

SUN	MON	TUE	WED	THUR	FRI	SAT							
		9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) <b>10:30 AM Catholic Communion Service (LAR)</b> 12:00 PM Murder Mystery Luncheon (HC) 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) 6:45 PM Evening Lecture w/ Dr. Ken Stein (LDR)	<b>1</b> Rosh Hashanah 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) 11:15 AM Parkinson's Exercise Class (WC) 1:00 PM Pumpkin Decorating (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)	<b>2</b> 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) 10:00 AM Pop Up Shop: Dee's Affordable Finds (LFL) 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)	<b>3</b> 9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) 10:00 AM Fall Scenic Riverboat Cruise (LFL) 9:00 AM Yoga (WC) 9:00 AM Audiologist (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Pumpkin Decorating (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)	<b>4</b> 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)	<b>5</b>						
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: Johnny Cash (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 Fall Bocce Tournament Game (BBC) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Badminton Mondays (LC) 4:00 PM Fall Bocce Tournament Game (BBC) 6:00 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) 12:00 PM Murder Mystery Luncheon (HC) 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) 4:00 PM Team Trivia (HMR) 4:30 PM AL-Dinner Club goes to Atami Japanese Steakhouse (LFL) 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) 11:15 AM Parkinson's Exercise Class (WC) 1:00 PM Afternoon Outing: The Dallas Markets (LFL) 1:00 PM Pumpkin Decorating (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 Lip Sync Workshop (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 Pumpkin Decorating (LAR) 10:00 AM Trip to Lucky Farms and Picnic (LFL) 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)	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
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)	Indigenous Peoples' Day 9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Sterling Bible Study (HMR) 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) 3:30 PM Badminton Mondays (LC) 4:00 PM Fall Bocce Tournament Game (BBC) 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) 12:00 PM Murder Mystery Luncheon (HC) 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) 6:00 PM Staff Volleyball Game (LC)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 9:30 AM Shopping: Walmart (LFL) 10:00 AM Flu and Covid Vaccine Clinic (WC) 10:00 AM Support Group (SL) 11:15 AM Parkinson's Exercise Class (WC) 1:00 PM Pumpkin Decorating (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) 10:00 AM Lip Sync Workshop (LAR) 11:00 AM Music Hour w/ Barry (LFL) 11:00 AM Sterling Bridge Club (HMR) 1:00 PM Meet Your Neighbor - Mary Sanford (LAR) 1:00 PM Sterling Transport to Vote Early (LFL) 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 Panorama Apple Orchard and Market (LFL) 10:00 AM Pumpkin Decorating (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)	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
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) 10:30 AM Sterling Transport to Vote Early (LFL) 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) 3:30 PM Badminton Mondays (LC) 4:00 PM Fall Bocce Tournament Game (BBC) 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) 12:00 PM Murder Mystery Luncheon (HC) 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: Publix (LFL) 10:00 AM Massage (WC) 10:00 AM Stick it to the Beat (LAR) 10:00 AM Support Group (SL) 11:00 AM Pop Up Shop with Deb Frank Jewelry (LFL) 11:15 AM Parkinson's Exercise Class (WC) 1:00 PM Afternoon Shopping: Macy's (LFL) 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 Lip Sync Workshop (LAR) 11:00 AM Sterling Bridge Club (HMR) 2:30 PM Hand & Foot Card Game (HMR) 3:00 PM Stretch and Relaxation Class (WC) 5:00 PM Harvest Moon Theme Dinner (LC)	9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 1:00 PM Sterling Cinemas: Alfred Hitchcock Presents "Psycho" (LAR) 2:30 PM Dominos (HMR) 3:30 PM Breast Cancer Walk (LBP) 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)	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:45 AM Sterling Church Service (LAR) 11:00 AM First Presbyterian Church of Marietta (HMR) 1:00 PM Sunday Matinee - Back to the Future (LAR) 3:00 PM Sunday Social with Refreshments (LAR) 4:00 PM Music Bingo (LAR)	9:00 AM Yoga (WC) 9:00 AM Podiatrist (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Sterling Bible Study (HMR) 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) 3:30 PM Badminton Mondays (LC) 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) 12:00 PM Murder Mystery Luncheon (HC) 1:00 PM Card Making with Joan Hargrove (HAS) 1:00 PM Rummikub (SL) 1:00 PM Ladies' Bridge (HMR) 1:30 PM Bingo (LAR) 1:30 PM Wii Bowling Tournament at Sterling West (WC) 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: 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 Silly Bean Auction (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)	Halloween 9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) 10:00 AM Lip Sync Workshop (LAR) 11:00 AM Audio Book Club (LLT) 11:00 AM Sterling Bridge Club (HMR) 1:00 PM Birthday Party! (HC) 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)	LOCATION KEY BBC - Bocce Ball Court HAS - Hampton Art Studio HC - Hampton Club HMR - Hampton Media Room LAR - Landmark Activity Room LBP - Landmark Back Patio	LC - Landmark Courtyard LDR - Landmark Dining Room LFL - Landmark Front Lobby LLT - Landmark Legacy Terrace SL - Stratford Lounge WC - Wellness Center Pool - Wellness Center Pool	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

