

SUN MON TUE WED THUR FRI SAT

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| <p>10:45 Sterling Church Service (LAR)</p> <p>11:00 First Presbyterian Church of Marietta (HMR)</p> <p>1:00 Mystery Trivia (LFL)</p> <p>3:00 Sunday Social with Refreshments (LAR)</p> <p>4:00 Music Bingo (LAR)</p> | <p>1</p> <p>Labor Day 9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Meetup (CC)</p> <p>2</p> <p>11:00 Singing with Joel on the Porch (LFP) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 2:00 Zumba (WC) 2:30 The History of Labor Day Video (LAR) 3:00 Bocce Practice (BBC) 3:00 Stretch and Relaxation Class (WC) 4:00 Sterling Jeopardy (LAR)</p> | <p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC)</p> <p>3</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>11:00 Trivia Challenge (LFL)</p> <p>1:30 Bingo (LAR)</p> <p>3:00 Stretch and Relaxation Class (WC)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p> | <p>9:00 Yoga (WC) 9:30 Morning Fitness (WC)</p> <p>4</p> <p>9:30 Shopping: Walmart (LFL) 10:00 Massage (WC) 10:00 Word Game (LAR) 11:15 Parkinson's Exercise Class (WC) 11:30 Wednesday's Word with Joel (LAR) 1:00 Cocktail and Cooking Hour with Taylor (LAR) 2:00 Water Aerobics (WC) 3:00 Stretch and Relaxation Class (WC) 3:00 Writing Workshop - Pen Pal Project (LAR) 3:30 Practice for Wii Bowling 4:00 Hymns & Hope w/ Joel (LFL)</p> | <p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC)</p> <p>5</p> <p>10:00 Crafts With Agape (LAR)</p> <p>11:00 Audio Book Club (LLT)</p> <p>1:00 Trivia (LFL)</p> <p>2:00 One-on-one Visits</p> <p>3:00 Stretch and Relaxation Class (WC)</p> <p>3:30 Happy Hour with Live Music (LFL)</p> | <p>9:00 Yoga (WC) 9:30 Morning Fitness (WC)</p> <p>6</p> <p>10:00 Fun Friday Outing: Savoy Automobile Museum (LFL)</p> <p>10:00 Mystery Activity (LAR)</p> <p>1:00 History Club (LAR)</p> <p>3:00 Stretch and Relaxation Class (WC)</p> <p>4:00 Group Trivia (LFL) 5:45 Game Night (LDR)</p> | <p>9:00 Power Up (WC) 9:30 Morning Fitness (WC)</p> <p>7</p> <p>10:00 Brain Games (LAR)</p> <p>10:30 Giant Crossword (LAR)</p> <p>11:00 Practice for Wii Bowling</p> <p>1:30 Bingo (LAR)</p> <p>3:00 Stretch and Relaxation Class (WC)</p> <p>3:30 Golden Oldies Music Hour (LAR) 6:00 Game Night (LAR)</p> |
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| <p>10:45 Sterling Church Service (LAR)</p> <p>11:00 First Presbyterian Church of Marietta (HMR)</p> <p>1:00 Mystery Trivia (LFL)</p> <p>3:00 Sunday Social with Refreshments (LAR)</p> <p>4:00 Music Bingo (LAR)</p> | <p>8</p> <p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Meetup (CC)</p> <p>9</p> <p>11:00 Sterling Scholars: School of Music- Greg Athnos (LAR) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 2:00 Gadget Gal Explains! (HMR) 2:30 Board Game Hour (LAR) 3:00 Bocce Practice (BBC) 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)</p> <p>10</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>11:00 Trivia Challenge (LFL)</p> <p>1:30 Bingo (LAR)</p> <p>3:00 Stretch and Relaxation Class (WC)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p> <p>3:30 Bocce Team Drawing and History (WC)</p> <p>7:00 Widow Support Group w/ Trudy Green (LAR)</p> | <p>9:00 Yoga (WC) 9:30 Morning Fitness (WC)</p> <p>11</p> <p>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) 11:30 Wednesday's Word with Joel (LAR) 1:00 Afternoon Shopping Trip: Hobby Lobby (LFL) 1:00 Brain Games with Taylor (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)</p> | <p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC)</p> <p>12</p> <p>10:00 Let's Play Ball! (LAR)</p> <p>11:00 Audio Book Club (LLT)</p> <p>1:00 Chair Hockey (CC)</p> <p>2:00 One-on-one Visits</p> <p>3:00 Stretch and Relaxation Class (WC)</p> <p>3:30 Happy Hour with Live Music (LFL)</p> | <p>9:00 Yoga (WC) 9:30 Morning Fitness (WC)</p> <p>13</p> <p>9:30 Fun Friday Outing: Tellus Science Museum (LFL)</p> <p>10:00 Mystery Activity (LAR)</p> <p>1:00 History Club (LAR)</p> <p>3:00 Stretch and Relaxation Class (WC)</p> <p>4:00 Group Trivia (LFL) 5:45 Game Night (LDR)</p> | <p>9:00 Power Up (WC) 9:30 Morning Fitness (WC)</p> <p>14</p> <p>10:00 Brain Games (LAR)</p> <p>10:30 Giant Crossword (LAR)</p> <p>11:00 Practice for Wii Bowling</p> <p>1:30 Bingo (LAR)</p> <p>2:30 Surprise Hour with Taylor (LAR)</p> <p>3:00 Stretch and Relaxation Class (WC)</p> <p>3:30 Golden Oldies Music Hour (LAR) 6:00 Game Night (LAR)</p> |
