MON WED 9:00 AM Power Up (WC) 9:00 AM Power Up (WC) 9:00 AM Power Up (WC) Rosh Hashanah 9:00 AM Fall Scenic 9:30 AM Morning Fitness (WC)
10:00 AM Brain Games (LAR) 9:00 AM Aqua Power (Pool) 9:00 AM Yoga (WC) 9:00 AM Aqua Power (Pool) Riverboat Cruise (LFL) 2:30 AM Morning Fitness (WC) 9:30 AM Morning Fitness (WC) 9:30 AM Morning Fitness (WC) 9:00 AM Yoga (WC) 9:30 AM Shopping: Walmart (LFL) 10:30 AM Catholic Communion 10:00 AM Fall Bocce 10:00 AM Crafts With Agape 9:00 AM Audiologist (WC) 10:00 AM Massage (WC) Tournament Game (BBC) Service (LAR) 10:00 AM Support Group (SL) 12:00 PM Murder Mystery Luncheon (HC) 10:30 AM Giant Crossword (LAR) 9:30 AM Morning Fitness (WC) 10:00 ÁM Pop Up Shop: Dee's Affordable 1:15 AM Parkinson's Exercise Class (WC) 1:00 PM Rummikub (SL) 11:00 AM Fall Bocce Tournament Game 10:00 AM Pumpkin Decorating (LAR) 1:00 PM Pumpkin Decorating (LAR) Finds (LFL) 1:00 PM Ladies' Bridge (HMR) 1:00 PM History Club (LAR) 11:00 AM Audio Book Club (LLT) 2:00 PM Water Aerobics 1:30 PM Bingo (LAR) 1:00 PM Rummikub (SL) 2:00 PM Art Club (HAS) 2:30 PM Dominos (HMR) 11:00 AM Sterling Bridge Club (HMR) 3:00 PM Stretch and Relaxation Class (WC) 1:30 PM Bingo (LAR) 3:00 PM Knit & Crochet Club (SL) 2:30 PM Hand & Foot Card Game (HMR) 3:00 PM Stretch and Relaxation 3:30 PM Bible Study with Mic Knox (LAR) 2:30 PM Surprise Hour with Taylor (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:00 PM Stretch and Relaxation Class Class (WC) 6:45 PM Evening Lecture w/ Dr. Ken Stein 3:00 PM Stretch and Relaxation Class (WC) 3:00 PM Writing Workshop - Pen Pal Project 5:45 PM Game Night (LDR) 3:30 PM Golden Oldies Music Hour (LAR) (LAR) 4:00 PM Hymns & Hope w/ Joel (LFL) 3:30 PM Happy Hour with Live Music (LFL) 6:00 PM Game Night (LAR) 9:00 AM Yoga (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Sterling Bible Study (HMR) 9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:00 AM Yoga (WC) 9:00 AM Power Up (WC) **Yom Kippur Ends Yom Kippur Begins** 10:45 AM Sterling :30 AM Morning Fitness (WC) 9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:00 AM Yoga (WC) 2:30 AM Morning Fitness (WC) **Church Service** 9:30 AM Shopping: Kroger (LFL) 9:30 AM Morning Fitness (WC) 9:30 AM Mornina Fitness (WC) 9:30 AM Morning Fitness 11:00 AM Sterling Scholars School of 0:30 AM Catholic Communion 10:00 AM Brain Ğames (LAR) 10:00 AM Lip Sync Workshop (LAR) Music: Johnny Cash (LAR) 10:00 AM Stick it to the Beat (LAR) 10:00 AM Fall Bocce Tournament 1:30 PM Let's Play Mahjong! (SL) 12:00 PM Murder Mystery Luncheon (HC) 10:00 AM Support Group (SL) 10:00 AM Pumpkin Decorating (LAR) Game (BBC) 11:00 AM First Presbyterian 1:00 PM Rummikub (SL) 1:00 PM Ladies' Bridge (HMR) 1:30 PM Bingo (LAR) 1:30 PM Poker Club (HMR) 11:00 ÁM Audio Book Club (LLT) 11:15 AM Parkinson's Exercise Class (WC) 0:30 AM Giant Crossword (LAR) 10:00 AM Trip to Lucky Farms and 2:00 PM Water Aerobics (WC)
