

**SUN MON TUE WED THUR FRI SAT**

**LOCATION KEY**  
 BBC - Bocce Ball Court  
 CC - Casual Cafe  
 HC - Hampton Club  
 HMR - Hampton Media Room

**LAR - Landmark Activity Room**  
**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**

9:00 Yoga (WC) **1**  
 9:30 Morning Fitness (WC)  
**1:00 History Club with David Strand (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Group Trivia (LFL)**  
**5:45 Game Night (LDR)**

9:00 Power Up (WC) **2**  
 9:30 Morning Fitness (WC)  
**10:00 Brain Games (LAR)**  
**10:00 Fall Bocce Tournament Game (BBC)**  
**10:30 Giant Crossword (LAR)**  
**11:00 Fall Bocce Tournament Game (BBC)**  
**11:00 Practice for Wii Bowling**  
**1:30 Bingo (LAR)**  
**2:30 Partea 'n Paint (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Golden Oldies Music Hour (LAR)**  
**6:00 Game Night (LAR)**

**10:45 Sterling Church Service (LAR)** **3**  
**11:00 First Presbyterian Church of Marietta (HMR)**  
**1:00 Mystery Trivia (LFL)**  
**3:00 Sunday Social with Refreshments (LAR)**  
**3:30 Music Bingo (LAR)**

9:00 Yoga (WC) **4**  
 9:30 Morning Fitness (WC)  
**10:00 Monday Morning Meetup (CC)**  
**11:00 Sterling Scholars - Jamestown Miniseries (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)  
**3:30 Sterling Jeopardy (LAR)**  
**4:00 Fall Bocce Tournament Game (BBC)**  
 6:00 Line Dancing with Nurse Laura (SL)

9:00 Power Up (WC) **5**  
 9:00 Aqua Power (Pool)  
 9:30 Morning Fitness (WC)  
**10:30 Catholic Communion Service (LAR)**  
**11:00 Trivia Challenge (LFL)**  
**1:30 Bingo (LAR)**  
 3:00 Stretch and Relaxation Class (WC)

9:00 Yoga (WC) **6**  
 9:30 Morning Fitness (WC)  
**9:30 Shopping: Walmart (LFL)**  
 10:00 Massage (WC)  
**10:00 Stick it to the Beat (LAR)**  
 11:15 Parkinson's Exercise Class (WC)  
**1:00 AL Bible Study with Joel (LAR)**  
**1:00 One-on-one Visits**  
 2:00 Water Aerobics (WC)  
**2:00 Nature Series: Predators (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Practice for Wii Bowling**  
**4:00 Hymns & Hope w/ Joel (LFL)**  
**5:00 Bocce Final (BBC)**

9:00 Power Up (WC) **7**  
 9:00 Aqua Power (Pool)  
 9:30 Morning Fitness (WC)  
**10:00 Let's Play Ball! (LAR)**  
**10:00 Lip Sync Battle Rehearsal (LAR)**  
**11:00 Audio Book Club (LLT)**  
**11:30 One-on-one Visits**  
**1:00 Trivia (LFL)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Happy Hour with Live Music (LFL)**

9:00 Yoga (WC) **8**  
 9:30 Morning Fitness (WC)  
**2:00 Sterling's Annual Lip Sync Battle (LDR)**  
**5:45 Game Night (LDR)**

9:00 Power Up (WC) **9**  
 9:30 Morning Fitness (WC)  
**10:00 Brain Games (LAR)**  
**10:30 Giant Crossword (LAR)**  
**11:00 Practice for Wii Bowling**  
**1:30 Bingo (LAR)**  
**2:30 Partea 'n Paint (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Golden Oldies Music Hour (LAR)**  
**6:00 Game Night (LAR)**

**10:45 Sterling Church Service (LAR)** **10**  
**11:00 First Presbyterian Church of Marietta (HMR)**  
**1:00 Mystery Trivia (LFL)**  
**3:00 Sunday Social with Refreshments (LAR)**  
**3:30 Music Bingo (LAR)**

**Veterans Day** **11**  
 9:00 Yoga (WC)  
 9:30 Morning Fitness (WC)  
**10:00 Monday Morning Meetup (CC)**  
**11:00 Sterling Scholars: School of Music-Greg Athnos (LAR)**  
**1:30 Left Right Center Game (LAR)**  
 2:00 Water Aerobics (WC)  
 3:00 Stretch and Relaxation Class (WC)  
**3:00 Veteran's Day Concert (LFP)**  
 7:00 Line Dancing with Nurse Laura (SL)

9:00 Power Up (WC) **12**  
 9:00 Aqua Power (Pool)  
 9:30 Morning Fitness (WC)  
**10:30 Catholic Communion Service (LAR)**  
**11:00 Trivia Challenge (LFL)**  
**1:30 Bingo (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**4:30 AL Dinner Club: Marlow's Tavern (LFL)**  
**7:00 Widow Support Group w/ Trudy Green (LAR)**

