September 11th - Thoughts on Patriot Day from Lew Brannon and Moment of Silence After (DR)</p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>10:00 Publix Shopping</p> <p>11:00 Games: Pictionary! (AR)</p> <p>11:15 Focused Fitness (WC)</p> <p>1:00 Piano with Dixie (LR)</p> <p>2:00 Games: Wheel of Fortune (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>3:00 Wii Bowling (WC)</p> <p>4:00 Series: A Gentleman in Moscow - Episode 6 (AR)</p> <p>6:00 Evenin' Picture Show: Lonesome Dove Series (Episode 2 "On the Trail") (AR)</p>	<p>9:00 Meditation with Heather (AR)</p> <p>9:30 YOGA (AL) (WC)</p> <p>10:00 Art Class with Scott (AR)</p> <p>11:15 Caregiver Support Group Facilitated by Joel (Shelly's Office)</p> <p>1:00 Hymns &amp; Hope with Joel (LR)</p> <p>1:00 Open Gym (WC)</p> <p>2:00 BINGO (AR)</p> <p>2:00 Open Swim (WC)</p> <p>3:30 Happy Hour with Jeni Michelson on the Piano (Front Lobby)</p> <p>6:00 Evening Movie "To Kill a Mockingbird" (AR)</p>	<p><b>International Chocolate Day</b></p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:30 Crafts "Fall Leaf Bowl" (AR)</p> <p>11:15 Focused Fitness (WC)</p> <p>2:00 Current Events (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>3:30 Wine and Chocolate 101 (AR)</p> <p>4:30 Armchair Travels to a Cacao Farm (AR)</p> <p>6:00 Friday Funnies Movie Time "Up in the Air" (AR)</p>	<p>10:00 Coffee and Conversation (CC)</p> <p>11:00 "Musical Favorites from the Past" with Tom Parrott (AR)</p> <p>2:00 Saturday Snack Bar - Popcorn Bar (AR)</p> <p>4:00 Leigh Plays Guitar in the Lobby! (Front Lobby)</p> <p>6:00 Evening Movie "Traffic" Winner of 4 Academy Awards (AR)</p>
<p>9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite)</p> <p>10:00 Catholic Mass (AR)</p> <p><b>10:00 Holy Family Catholic Communion (AR)</b></p> <p>11:00 Documentaries "Antarctica: A Year on Ice" (AR)</p> <p>2:00 BINGO (AR)</p> <p>4:00 Games with Friends: Resident Choice! (AR)</p> <p>6:00 Evening Movie "Get Smart" (AR)</p>	<p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Monday Morning Coffee and Conversations (AR)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>11:15 Alliance of Therapy Dogs - Georgia and Iggy! (Front Lobby)</p> <p>11:30 Wii Sports (WC)</p> <p>1:00 Devotions with Jan Watson (Shelly's Mother!) (CC)</p> <p>1:15 OUTING: Goodwill and Dollar Tree Shopping (Front Lobby)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Chef Chat (AR)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 BINGO (AR)</p> <p>6:00 Evening Movie "Death Becomes Her" (AR)</p>	<p><b>National Pet Bird Day</b></p> <p>9:00 Meditation with Heather (AR)</p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Sweet Spirit Singers (Front Lobby)</p> <p>11:00 Bible Study with Joel (AR)</p> <p>2:00 Open Gym (WC)</p> <p>2:00 Pokemo &amp; Prizes (AR)</p> <p>3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 Quiddler AND Dominoes! (AR)</p> <p>6:00 Evening Movie "Dante's Peak" (AR)</p>	<p><b>US Air Force Day</b></p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>10:00 Publix Shopping</p> <p>11:00 ROMEO Car Show (Front Porch and Circle)</p> <p>11:15 Focused Fitness (WC)</p> <p>1:00 Piano with Dixie (LR)</p> <p>1:00 Massage Therapy (WC)</p> <p>2:00 Games: Jeopardy (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>3:00 Wii Bowling (WC)</p> <p>4:00 Series: A Gentleman in Moscow - Episode 7 (AR)</p> <p>6:00 Evenin' Picture Show: Lonesome Dove Series (Episode 3 "The Plains") (AR)</p>	<p>9:00 Meditation with Heather (AR)</p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Art Class with Scott (AR)</p> <p>11:15 Caregiver Support Group Facilitated by Joel (Shelly's Office)</p> <p>1:00 Open Gym (WC)</p> <p>1:15 Wellness Seminar: Learn More and Breathe Better (AR)</p> <p>2:00 BINGO (CC)</p> <p>2:00 Open Swim (WC)</p> <p>3:30 Happy Hour with Loose Shoes (DR)</p> <p>5:00 Landmark Building Theme Dinner "Chuckwagon" (DR)</p> <p>6:00 Evening Movie "Roman Holiday" (AR)</p>	<p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Games with Friends: Tumbling Tower (AR)</p> <p>11:00 OUTING: "Sweetwater Brewery Beer Tasting and Lunch" (Front Lobby)</p> <p>11:15 Focused Fitness (WC)</p> <p>1:00 Hymns &amp; Hope with Joel (LR)</p> <p>2:00 Current Events (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 Armchair Travels "Costa Rica" (AR)</p> <p>6:00 Friday Funnies Movie "The Birdcage" (AR)</p>	<p>10:00 Coffee and Conversation (CC)</p> <p>11:00 Sterling Music Series with Thayer Naples (AR)</p> <p>2:00 Saturday Snack Bar "WWYD for a Klondike Bar?" (AR)</p> <p>3:00 Armchair Travel: Lily's Presentation from her Spain Trip! (AR)</p> <p>4:00 Game: Tumbling Tower! (AR)</p> <p>6:00 Evening Movie "The Soloist" (AR)</p>