2:00 PM Gadget Gal Explains! (HMR) 11:00 AM Sterling Bridge Club (HMR) Church of Marietta (HMR) 1:00 PM Afternoon Outing: The Dallas Markets 11:00 AM Fall Bocce Tournament Game (BBC) Picnic (LFL) 2:30 PM Hand & Foot Card Game (HMR) 1:00 PM Rummikub (SL) 3:00 PM Stretch and Relaxation Class (WC) 1:00 PM Mystery Trivia (LFL) 2:30 PM Board Game Hour (LAR) 1:00 PM History Club (LAR) 1:00 PM Pumpkin Decorating (LAR) 1:30 PM Bingo (LAR) 3:30 PM Bible Study with Mic Knox (LAR) 3:00 PM Stretch and Relaxation Class 3:00 PM Fall Bocce Tournament Game (BBC) 2:30 PM Dominos (HMR) 2:30 PM Surprise Hour with Taylor (LAR) 2:00 PM Water Aerobics (WC 4:00 PM Team Trivia (HMR) 3:00 PM Sunday Social with 3:00 PM Stretch and Relaxation Class (WC) 2:00 PM Art Club (HAS) 3:00 PM Stretch and Relaxation Class (WC) 4:30 PM AL-Dinner Club goes to Atami Japanese 3:30 PM Happy Hour with Live Music (LFL) 3:00 PM Stretch and Relaxation Class 3:30 PM Badminton Mondays (LC) Refreshments (LAR) Steakhouse (LFL) 3:30 PM Golden Oldies Music Hour (LAR) 3:00 PM Knit & Crochet Club (SL) 4:00 PM Fall Bocce Tournament Game (BBC) 7:00 PM Widow Support Group w/ Trudy Green 3:00 PM Stretch and Relaxation Class (WC) 6:00 PM Game Night (LAR) 6:00 PM Line Dancing with Nurse Laura (SL) 4:00 PM Music Bingo (LAR) 5:45 PM Game Night (LDR) 4:00 PM Hymns & Hope w/ Joel (LFL) 9:00 AM Yoga (WC) 9:00 AM Power Up (WC) 9:00 AM Power Up (WC) Indigenous Peoples' Day 9:00 AM Power Up (WC) 9:00 AM Yoga (WC) 10:45 AM Sterling 9:30 AM Morning Fitness (WC) 9:00 AM Yoga (WC) 9:00 AM Aqua Power (Pool) P:30 AM Morning Fitness (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness 9:30 AM Shopping: Walmart (LFL)
10:00 AM Flu and Covid Vaccine **Church Service** 9:30 AM Morning Fitness (WC) 9:30 AM Morning Fitness (WC) 10:00 AM Brain Games (LAR) 9:30 AM Morning Fitness (WC) 10:00 AM Sterling Bible Study 10:00 AM Lip Sync Workshop 10:00 AM Fall Bocce 10:30 AM Catholic (LAR) 9:30 AM Panorama Apple Tournament Game (BBC) 10:00 AM Support Group (SL) Communion Service (LAR) 1:30 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HMR) 10:30 AM Giant Crossword (LAR) 11:00 AM First Presbyterian 11:00 ÁM Music Hour w/ Barry (LFL) Orchard and Market (LFL) 1:15 AM Parkinson's Exercise Class (WC 2:00 PM Murder Mystery Luncheon (HC) 1:00 PM Pumpkin Decorating (LAR) 11:00 AM Sterling Bridge Club (HMR) 11:00 AM Fall Bocce Tournament Game 10:00 AM Pumpkin Decorating (LAR) Church of Marietta (HMR) 1:00 PM Rummikub (SL) 1:00 PM Meet Your Neighbor - Mary 2:00 PM Water Aerobics (WC) 1:00 PM History Club (LAR) 1:00 PM Ladies' Bridge (HMR) 1:00 PM Rummikub (SL) 1:30 PM Bingo (LAR) 2:00 PM Page Turners Book Club (HMR) 2:30 PM Board Game Hour (LAR) 1:00 PM