

SUN	MON	TUE	WED	THUR	FRI	SAT
10:45 AM Sterling Church Service (LAR) 11:00 AM First Presbyterian Church of Marietta (HMR) 1:00 PM Mystery Trivia (LFL) 3:00 PM Sunday Social with Refreshments (LAR) 4:00 PM Music Bingo (LAR)	Labor Day 9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Sterling Bible Study (HMR) 11:00 AM Singing with Joel on the Porch (LFP) 1:30 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HMR) 2:00 PM Water Aerobics (WC) 2:00 PM Zumba (WC) 2:30 PM The History of Labor Day Video (LAR) 3:00 PM Bocce Practice (BBC) 3:00 PM Stretch and Relaxation Class (WC)	9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) 10:30 AM Catholic Communion Service (LAR) 1:00 PM Rummikub (SL) 1:00 PM Ladies' Bridge (HMR) 1:30 PM Bingo (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Bible Study with Mic Knox (LAR)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 9:30 AM Shopping: Walmart (LFL) 10:00 AM Massage (WC) 10:00 AM Support Group (SL) 10:00 AM Word Game (LAR) 11:15 AM Parkinson's Exercise Class (WC) 1:00 PM Cocktail and Cooking Hour with Taylor (LAR) 2:00 PM Water Aerobics (WC) 2:00 PM Art Club (HAS) 3:00 PM Knit & Crochet Club (SL) 3:00 PM Stretch and Relaxation Class (WC) 3:00 PM Writing Workshop - Pen Pal Project (LAR) 4:00 PM Hymns & Hope w/ Joel (LFL)	9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) 10:00 AM Crafts With Agape (LAR) 11:00 AM Audio Book Club (LLT) 11:00 AM Sterling Bridge Club (HMR) 2:30 PM Hand & Foot Card Game (HMR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Happy Hour with Live Music (LFL)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Fun Friday Outing: Savoy Automobile Museum (LFL) 10:00 AM Mystery Activity (LAR) 1:00 PM History Club (LAR) 2:30 PM Dominos (HMR) 3:00 PM Stretch and Relaxation Class (WC) 5:45 PM Game Night (LDR)	9:00 AM Power Up (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Brain Games (LAR) 10:30 AM Giant Crossword (LAR) 1:00 PM Rummikub (SL) 1:30 PM Bingo (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Golden Oldies Music Hour (LAR) 6:00 PM Game Night (LAR)
10:45 AM Sterling Church Service (LAR) 11:00 AM First Presbyterian Church of Marietta (HMR) 1:00 PM Mystery Trivia (LFL) 3:00 PM Sunday Social with Refreshments (LAR) 4:00 PM Music Bingo (LAR)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Sterling Bible Study (HMR) 11:00 AM Sterling Scholars: School of Music - Greg Athnos (LAR) 1:30 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HMR) 2:00 PM Water Aerobics (WC) 2:00 PM Gadget Gal Explains! (HMR) 2:30 PM Board Game Hour (LAR) 3:00 PM Bocce Practice (BBC) 3:00 PM Stretch and Relaxation Class (WC) 7:00 PM Line Dancing with Nurse Laura (SL)	9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) 10:30 AM Catholic Communion Service (LAR) 1:00 PM Rummikub (SL) 1:00 PM Ladies' Bridge (HMR) 1:30 PM Bingo (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Bible Study with Mic Knox (LAR) 3:30 PM Bocce Team Drawing and History (WC) 4:00 PM Team Trivia Night (HC) 7:00 PM Widow Support Group w/ Trudy Green (LAR)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 9:30 AM Shopping: Kroger (LFL) 10:00 AM Massage (WC) 10:00 AM Stick it to the Beat (LAR) 10:00 AM Support Group (SL) 10:30 AM On-site Jewelry Repair (LFL) 11:15 AM Parkinson's Exercise Class (WC) 1:00 PM Afternoon Shopping Trip: Hobby Lobby (LFL) 1:00 PM Brain Games with Taylor (LAR) 2:00 PM Water Aerobics (WC) 2:00 PM Art Club (HAS) 3:00 PM Knit & Crochet Club (SL) 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Hymns & Hope w/ Joel (LFL)	9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) 10:00 AM Let's Play Ball! (LAR) 11:00 AM Audio Book Club (LLT) 11:00 AM Sterling Bridge Club (HMR) 2:30 PM Hand & Foot Card Game (HMR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Happy Hour with Live Music (LFL)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 9:30 AM Fun Friday Outing: Tellus Science Museum (LFL) 10:00 AM Mystery Activity (LAR) 1:00 PM History Club (LAR) 2:30 PM Dominos (HMR) 3:00 PM Stretch and Relaxation Class (WC) 5:45 PM Game Night (LDR)	9:00 AM Power Up (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Brain Games (LAR) 10:30 AM Giant Crossword (LAR) 1:00 PM Rummikub (SL) 1:30 PM Bingo (LAR) 2:30 PM Surprise Hour with Taylor (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Golden Oldies Music Hour (LAR) 6:00 PM Game Night (LAR)