<p><b>Fall Equinox</b></p> <p><b>National Centenarians' Day</b></p> <p>9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite)</p> <p>10:00 Catholic Mass (AR)</p> <p>11:00 Documentaries &amp; Biographies "Leonardo Da Vinci: The Renaissance Man" (AR)</p> <p>2:00 BINGO (AR)</p> <p>3:30 Sketching with Seniors (AR)</p> <p>6:00 Evening Movie "The Emperor's Club" (AR)</p>	<p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Monday Morning Coffee and Conversations (AR)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>11:30 Wii Sports (WC)</p> <p>1:00 Devotions with Jan Watson (Shelly's Mother!) (CC)</p> <p>2:00 Open Gym (WC)</p> <p>2:30 New Resident Social (AR)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 BINGO (AR)</p> <p>6:00 Evening Movie "Mama Mia" (AR)</p>	<p>9:00 Meditation with Heather (AR)</p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Tuesday Trivia and Calendar Update (CC)</p> <p>11:00 Bible Study with Joel (AR)</p> <p>1:30 Wii Bowling Tournament at Sterling East Cobb (WC)</p> <p>2:00 Pokemo &amp; Prizes (AR)</p> <p>3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)</p> <p>4:00 "Name That Tune" (AR)</p> <p>6:00 Evening Movie "The Sentinel" (AR)</p>	<p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>10:00 Publix Shopping</p> <p>11:00 Games: Pictionary! (AR)</p> <p>11:15 Focused Fitness (WC)</p> <p>12:00 OUTING: "Peachtree Trolley Tour" (Front Lobby)</p> <p>1:00 Piano with Dixie (LR)</p> <p>2:00 Games: Wheel of Fortune (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 "The Bibliophiles" Book Club (Library)</p> <p>3:00 Open Swim (WC)</p> <p>3:00 Wii Bowling (WC)</p> <p>4:00 Series: A Gentleman in Moscow - Episode 8 (AR)</p> <p>6:00 Evenin' Picture Show: Lonesome Dove Series (Final Episode "Return") (AR)</p>	<p>9:00 Meditation with Heather (AR)</p> <p>9:30 YOGA (AL) (WC)</p> <p>10:00 Art Class with Scott (AR)</p> <p>11:15 Caregiver Support Group Facilitated by Joel (Shelly's Office)</p> <p>1:00 Hymns &amp; Hope with Joel (LR)</p> <p>1:00 Open Gym (WC)</p> <p>2:00 BINGO (AR)</p> <p>2:00 Open Swim (WC)</p> <p>3:30 Happy Hour with Jazz by Logan Thomas! (Front Lobby)</p> <p>6:00 Evening Movie "Dr. Strangelove" (AR)</p>	<p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Mocha My Day Coffee Truck! (FP)</p> <p>11:00 OUTING: Library (Meet in Front Lobby)</p> <p>11:15 Focused Fitness (WC)</p> <p>2:00 Current Events with John Hurlbut (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>3:30 Coffee Punch Social! (Front Lobby)</p> <p>6:00 Friday Funnies Movie Time "Waking Ned Devine" (AR)</p>	<p>10:00 Coffee and Conversation (CC)</p> <p>11:00 "Musical Favorites from the Past" with Tom Parrott (AR)</p> <p>2:00 Saturday Snack Bar "Chocolate Chip Cookies and Milk" (AR)</p> <p>4:00 Leigh Plays Guitar in the Lobby! (Front Lobby)</p> <p>6:00 Evening Movie "Argo" Based on a true story! (AR)</p>
<p><b>National Coffee Day</b></p> <p>9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite)</p> <p>10:00 Catholic Mass (AR)</p> <p>11:00 Documentaries &amp; Biographies "Laughter and Lies: The Complicated Life of Johnny Carson" (AR)</p> <p>2:00 BINGO (AR)</p> <p>4:15 Sunday Strings with the Walton High School Quartet (L)</p> <p>6:00 Evening Movie "The Constant Gardener" (AR)</p>	<p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Monday Morning Coffee and Conversations (AR)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>11:30 Wii Sports (WC)</p> <p>1:00 Devotions with Jan Watson (Shelly's Mother!) (CC)</p> <p>2:00 Open Gym (WC)</p> <p>2:30 SPEAKER: Wanda Patterson - "Civil War and the Cherokee" (AR)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 BINGO (AR)</p> <p>6:00 Evening Movie "American Graffiti" (AR)</p>	<p><b>LOCATION KEY</b></p> <p>AR - Activity Room</p> <p>CC - Casual Cafe</p> <p>DR - Dining Room</p> <p>FP - Front Porch</p> <p>LR - Living Room</p>	<p>L - Lobby</p> <p>WC - Wellness Center</p>			