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| <p>10:45 Sterling Church Service (LAR)</p> <p>11:00 First Presbyterian Church of Marietta (HMR)</p> <p>1:00 Mystery Trivia (LFL)</p> <p>3:00 St. James Episcopal Church (LFL)</p> <p>3:00 Sunday Social with Refreshments (LAR)</p> <p>4:00 Music Bingo (LAR)</p> | <p>15</p> <p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Meetup (CC)</p> <p>16</p> <p>11:00 Sterling Scholars - Speaker Richard Croker (LAR) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 2:00 Zumba (WC) 2:30 Board Game Hour (LAR) 3:00 Bocce Practice (BBC) 3:00 Stretch and Relaxation Class (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)</p> <p>17</p> <p>10:30 Catholic Communion Service (LAR)</p> <p>11:00 Trivia Challenge (LFL)</p> <p>1:30 Bingo (LAR)</p> <p>3:00 Stretch and Relaxation Class (WC)</p> <p>3:30 Bible Study with Mic Knox (LAR)</p> <p>4:30 AL Dinner Club (LFL)</p> | <p>9:00 Yoga (WC) 9:30 Morning Fitness (WC)</p> <p>18</p> <p>9:30 Shopping: Walmart (LFL) 10:00 Word Game (LAR) 11:15 Parkinson's Exercise Class (WC) 11:30 Wednesday's Word with Joel (LAR) 1:00 Let's Make a Deal (LAR) 2:00 Water Aerobics (WC) 3:00 Stretch and Relaxation Class (WC) 3:00 Writing Workshop - Pen Pal Project (LAR) 3:30 Practice for Wii Bowling 4:00 Hymns & Hope w/ Joel (LFL)</p> | <p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC)</p> <p>19</p> <p>11:00 Audio Book Club (LLT)</p> <p>2:00 Sterling State Fair (LC)</p> <p>3:00 Stretch and Relaxation Class (WC)</p> | <p>9:00 Yoga (WC) 9:30 Morning Fitness (WC)</p> <p>20</p> <p>10:00 Mystery Activity (LAR)</p> <p>1:00 History Club (LAR)</p> <p>1:00 Sterling Cinemas: To Kill a Mockingbird (LAR)</p> <p>3:00 Stretch and Relaxation Class (WC)</p> <p>4:00 Group Trivia (LFL) 5:45 Game Night (LDR)</p> | <p>9:00 Power Up (WC) 9:30 Morning Fitness (WC)</p> <p>21</p> <p>10:00 Brain Games (LAR)</p> <p>10:00 Fall Bocce Tournament Game (BBC)</p> <p>10:30 Giant Crossword (LAR)</p> <p>11:00 Fall Bocce Tournament Game (BBC)</p> <p>11:00 Practice for Wii Bowling</p> <p>1:30 Bingo (LAR)</p> <p>2:30 Surprise Hour with Taylor (LAR)</p> <p>3:00 Stretch and Relaxation Class (WC)</p> <p>3:30 Golden Oldies Music Hour (LAR) 6:00 Game Night (LAR)</p> |
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| <p>10:45 Sterling Church Service (LAR)</p> <p>11:00 First Presbyterian Church of Marietta (HMR)</p> <p>1:00 Sunday Matinee: Singin' in the Rain (LAR)</p> <p>3:00 Sunday Social with Refreshments (LAR)</p> <p>4:00 Music Bingo (LAR)</p> | <p>29</p> <p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) 10:00 Monday Morning Meetup (CC)</p> <p>30</p> <p>11:00 Sterling Scholars: United Military Care (LAR) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 2:30 Board Game Hour (LAR) 3:00 Fall Bocce Tournament Game (BBC) 3:00 Stretch and Relaxation Class (WC) 4:00 Fall Bocce Tournament Game (BBC) 4:00 Sterling Jeopardy (LAR) 7:00 Line Dancing with Nurse Laura (SL)</p> | <p>LOCATION KEY</p> <p>BBC - Bocce Ball Court</p> <p>CC - Casual Cafe</p> <p>HMR - Hampton Media Room</p> | <p>LAR - Landmark Activity Room</p> <p>LC - Landmark Courtyard</p> <p>LDR - Landmark Dining Room</p> | <p>LFL - Landmark Front Lobby</p> <p>LFP - Landmark Front Porch</p> <p>LLT - Landmark Legacy Terrace</p> | <p>SL - Stratford Lounge</p> <p>WC - Wellness Center</p> <p>Pool - Wellness Center Pool</p> | |
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September 2024

