

SUN

MON

TUE

WED

THUR

FRI

SAT

		<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 Bingo (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b> <b>6:45 Evening Lecture w/ Dr. Ken Stein (LDR)</b></p>	<b>1</b>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>9:30 Shopping: Walmart (LFL)</b> 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) <b>11:30 Wednesday's Word with Joel (LAR)</b> <b>1:00 Pumpkin Decorating (LAR)</b> 2:00 Water Aerobics (WC) 3:00 Stretch and Relaxation Class (WC) <b>3:00 Writing Workshop - Pen Pal Project (LAR)</b> <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b></p>	<b>2</b>	<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:00 Crafts With Agape (LAR)</b> <b>10:00 Pop Up Shop: Dee's Affordable Finds (LFL)</b> <b>11:00 Audio Book Club (LLT)</b> <b>11:30 One-on-one Visits</b> <b>1:00 Lip Sync Battle Practice (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Happy Hour with Live Music (LFL)</b></p>	<b>3</b>	<p><b>9:00 Fall Scenic Riverboat Cruise (LFL)</b> 9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Pumpkin Decorating (LAR)</b> <b>1:00 History Club (LAR)</b> <b>2:00 Art Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> <b>5:45 Game Night (LDR)</b></p>	<b>4</b>	<p>9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:00 Brain Games (LAR)</b> <b>10:00 Fall Bocce Tournament Game (BBC)</b> <b>10:30 Giant Crossword (LAR)</b> <b>11:00 Fall Bocce Tournament Game (BBC)</b> <b>11:00 Practice for Wii Bowling</b> <b>1:30 Bingo (LAR)</b> <b>2:30 Surprise Hour with Taylor (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Golden Oldies Music Hour (LAR)</b> <b>6:00 Game Night (LAR)</b></p>	<b>5</b>		
<p><b>10:45 Sterling Church Service (LAR)</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Mystery Trivia (LFL)</b> <b>3:00 Sunday Social with Refreshments (LAR)</b> <b>4:00 Music Bingo (LAR)</b></p>	<b>6</b>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Monday Morning Meetup (CC)</b> <b>11:00 Sterling Scholars School of Music: Johnny Cash (LAR)</b> <b>1:30 Left Right Center Game (LAR)</b> 2:00 Water Aerobics (WC) <b>2:30 Board Game Hour (LAR)</b> <b>3:00 Fall Bocce Tournament Game (BBC)</b> 3:00 Stretch and Relaxation Class (WC) 3:30 Badminton Mondays (LC) <b>4:00 Fall Bocce Tournament Game (BBC)</b> <b>4:00 Time Travel Trivia (LFL)</b> <b>6:00 Line Dancing with Nurse Laura (SL)</b></p>	<b>7</b>	<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 Bingo (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b> <b>4:30 AL-Dinner Club goes to Atami Japanese Steakhouse (LFL)</b> <b>7:00 Widow Support Group w/ Trudy Green (LAR)</b></p>	<b>8</b>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>9:30 Shopping: Kroger (LFL)</b> 10:00 Massage (WC) <b>10:00 Stick it to the Beat (LAR)</b> 11:15 Parkinson's Exercise Class (WC) <b>11:30 Wednesday's Word with Joel (LAR)</b> <b>1:00 Afternoon Outing: The Dallas Markets (LFL)</b> <b>1:00 Pumpkin Decorating (LAR)</b> 2:00 Water Aerobics (WC) 3:00 Stretch and Relaxation Class (WC) <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b></p>	<b>9</b>	<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:00 Lip Sync Workshop (LAR)</b> <b>11:00 Audio Book Club (LLT)</b> <b>11:30 One-on-one Visits</b> <b>1:00 Chair Hockey (CC)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Happy Hour with Live Music (LFL)</b></p>	<b>10</b>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Pumpkin Decorating (LAR)</b> <b>10:00 Trip to Lucky Farms and Picnic (LFL)</b> <b>1:00 History Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> <b>5:45 Game Night (LDR)</b></p>	<b>11</b>	<p>9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:00 Brain Games (LAR)</b> <b>10:00 Fall Bocce Tournament Game (BBC)</b> <b>10:30 Giant Crossword (LAR)</b> <b>11:00 Fall Bocce Tournament Game (BBC)</b> <b>11:00 Practice for Wii Bowling</b> <b>1:30 Bingo (LAR)</b> <b>2:30 Surprise Hour with Taylor (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Golden Oldies Music Hour (LAR)</b> <b>6:00 Game Night (LAR)</b></p>	<b>12</b>
<p><b>10:45 Sterling Church Service (LAR)</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Mystery Trivia (LFL)</b> <b>3:00 Sunday Social with Refreshments (LAR)</b> <b>4:00 Music Bingo (LAR)</b></p>	<b>13</b>	<p><b>Indigenous Peoples' Day</b> 9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Monday Morning Meetup (CC)</b> <b>11:00 Sterling Scholars: School of Music (LAR)</b> <b>1:30 Left Right Center Game (LAR)</b> 2:00 Water Aerobics (WC) <b>2:30 Board Game Hour (LAR)</b> <b>3:00 Fall Bocce Tournament Game (BBC)</b> 3:00 Stretch and Relaxation Class (WC) 3:30 Badminton Mondays (LC) <b>4:00 Fall Bocce Tournament Game (BBC)</b> <b>4:00 Sterling Jeopardy (LAR)</b> <b>7:00 Line Dancing with Nurse Laura (SL)</b></p>	<b>14</b>	<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:00 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 Bingo (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b> 6:00 Staff Volleyball Game (LC)</p>	<b>15</b>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>9:30 Shopping: Walmart (LFL)</b> <b>10:00 Flu and Covid Vaccine Clinic (WC)</b> 11:15 Parkinson's Exercise Class (WC) <b>11:30 Wednesday's Word with Joel (LAR)</b> <b>1:00 Pumpkin Decorating (LAR)</b> 2:00 Water Aerobics (WC) 3:00 Stretch and Relaxation Class (WC) <b>3:00 Writing Workshop - Pen Pal