# September 2024

## Activity and Social Calendar





Join the Bibliophiles  
in reading Judi Dench's  
highly rated book!  
Rated 4.55 stars on  
Goodreads!

# SEPTEMBER

## Landmark Building Residents

### Special Sterling Events!

#### Friday, 9/6- Pizza and Family BINGO Night!

Invite your family! Prizes from vendors!  
The fun starts at 5pm with pizza for you, our residents  
and continues with a dessert buffet, where your  
family can join us and then we'll all play BINGO!

#### Wednesday, 9/18 the ROMEO Car Show!

Take a trip down memory lane this day and stroll the circle  
looking at all the beautiful vintage cars! Which one did YOU own?  
And just what does ROMEO mean?



#### Thursday, 9/19 - Chuckwagon Dinner!

Kick up ya heels and come to town (aka the Dining Room) for  
a mighty fine supper! Wear your Western wear and boots  
if ya have'em!

The Wednesday Evenin' Picture Shows  
this month are (4 episodes in total)...

"Lonesome Dove"

...



### Resident Birthdays

Stephen Hockhouser 9/1  
Betty Parker 9/3  
Gil Drake 9/5  
Margery Macey 9/13  
Joan Crouch 9/16  
Gerry O'Hern 9/16  
Kirby Smith 9/18

### Staff Birthdays

Adeyinka Edu 9/5  
Esther Usiomoifo 9/5  
Patricia Underwood 9/9  
Kathleen Parker 9/20  
Deborah Killen-Mills 9/21

### Coffee Break

"Mocha My Day"  
with Coffee on  
Friday, 9/27!

10AM - Meet on the porch to  
grab a delicious coffee beverage  
from the Coffee Truck!

AND

3:30PM Join us again there for a  
"Coffee Punch Social"



"Wine and Chocolate 101"  
It's International Chocolate Day  
on Friday 9/13. Come by the  
Activity Room to sample some  
chocolates with specific wines!

## Sterling OUTINGS

9/16 Goodwill/Dollar Tree  
9/20 Sweetwater Brewery  
9/25 Peachtree Trolley Tour  
9/27 Library

### Speaker Alert!

Wanda Patterson with  
the Trail of Tears Association  
will be back on 9/30 to speak!  
"Civil War and the Cherokee"