10:45 AM Sterling Church Service (LAR) 11:00 AM First Presbyterian Church of Marietta (HMR) 1:00 PM Mystery Trivia (LFL) 3:00 PM St. James Episcopal Church (LFL) 3:00 PM Sunday Social with Refreshments (LAR) 4:00 PM Music Bingo (LAR)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Sterling Bible Study (HMR) 11:00 AM Sterling Scholars - Speaker Richard Croker (LAR) 1:30 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HMR) 2:00 PM Water Aerobics (WC) 2:00 PM Zumba (WC) 2:30 PM Board Game Hour (LAR) 3:00 PM Bocce Practice (BBC) 3:00 PM Stretch and Relaxation Class (WC) 7:00 PM Line Dancing with Nurse Laura (SL)	9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) 10:30 AM Catholic Communion Service (LAR) 1:00 PM Rummikub (SL) 1:00 PM Ladies' Bridge (HMR) 1:30 PM Bingo (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Bible Study with Mic Knox (LAR)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 9:30 AM Shopping: Walmart (LFL) 10:00 AM Support Group (SL) 10:00 AM Word Game (LAR) 11:15 AM Parkinson's Exercise Class (WC) 1:00 PM Let's Make a Deal (LAR) 2:00 PM Water Aerobics (WC) 2:00 PM Page Turners Book Club (HMR) 2:00 PM Art Club (HAS) 3:00 PM Knit & Crochet Club (SL) 3:00 PM Stretch and Relaxation Class (WC) 3:00 PM Writing Workshop - Pen Pal Project (LAR) 4:00 PM Hymns & Hope w/ Joel (LFL)	9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) 11:00 AM Audio Book Club (LLT) 11:00 AM Sterling Bridge Club (HMR) 2:00 PM Sterling State Fair (LC) 2:30 PM Hand & Foot Card Game (HMR) 3:00 PM Stretch and Relaxation Class (WC)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Mystery Activity (LAR) 1:00 PM History Club (LAR) 1:00 PM Sterling Cinemas: To Kill a Mockingbird (LAR) 2:30 PM Dominos (HMR) 3:00 PM Stretch and Relaxation Class (WC) 5:45 PM Game Night (LDR)	9:00 AM Power Up (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Brain Games (LAR) 10:00 AM Fall Bocce Tournament Game (BBC) 10:30 AM Giant Crossword (LAR) 11:00 AM Fall Bocce Tournament Game (BBC) 1:00 PM Rummikub (SL) 1:30 PM Bingo (LAR) 2:30 PM Surprise Hour with Taylor (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Golden Oldies Music Hour (LAR) 6:00 PM Game Night (LAR)
10:45 AM Sterling Church Service (LAR) 11:00 AM First Presbyterian Church of Marietta (HMR) 1:00 PM Mystery Trivia (LFL) 3:00 PM Sunday Social with Refreshments (LAR) 4:00 PM Music Bingo (LAR) 4:00 PM Neighborhood Block Party! (Blue Bird Cafe)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Sterling Bible Study (HMR) 1:00 PM Sterling Scholars: America's Industrial Past (LAR) 1:30 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HMR) 2:00 PM Water Aerobics (WC) 2:30 PM Board Game Hour (LAR) 3:00 PM Fall Bocce Tournament Game (BBC) 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Fall Bocce Tournament Game (BBC) 7:00 PM Line Dancing with Nurse Laura (SL)	8:30 AM Men's Breakfast (HC) 9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) 10:30 AM Catholic Communion Service (LAR) 12:30 PM Wii Bowling Tournament at Sterling East (LFL) 1:00 PM Rummikub (SL) 1:00 PM Ladies' Bridge (HMR) 1:30 PM Bingo (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Bible Study with Mic Knox (LAR) 4:30 PM Dinner Club Goes Out! (HC)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 9:30 AM Shopping: Publix (LFL) 10:00 AM Massage (WC) 10:00 AM Stick it to the Beat (LAR) 10:00 AM Support Group (SL) 11:15 AM Parkinson's Exercise Class (WC) 1:00 PM Afternoon Shopping: Belk (LFL) 1:00 PM Paint & Sip (LAR) 2:00 PM Water Aerobics (WC) 3:00 PM Knit & Crochet Club (SL) 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Hymns & Hope w/ Joel (LFL)	9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) 10:00 AM Let's Play Ball! (LAR) 11:00 AM Audio Book Club (LLT) 11:00 AM Sterling Bridge Club (HMR) 1:00 PM Birthday Party! (HC) 1:00 PM Lip Sync Battle Practice (LAR) 2:30 PM Hand & Foot Card Game (HMR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Happy Hour with Live Music (LFL)	9:00 AM Fun Friday Outing - Southeastern Railway Museum (LFL) 9:00 AM Yoga (WC) 9:00 AM Audiologist (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Mystery Activity (LAR) 1:00 PM History Club (LAR) 2:30 PM Dominos (HMR) 3:00 PM Stretch and Relaxation Class (WC) 5:45 PM Game Night (LDR)	9:00 AM Power Up (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Brain Games (LAR) 10:00 AM Fall Bocce Tournament Game (BBC) 10:30 AM Giant Crossword (LAR) 11:00 AM Fall Bocce Tournament Game (BBC) 1:00 PM Rummikub (SL) 1:30 PM Bingo (LAR) 2:30 PM Surprise Hour with Taylor (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Golden Oldies Music Hour (LAR) 6:00 PM Game Night (LAR)
10:45 AM Sterling Church Service (LAR) 11:00 AM First Presbyterian Church of Marietta (HMR) 1:00 PM Sunday Matinee: Singin' in the Rain (LAR) 3:00 PM Sunday Social with Refreshments (LAR) 4:00 PM Music Bingo (LAR)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Sterling Bible Study (HMR) 11:00 AM Sterling Scholars: United Military Care (LAR) 1:30 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HMR) 2:00 PM Water Aerobics (WC) 2:30 PM Board Game Hour (LAR) 3:00 PM Fall Bocce Tournament Game (BBC) 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Fall Bocce Tournament Game (BBC) 7:00 PM Line Dancing with Nurse Laura (SL)	LOCATION KEY BBC - Bocce Ball Court LAR - Landmark Activity Room HAS - Hampton Art Studio 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