# October 2024

## Cottage & Apartment Special Events

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



## Murder Mystery Luncheon

Join me each Tuesday for a wicked fun lunch in the Hampton Club, 12 PM! Each week we will work in teams to uncover clues that will crack the case at hand! Calling all detectives, suspects and witnesses... join us!

## Oh, The Places You'll Go!

- 10/4 - Tennessee Riverboat Cruise and lunch in Chattanooga
  - 10/11 - Trip to Lucky Farms and Picnic Lunch
  - 10/18 - Panorama Apple Orchard and Market
- NEXT MONTH:**
- 11/1 - Wine Tasting and Lunch
  - 11/15 - Trek to Blue Ridge
  - 11/22 - Shopping and Lunch at Ponce City Market
- LATER THIS YEAR:**
- 12/13 - A Day in Dahlongega

## Lip Sync Battle Workshop

Each Thursday this month we will be hosting Lip Sync workshops for any ideas and help you may need for your performance! Thursdays at 10 AM (LAR)

## Sterling Cinemas

This month we are giving a special spooky screening of Alfred Hitchcock's "Psycho" Join us Friday, Oct 25th at 1 PM

## FLU AND COVID CLINIC

This season's Flu/Covid Vaccine Clinic is here! October 16th in the Wellness Center. You must have signed the waiver by October 1st to receive either vaccine.

Landmark Residents - 10AM - 1PM  
Apartment and Cottage - 2PM - 5PM



## Sterling's Annual Great Pumpkin Contest

It's that time of year, again! Activities will be helping with ideas for our annual pumpkin carving/decorating contest! Stop by the Landmark Activity Room to pick your pumpkin and get started! Come one, come all! **Winner will be announced at our Harvest Moon Theme Dinner on October 24th**

## Live Entertainment

- 10/3 - Ricky Sims at Happy Hour
- 10/10 - Gil Caro at Happy Hour
- 10/17 - Brandon Crocker at Happy Hour
- 10/24 - Butch Reeves and Rick Lane at Harvest Moon Theme Dinner
- 10/31 - Sarah Davies at Happy Hour

## Bocce Rolls On!

Saturday Games are at 10 AM & 11 AM  
Mondays Games are at 3 PM & 4 PM  
Stay up to date on wins and losses with our live bracket in the Wellness Center!

## October Birthdays:

- 10/7 - Irene Cantone
- 10/9 - Norm Porier
- 10/13 - Marianne Ramsey
- 10/16 - Jim Hufford
- 10/19 - Doris Kuckhoff
- 10/22 - Harry Hargrove
- 10/24 - Birdie Bassett
- 10/26 - Leon Ballentine
- 10/29 - Steve Stallings

## ART CLUB

Every Wednesday in October offers a new art adventure, join me! 2 PM in the Hampton Art Studio