9:00 Yoga (WC) **13**  
 9:30 Morning Fitness (WC)  
**9:30 Shopping: Kroger (LFL)**  
 10:00 Massage (WC)  
**10:00 Word Game (LAR)**  
 10:30 On-site Jewelry Repair (LFL)  
 11:15 Parkinson's Exercise Class (WC)  
**1:00 Afternoon Shopping Trip: Dollar Tree & Goodwill (LFL)**  
**1:00 AL Bible Study with Joel (LAR)**  
**1:00 One-on-one Visits**  
 2:00 Water Aerobics (WC)  
**2:00 Nature Series: Predators (LAR)**  
 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)**

9:00 Power Up (WC) **14**  
 9:00 Aqua Power (Pool)  
 9:30 Morning Fitness (WC)  
**10:30 Sweet Spirit Singers (LFL)**  
**11:00 Audio Book Club (LLT)**  
**11:30 One-on-one Visits**  
**1:00 Trivia (LFL)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Happy Hour with Live Music (LFL)**  
**6:30 Pen Pal Meet and Greet (LAR)**

9:00 Yoga (WC) **15**  
**9:00 Fun Friday Outing-Day in Downtown Blue Ridge (LFL)**  
 9:30 Morning Fitness (WC)  
**10:00 Friday Fall Craft (LAR)**  
**1:00 History Club with David Strand (LAR)**  
**2:00 Chair Hockey (WC)**  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Group Trivia (LFL)**  
**5:45 Game Night (LDR)**

9:00 Power Up (WC) **16**  
 9:30 Morning Fitness (WC)  
**10:00 Brain Games (LAR)**  
**10:30 Giant Crossword (LAR)**  
**11:00 Practice for Wii Bowling**  
**1:30 Bingo (LAR)**  
**2:30 Partea 'n Paint (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Golden Oldies Music Hour (LAR)**  
**6:00 Game Night (LAR)**

**10:00 Buddy Time w/ Parker, Asher, and Eli (LAR)** **17**  
**11:00 First Presbyterian Church of Marietta (HMR)**  
**11:00 Sterling Church Service (LAR)**  
**1:00 Mystery Trivia (LFL)**  
**3:00 Sunday Social with Refreshments (LAR)**  
**3:00 St. James Episcopal Church (LFL)**  
**3:30 Music Bingo (LAR)**

9:00 Yoga (WC) **18**  
 9:30 Morning Fitness (WC)  
**10:00 Monday Morning Meetup (CC)**  
**11:00 Sterling Scholars - Jamestown Miniseries (LAR)**  
**1:30 Left Right Center Game (LAR)**  
 2:00 Water Aerobics (WC)  
**2:30 Board Game Hour (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Time Travel Trivia (LFL)**  
 7:00 Line Dancing with Nurse Laura (SL)

**9:00 Car Wash On site (HC)** **19**  
 9:00 Power Up (WC)  
 9:00 Aqua Power (Pool)  
 9:30 Morning Fitness (WC)  
**10:30 Catholic Communion Service (LAR)**  
**11:00 Trivia Challenge (LFL)**  
**1:30 Bingo (LAR)**  
 3:00 Stretch and Relaxation Class (WC)

9:00 Yoga (WC) **20**  
 9:30 Morning Fitness (WC)  
**9:30 Shopping: Walmart (LFL)**  
**10:00 Stick it to the Beat (LAR)**  
 11:15 Parkinson's Exercise Class (WC)  
**1:00 AL Bible Study with Joel (LAR)**  
**1:00 One-on-one Visits**  
 2:00 Water Aerobics (WC)  
**2:00 Let's Make a Deal (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Practice for Wii Bowling**  
**4:00 Hymns & Hope w/ Joel (LFL)**

9:00 Power Up (WC) **21**  
 9:00 Aqua Power (Pool)  
 9:30 Morning Fitness (WC)  
**10:00 Let's Play Ball! (LAR)**  
**11:00 Music Hour w/ Barry (LFL)**  
**11:30 One-on-one Visits**  
 3:00 Stretch and Relaxation Class (WC)  
**5:00 Black and White Dinner (LDR)**

9:00 Yoga (WC) **22**  
 9:30 Morning Fitness (WC)  
**10:00 Friday Fall Craft (LAR)**  
**10:00 Fun Friday Outing- Ponce City Market (LFL)**  
**1:00 History Club with David Strand (LAR)**  
**2:00 Pumpkin Treats Social (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Group Trivia (LFL)**  
**5:45 Game Night (LDR)**

9:00 Power Up (WC) **23**  
 9:30 Morning Fitness (WC)  
**10:00 Buddy Time w/ Parker, Asher, and Eli (LAR)**  
**10:30 Giant Crossword (LAR)**  
**11:00 Practice for Wii Bowling**  
**1:30 Bingo (LAR)**  
**2:30 Partea 'n Paint (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Golden Oldies Music Hour (LAR)**  
**6:00 Game Night (LAR)**

**10:00 Buddy Time w/ Parker, Asher, and Eli (LAR)** **24**  
**10:45 Sterling Church Service (LAR)**  
**11:00 First Presbyterian Church of Marietta (HMR)**  
**1:00 Sunday Matinee: Field of Dreams (LAR)**  
**3:00 Sunday Social with Refreshments (LAR)**  
**3:30 Music Bingo (LAR)**