Mystery Trivia (LFL) Sanford (LAR) 1:30 PM Bingo (LAR) 2:30 PM Dominos (HMR) 3:00 PM Fall Bocce Tournament Game (BBC) 2:00 PM Art Club (HAS) 1:00 PM Stèrling Transport to Vote Early 3:00 PM Knit & Crochet Club (SL) 3:00 PM Sunday Social with 3:00 PM Stretch and Relaxation 3:00 PM Stretch and Relaxation Class (WC) 3:00 PM Stretch and Relaxation Class 2:30 PM Surprise Hour with Taylor (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Badminton Mondays (LC) Class (WC) 2:30 PM Hand & Foot Card Game (HMR) 3:00 PM Stretch and Relaxation Class (WC) Refreshments (LAR) 3:00 PM Writing Workshop - Pen Pal Project (LAR) 4:00 PM Fall Bocce Tournament Game (BBC) 3:30 PM Bible Study with Mic Knox (LAR) 3:30 PM Golden Oldies Music Hour (LAR) 3:00 PM Stretch and Relaxation Class (WC) 5:45 PM Game Night (LDR) 4:00 PM Hymns & Hope w/ Joel (LFL) 7:00 PM Line Dancing with Nurse Laura (SL) 4:00 PM Music Bingo (LAR) 6:00 PM Staff Volleyball Game (LC) 3:30 PM Happy Hour with Live Music (LFL) 6:00 PM Game Night (LAR) 9:00 AM Power Up (WC) 9:00 AM Yoga (WC) 0:00 AM Yoga (WC) 10:45 AM Sterling Church 9:00 AM Power Up (WC) 9:00 AM Power Up (WC) 9:00 AM Yoga (WC) 26 9:30 AM Morning Fitness (WC) 10:00 AM Sterling Bible Study 9:30 AM Morning Fitness (WC) 9:30 AM Morning Fitness (WC) 9:00 AM Agua Power (Pool) 9:00 AM Aqua Power (Pool) Service (LAR) 9:30 AM Morning 9:30 AM Shopping: Publix (LFL) 10:00 AM Brain Games (LAR) 9:30 AM Morning Fitness (WC) 9:30 AM Morning Fitness 11:00 AM First Fitness (WC) 10:00 AM Fall Bocce 10:30 AM Catholic 10:00 AM Stick it to the Beat (LAR) Presbyterian Church of 10:30 AM Sterling Transport to Vote Tournament Game (BBC) Communion Service (LAR) 1:00 PM Sterling Cinemas: 10:00 AM Support Group (SL) 11:00 AM Pop up Shop with Deb Frank Jewe Early (LFL)
1:30 PM Let's Play Mahjong! (SL)
1:30 PM Poker Club (HMR) 10:00 AM Lip Sync Workshop (LAR) 10:30 AM Giant Crossword (LAR) Marietta (HMR) 2:00 PM Murder Mystery Luncheon (HC) Alfred Hitchcock Presents 11:00 AM Sterling Bridge Club (HMR) 11:00 AM Fall Bocce Tournament Game 1:00 PM Mystery Trivia (LFL) 1:00 PM Rummikub (SL) 2:30 PM Hand & Foot Card Game "Psycho" (LAR) 11:15 AM Parkinson's Exercise Class (WC)
1:00 PM Affernoon Shopping: Macy's (LFL) 2:00 PM Water Aerobics (WC)
2:30 PM Board Game Hour (LAR) 1:00 PM Ladies' Bridge (HMR) 3:00 PM St. James Episcopal 1:00 PM Rummikub (SL) 2:30 PM Dominos (HMR) 1:30 PM Bingo (LAR) 1:30 PM Bingo (LAR) Church (LFL) 3:00 PM Fall Bocce Tournament Game (BBC) 3:00 PM Stretch and Relaxation Class 3:00 PM Stretch and Relaxation Class 2:00 PM Water Aerobics (WC 3:30 PM Breast Cancer Walk 2:30 PM Surprise Hour with Taylor (LAR) 3:00 PM Sunday Social with 2:00 PM Art Club (HAS) 3:00 PM Stretch and Relaxation Class (WC) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Badminton Mondays (LC) 