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



HAPPY

BIRTHDAY

- 9/4 Lillias Prillaman
- 9/13 Ann Allen
- 9/16 Margaret Adam
- 9/22 Jackie Whitmore
- 9/23 Burma Weller
- 9/30 Sarah Joyce



HAPPY HOUR ENTERTAINMENT



- Loose Shoes- September 5th
- Gil Karo- September 12th
- Sterling State Fair with guest entertainer Val Miller - September 19th
- Keith West- September 26th

Sterling on the Go!

- 9/6 Savoy Automobile Museum
- 9/13 Tellus Museum
- 9/27 Southeastern Railway Museum



SOUTHEASTERN RAILWAY MUSEUM

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.

- 9/4-Walmart
- 9/11-Kroger/Hobby Lobby
- 9/18-Walmart
- 9/25- Publix/ Belk



STERLING STATE FAIR
AN ANNUAL ALZHEIMER'S FUNDRAISER

Games, Snacks, and Prizes!

ADMIT ONE

JOIN US FOR OUR ANNUAL STERLING STATE FAIR AND ALZHEIMER'S FUNDRAISER!

All Sterling State Fair proceeds go to Alzheimer's Awareness and research.

Thursday September 19th 2-4PM

BOCCE IS BACK!

Fall Tournament

- Practice will be held September 2nd, 9th, and 16th at the Bocce court
- Team Drawing will be at 3:30 on September 10th in the Wellness Center where we will learn about Sterling's rich history with the game
- Tournament starts September 21st! Games will be on Saturdays at 10 and 11 AM and Mondays at 3 and 4 PM

Sign up sheet will be in the activity room so come put your name down for a chance to win.

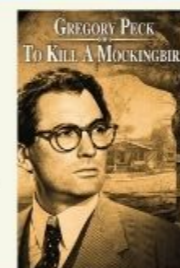


Covid and Flu Clinic!

We will be having a flu/covid vaccine clinic Wednesday October 16th. If you have any questions about how to register please contact any of the activities staff or call the front desk and we will be happy to help

STERLING CINEMAS

Sterling Cinemas Presents "To Kill A Mockingbird" Join us in the Landmark Activity Room on September 20th for popcorn, candy and a good movie!



DINNER CLUB GOES TO:



Join us as we embark on our third destination for our "Around the World" dinner club outing to Cracker Barrel! Tuesday, September 17th at 4:30pm