9:00 Yoga (WC) **25**  
 9:30 Morning Fitness (WC)  
**10:00 Monday Morning Meetup (CC)**  
**11:00 Sterling Scholars - Jamestown Miniseries (LAR)**  
**1:30 Left Right Center Game (LAR)**  
 2:00 Water Aerobics (WC)  
**2:30 Unlock the Art of Origami with Isabella! (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Time Travel Trivia (LFL)**  
 7:00 Line Dancing with Nurse Laura (SL)

9:00 Power Up (WC) **26**  
 9:00 Aqua Power (Pool)  
 9:30 Morning Fitness (WC)  
**10:30 Catholic Communion Service (LAR)**  
**11:00 Trivia Challenge (LFL)**  
**12:30 Wii Bowling Tournament at Sterling East (LFL)**  
**1:30 Bingo (LAR)**  
 3:00 Stretch and Relaxation Class (WC)

9:00 Yoga (WC) **27**  
 9:30 Morning Fitness (WC)  
**9:30 Shopping: Publix (LFL)**  
 10:00 Massage (WC)  
**10:00 Word Game (LAR)**  
 11:15 Parkinson's Exercise Class (WC)  
**1:00 Afternoon Shopping: Burlington (LAR)**  
**1:00 AL Bible Study with Joel (LAR)**  
**1:00 One-on-one Visits**  
 2:00 Water Aerobics (WC)  
**2:00 Nature Series: Predators (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Practice for Wii Bowling**  
**4:00 Hymns & Hope w/ Joel (LFL)**

**Thanksgiving** **28**  
 9:00 Power Up (WC)  
 9:00 Aqua Power (Pool)  
 9:30 Morning Fitness (WC)  
**11:00 Audio Book Club (LLT)**  
**11:30 One-on-one Visits**  
**1:00 Trivia (LFL)**

9:00 Yoga (WC) **29**  
 9:30 Morning Fitness (WC)  
**1:00 Sterling Cinemas: Rebel Without A Cause (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**4:00 Group Trivia (LFL)**  
**5:45 Game Night (LDR)**

9:00 Power Up (WC) **30**  
 9:30 Morning Fitness (WC)  
**10:00 Brain Games (LAR)**  
**10:30 Giant Crossword (LAR)**  
**11:00 Practice for Wii Bowling**  
**1:30 Bingo (LAR)**  
**2:30 Partea 'n Paint (LAR)**  
 3:00 Stretch and Relaxation Class (WC)  
**3:30 Golden Oldies Music Hour (LAR)**  
**6:00 Game Night (LAR)**

**November 2024**  
**Campus Events & Outings**  
 3165 Dallas Hwy, Marietta, GA 30064 770-255-7000





# HAPPY BIRTHDAY



- 11/2 Marlys Buczynski
- 11/4 Wayne Miller
- 11/6 Martha Davis
- 11/10 Bill Tatum
- 11/10 Clarence Zienert
- 11/12 Hazel Windham
- 11/15 Irv Lanquist
- 11/18 Betty Kaminsky
- 11/21 Ken Burris
- 11/23 Mary Sanford
- 11/26 John O'Malley
- 11/30 Stephen Van Scoyk

## HAPPY HOUR ENTERTAINMENT

- 11/7- Loose Shoes
- 11/14- Sonya Shell
- 11/21- Black and White Theme Dinner with Jim Coots
- 11/28- Thanksgiving Day: No Happy Hour



## Pen Pal Meet and Greet

Join your Pen Pals for for a fun meet and greet!

Thursday November 14th in the Activity Room



## Veteran s Day

Join us for a special Veterans Day Concert with Val Miller!  
November 11th at 3 PM on the Front Porch



## Lip Sync Battle!

Join us November 8th in the Landmark Dining Room for Sterling's second annual Lip Sync Battle

Let's cheer on our friends as they perform some of the hits!



## 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.

- 11/6- Walmart
- 11/13- Kroger/Goodwill & Dollar Tree
- 11/20- Walmart
- 11/27- Publix/



# Black and White Theme Dinner

Come dressed to impress in your best black and white attire!

November 21st at 5PM in the Landmark Dining Room  
With Musical Guest Jim Coots on the Piano

## STERLING CINEMAS

Sterling Cinemas Presents  
"Rebel Without A Cause"



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



## STERLING ON THE GO!

- 11/1 Qualusi Vineyards and Lunch
- 11/8 Sterling's Annual Lip Sync Battle
- 11/15 Day in Downtown Blue Ridge
- 11/22 Ponce City Market
- 11/29 Sterling Cinemas: Rebel Without A Cause



## PARTEA. N' PAINT

Join Taylor every Saturday at 2:30 to paint with a hot cup of tea.

NO EXPERIENCE REQUIRED!



## DINNER CLUB GOES TO:

**M. Marlow's Tavern** Marlow's Tavern!  
Tuesday, October 8th at 4:30pm  
Sign up in the Landmark Act. room