September 2024

Cottage & Apartment Special Events

3165 Dallas Hwy, Marietta, GA 30064 770-255-7000



Bocce is Rolling Back Around!

- Practice takes place on 9/2, 9/9, 9/16
- Team Drawing and Reintroduction to Bocce on 9/10
- Tournament starts on Saturday 9/21

Oh, The Places You'll Go!

- 9/4 - Shopping at Walmart
- 9/6 - Savoy Automobile Museum and lunch at Appalachian Grill
- 9/11 - Morning shopping at Kroger and afternoon trip to Hobby Lobby
- 9/13 - Tellus Science Museum and lunch outing
- 9/18 - Shopping at Walmart
- 9/24 - Dinner Club Goes Out!
- 9/25 - Shopping at Publix
- 9/27 - Southeastern Railroad Museum



Audiologist Visit

The Audiologist will be here on Friday September 27th. Contact the Wellness Center to get your name on the list!

ART CLUB

Join me this September for a still life study. We will learn about line, form, value and much more as we try our hand at recreating 3D objects with acrylic paint!

**The first three Wednesdays:
September 4th, 11th and 18th
2 PM in the Hampton Art Studio**



BLOCK PARTY!

Join your neighbors for some mixing and mingling with fun games, good eats and live entertainment from Butch Reeves!

**Sunday September 22nd from 4 - 6 PM
at the Blue Bird Cafe!**

Live Entertainment

- 9/2 - Pastor Joel on Landmark Front Porch for Labor Day
- 9/2 - Sara Davies at Labor Day Buffet
- 9/5 - Loose Shoes at Happy Hour
- 9/12 - Gil Caro at Happy Hour
- 9/19 - Val Miller at State Fair
- 9/22 - Butch Reeves at Block Party
- 9/26 - Keith West at Happy Hour

September Birthdays:

- 9/5 - Martha Knight
- 9/16 - Bruce Terrill
- 9/19 - Mary Skiba
- 9/20 - Dee Stoll
- 9/23 - Bob Erickson
- 9/28 - Bill Camp



FLU AND COVID CLINIC

Head's up! We will be having our flu/covid vaccine clinic in October. Contact me or the front desk for more info on how to register beforehand!