Project (LAR)</b> <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b></p>	<b>16</b>	<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:00 Lip Sync Workshop (LAR)</b> <b>11:00 Music Hour w/ Barry (LFL)</b> <b>11:30 One-on-one Visits</b> <b>1:00 Meet Your Neighbor - Mary Sanford (LAR)</b> <b>1:00 Sterling Transport to Vote Early (LFL)</b> <b>1:00 Trivia (LFL)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Happy Hour with Live Music (LFL)</b></p>	<b>17</b>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>9:30 Panorama Apple Orchard and Market (LFL)</b> <b>10:00 Pumpkin Decorating (LAR)</b> <b>1:00 History Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> <b>5:45 Game Night (LDR)</b></p>	<b>18</b>	<p>9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:00 Brain Games (LAR)</b> <b>10:00 Fall Bocce Tournament Game (BBC)</b> <b>10:30 Giant Crossword (LAR)</b> <b>11:00 Fall Bocce Tournament Game (BBC)</b> <b>11:00 Practice for Wii Bowling</b> <b>1:30 Bingo (LAR)</b> <b>2:30 Surprise Hour with Taylor (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Golden Oldies Music Hour (LAR)</b> <b>6:00 Game Night (LAR)</b></p>	<b>19</b>
<p><b>10:45 Sterling Church Service (LAR)</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Mystery Trivia (LFL)</b> <b>3:00 St. James Episcopal Church (LFL)</b> <b>3:00 Sunday Social with Refreshments (LAR)</b> <b>4:00 Music Bingo (LAR)</b></p>	<b>20</b>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>10:00 Monday Morning Meetup (CC)</b> <b>10:30 Sterling Transport to Vote Early (LFL)</b> <b>1:30 Left Right Center Game (LAR)</b> 2:00 Water Aerobics (WC) <b>2:30 Board Game Hour (LAR)</b> <b>3:00 Fall Bocce Tournament Game (BBC)</b> 3:00 Stretch and Relaxation Class (WC) 3:30 Badminton Mondays (LC) <b>4:00 Fall Bocce Tournament Game (BBC)</b> <b>4:00 Time Travel Trivia (LFL)</b> <b>7:00 Line Dancing with Nurse Laura (SL)</b></p>	<b>21</b>	<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 Bingo (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b></p>	<b>22</b>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>9:30 Shopping: Publix (LFL)</b> 10:00 Massage (WC) <b>10:00 Stick it to the Beat (LAR)</b> <b>11:00 Pop up Shop with Deb Frank Jewelry (LFL)</b> 11:15 Parkinson's Exercise Class (WC) <b>11:30 Wednesday's Word with Joel (LAR)</b> <b>1:00 Afternoon Shopping: Macy's (LFL)</b> 2:00 Water Aerobics (WC) 3:00 Stretch and Relaxation Class (WC) <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b></p>	<b>23</b>	<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:00 Lip Sync Workshop (LAR)</b> <b>11:30 One-on-one Visits</b> 3:00 Stretch and Relaxation Class (WC) <b>5:00 Harvest Moon Theme Dinner (LC)</b></p>	<b>24</b>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>1:00 Sterling Cinemas: Alfred Hitchcock Presents "Psycho" (LAR)</b> <b>3:30 Breast Cancer Walk (LBP)</b> <b>4:00 Group Trivia (LFL)</b> <b>5:45 Game Night (LDR)</b></p>	<b>25</b>	<p>9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:00 Brain Games (LAR)</b> <b>10:00 Fall Bocce Tournament Game (BBC)</b> <b>10:30 Giant Crossword (LAR)</b> <b>11:00 Fall Bocce Tournament Game (BBC)</b> <b>11:00 Practice for Wii Bowling</b> <b>1:30 Bingo (LAR)</b> <b>2:30 Surprise Hour with Taylor (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Golden Oldies Music Hour (LAR)</b> <b>6:00 Game Night (LAR)</b></p>	<b>26</b>
<p><b>10:45 Sterling Church Service (LAR)</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Sunday Matinee - Back to the Future (LAR)</b> <b>3:00 Sunday Social with Refreshments (LAR)</b> <b>4:00 Music Bingo (LAR)</b></p>	<b>27</b>	<p>9:00 Yoga (WC) <b>9:00 Podiatrist (WC)</b> 9:30 Morning Fitness (WC) <b>10:00 Monday Morning Meetup (CC)</b> <b>1:30 Left Right Center Game (LAR)</b> 2:00 Water Aerobics (WC) <b>2:30 Board Game Hour (LAR)</b> <b>3:00 Fall Bocce Tournament Game (BBC)</b> 3:00 Stretch and Relaxation Class (WC) 3:30 Badminton Mondays (LC) <b>4:00 Fall Bocce Tournament Game (BBC)</b> <b>4:00 Sterling Jeopardy (LAR)</b> <b>7:00 Line Dancing with Nurse Laura (SL)</b></p>	<b>28</b>	<p>9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 Bingo (LAR)</b> <b>1:30 Wii Bowling Tournament at Sterling West (WC)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b></p>	<b>29</b>	<p>9:00 Yoga (WC) 9:30 Morning Fitness (WC) <b>9:30 Shopping: Walmart (LFL)</b> 10:00 Massage (WC) <b>10:00 Word Game (LAR)</b> 11:15 Parkinson's Exercise Class (WC) <b>11:30 Wednesday's Word with Joel (LAR)</b> <b>1:00 Silly Bean Auction (LAR)</b> 2:00 Water Aerobics (WC) 3:00 Stretch and Relaxation Class (WC) <b>3:00 Writing Workshop - Pen Pal Project (LAR)</b> <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b></p>	<b>30</b>	<p><b>Halloween</b> 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Morning Fitness (WC) <b>10:00 Lip Sync Workshop (LAR)</b> <b>11:00 Audio Book Club (LLT)</b> <b>11:30 One-on-one Visits</b> <b>1:00 Trivia (LFL)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Happy Hour with Live Music (LFL)</b></p>	<b>31</b>	<p><b>LOCATION KEY</b> BBC - Bocce Ball Court CC - Casual Cafe HMR - Hampton Media Room LAR - Landmark Activity Room LBP - Landmark Back Patio LC - Landmark Courtyard</p>		<p>LDR - Landmark Dining Room LFL - Landmark Front Lobby LLT - Landmark Legacy Terrace SL - Stratford Lounge WC - Wellness Center Pool - Wellness Center Pool</p>	