3:00 PM Knit & Crochet Club (SL) Refreshments (LAR) 3:30 PM Bible Study with Mic Knox (LAR) 5:00 PM Harvest Moon Theme Dinner 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Hymns & Hope w/ Joel (LFL) 3:30 PM Golden Oldies Music Hour (LAR) 4:00 PM Fall Bocce Tournament Game (BBC) 4:00 PM Music Bingo (LAR) 5:45 PM Game Night (LDR) 6:00 PM Game Night (LAR) (LC) 7:00 PM Line Dancing with Nurse Laura (SL) 9:00 AM Yoga (WC) 3:30 AM Men's Breakfast (HC) 0:00 AM Yoga (WC) Halloween 10:45 AM Sterling **LOCATION KEY** LC - Landmark Courtyard Church Service (LAR) 9:00 AM Podiatrist (WC) 2:00 AM Power Up (WC) 9:30 AM Morning Fitness (WC) 9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Morning Fitness (WC) 9:30 AM Morning Fitness (WC)
10:00 AM Sterling Bible Study 9:30 AM Shopping: Walmart (LFL) BBC - Bocce Ball Court LDR - Landmark Dining Room 9:00 AM Aqua Power (Pool) 10:00 AM Massage (WC) 11:00 AM First 9:30 AM Morning Fitness (WC) 0:30 AM Catholic Communion HAS - Hampton Art Studio LFL - Landmark Front Lobby 10:00 AM Support Group (SL) **Presbyterian Church of** 10:00 AM Lip Sync Workshop (LAR) 10:00 AM Word Game (LAR) 1:30 PM Let's Play Mahjong! (SL) 12:00 PM Murder Mystery Luncheon (HC) 11:00 AM Audio Book Club (LLT) HC - Hampton Club LLT - Landmark Leaacv 1:15 AM Parkinson's Exercise Class (WC) Marietta (HMR) 1:30 PM Poker Club (HMR) 1:00 PM Card MakingwithJoan Hargrove (HAS) 1:00 PM Rummikub (SL) 11:00 AM Sterling Bridge Club (HMR) 1:00 PM Silly Bean Auction (LAR) 2:00 PM Water Aerobics (WC) Terrace 1:00 PM Sunday Matinee -HMR - Hampton Media Room 1:00 PM Birthday Party! (HC) 2:00 PM Water Aerobics (WC) 2:30 PM Board Game Hour (LAR) 1:00 PM Ladies' Bridge (HMR) Back to the Future (LAR) 2:00 PM Art Club (HAS) SL - Stratford Lounge :30 PM Bingo (LAR) 2:30 PM Hand & Foot Card Game (HMR) 3:00 PM Fall Bocce Tournament Game (BBC) LAR - Landmark Activity 3:00 PM Knit & Crochet Club (SL) :30 PM Wii Bowling Tournament at Sterling West 3:00 PM Stretch and Relaxation Class (WC) 3:00 PM Stretch and Relaxation Class 3:00 PM Sunday Social with Room WC - Wellness Center 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Badminton Mondays (LC) 3:00 PM Writing Workshop - Pen Pal Project :00 PM Stretch and Relaxation Class (WC) Refreshments (LAR) 4:00 PM Fall Bocce Tournament Game (BBC) 3:30 PM Happy Hour with Live Music (LFL) LBP - Landmark Back Patio Pool - Wellness Center Pool 3:30 PM Bible Study with Mic Knox (LAR) 4:00 PM Music Bingo (LAR) 7:00 PM Line Dancing with Nurse Laura (SL) 4:00 PM Hymns & Hope w/ Joel (LFL) 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 Dahlonega

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

10/26 - Leon Ballentine

10/24 - Birdie Bassett

10/29 - Steve Stallings

ART CLUB

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