# October 2024

## Campus Events & Outings

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





- 10-1 Sara Harris
- 10-4 Frankie Langham
- 10-4 Joanne Fudger
- 10-8 Shirley Holcomb
- 10-11 Barbara Bixby
- 10-16 Ced Gregorsky
- 10-29 Linda Van Scoyk
- 10-30 James Holcomb

### HAPPY HOUR ENTERTAINMENT

- 10/3- Ricky Sims
- 10/10- Gil Caro
- 10/17- Brandon Crocker
- 10/24- Harvest Moon Dance- Butch Reeves and Rick Lane
- 10/31- Sara Davies



### Flu and Covid Clinic



October 16th  
9:00am-12:00pm  
Wellness Center

### 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.

- 10/2- Walmart
- 10/9- Kroger/The Dallas Markets
- 10/16- Walmart
- 10/23- Publix/Macy's
- 10/30- Walmart



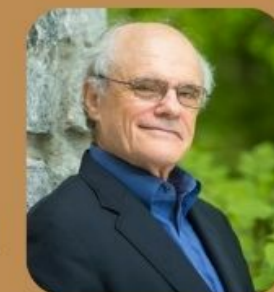
**HARVEST MOON**  
THEME DINNER

Join us outside in the Landmark Courtyard for a special Autumn evening with some delicious dinner and live entertainment!

**THURSDAY, OCTOBER 24TH**  
Dinner served at 5 PM

### Evening Lecture with Dr. Ken Stein

When: October 1st  
Where? Landmark Dining Room  
What time? 6:45pm  
Subject? History of Israel and Palestine



### STERLING ON THE GO!

- 10/4 Tennessee Riverboat Cruise
- 10/11 Picnic Lunch at Lucky Farms to visit Betsy the mini
- 10/18 Apple Trip to Panorama Orchard Market
- 11/1 Qualusi Vineyard
- 11/15 A day in Blue Ridge, GA
- 11/22 Ponce City Market
- 12/ 8-GSO Holiday Pops Concert
- 12/13 A day in Dahlonega, GA -Goldmine Museum, shopping, and lunch

### LIP SYNC WORKSHOP

Every Thursday at 10:00 this month we will be having lip sync battle workshops to get ready for the actual show. If you need any help or ideas come to the workshop and any activities staff will be there to offer assistance.

### STERLING CINEMAS



Sterling Cinemas Presents Alfred Hitchcock's "Psycho"

Join us in the Landmark Activity Room on September 20th for popcorn, candy and a good movie!



### DINNER CLUB GOES TO:



Atami Japanese Steak House!  
Tuesday, October 8th at 4:30pm  
Sign up in the Landmark Act. room