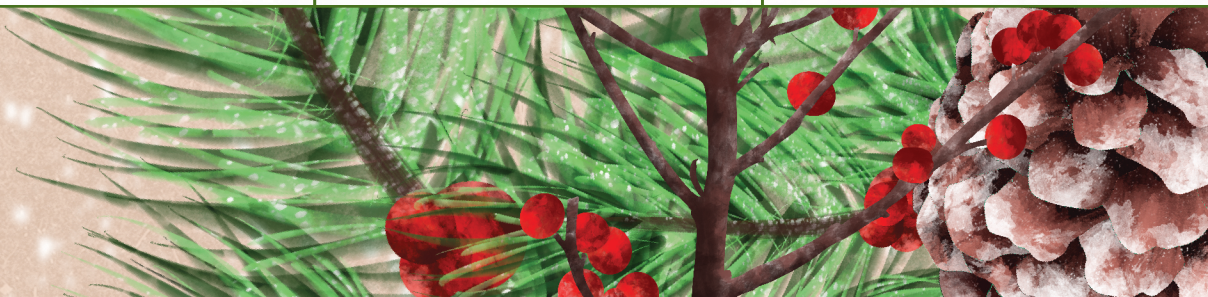


**SUN MON TUE WED THUR FRI SAT**

<p>9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) <b>1</b></p> <p>10:00 Catholic Mass (AR)</p> <p><b>10:00 Holy Family Catholic Communion (AR)</b></p> <p><b>10:45 Documentaries "Attack on Pearl Harbor Part 1" (AR)</b></p> <p>2:00 BINGO (AR)</p> <p>3:00 Paula Roberts' Student Piano Recital (Front Lobby)</p> <p>4:00 Games with Friends: Bananagrams! (AR)</p> <p>6:00 Evening Movie "US Marshalls" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>2</b></p> <p>10:00 Monday Morning Coffee and Conversations (AR)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>11:30 Wii Sports (WC)</p> <p><b>12:45 Happy Tails (LR)</b></p> <p>1:00 Devotions with Jan Watson (Shelly's Mother!) (CC)</p> <p><b>2:30 Brain Fitness Meeting: WORDLE (AR)</b></p> <p>2:30 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 BINGO (AR)</p> <p>6:00 Evening Movie "Radio City Christmas Spectacular with the Rockettes" (AR)</p>	<p>9:00 Meditation with Heather (AR) <b>3</b></p> <p>9:30 Sittercise (AL) (WC)</p> <p><b>10:00 Sweet Spirit Singers Christmas Program (Front Lobby)</b></p> <p>10:00 Tuesday Trivia and Calendar Update (CC)</p> <p>11:00 Bible Study with Joel (AR)</p> <p>2:00 Open Gym (WC)</p> <p>2:00 Pokeno &amp; Prizes (AR)</p> <p>3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)</p> <p>3:00 Open Swim (WC)</p> <p>3:00 Tree Decorating - Elevator Lobbies! All Residents Invited! (AR)</p> <p>6:00 Evening Movie "Mr. and Mrs. Smith" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>4</b></p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>10:00 Publix Shopping</p> <p>11:15 Focused Fitness (WC)</p> <p>1:00 Piano with Dixie (LR)</p> <p><b>2:00 Historian Michael Hitt - A Historical Mystery! (AR)</b></p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>3:00 Wii Bowling (WC)</p> <p>6:00 Evening Movie "The Long Hot Summer" (AR)</p>	<p><b>8:00 ACTIVITY ROOM IS CLOSED AND UNDER CONSTRUCTION TODAY! (AR)</b> <b>5</b></p> <p>9:30 Yoga (AL) (WC)</p> <p><b>10:00 Art Class (CC)</b></p> <p>11:15 Caregiver Support Group Facilitated by Joel (Shelly's Office)</p> <p><b>1:00 Hymns &amp; Hope with Joel (LR)</b></p> <p>1:00 Open Gym (WC)</p> <p>2:00 BINGO (CC)</p> <p>2:00 Open Swim (WC)</p> <p><b>3:30 Happy Hour with Joni and Tom Illi (DR)</b></p>	<p><b>8:00 ACTIVITY ROOM IS CLOSED AND UNDER CONSTRUCTION TODAY! (AR)</b> <b>6</b></p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:30 Crafts "Holiday Door Decor" (CC)</p> <p>11:15 Focused Fitness (WC)</p> <p><b>12:30 OUTING: The Christkindl Market at Bulloch Hall in Roswell (Front Lobby)</b></p> <p>2:00 Current Events (CC)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p><b>3:00 Hot Cocoa Social with the Dickens Carolers (Front Lobby)</b></p> <p>4:30 Armchair Travels "Wonders of Croatia" (CC)</p>	<p>Pearl Harbor <b>7</b></p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Coffee and Conversation (CC)</p> <p><b>11:00 "Musical Favorites from the Past" with Tom Parrott (AR)</b></p> <p>11:15 Open Gym (WC)</p> <p><b>2:00 Saturday Snack Bar "WWYD for a Klondike Bar!" (AR)</b></p> <p>4:00 Leigh Plays Guitar in the Lobby! (Front Lobby)</p> <p><b>4:00 FOOTBALL! The SEC Championship (AR)</b></p>	
<p>9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) <b>8</b></p> <p>10:00 Catholic Mass (AR)</p> <p><b>10:45 Documentaries "Attack on Pearl Harbor Part 2" (AR)</b></p> <p>2:00 BINGO (AR)</p> <p>3:00 Becky Barber's Piano Recital (Front Lobby)</p> <p>4:00 Games with Friends: Dominoes! (AR)</p> <p>4:30 Boy Scout Troop 785 Christmas Caroling! (Front Lobby)</p> <p>6:00 Evening Movie "A Christmas Carol" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>9</b></p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>11:30 Wii Sports (WC)</p> <p>1:00 Devotions with Jan Watson (Shelly's Mother!) (CC)</p> <p><b>2:30 Brain Fitness DAKIM Meeting (AR)</b></p> <p>2:30 Open Gym (WC)</p> <p><b>3:00 Chef Chat (AR)</b></p> <p>3:00 Open Swim (WC)</p> <p>4:00 BINGO (AR)</p> <p><b>6:00 OUTING: "Cosmic Sleighride" Drive-Thru Holiday Lights! (Front Lobby)</b></p> <p>6:00 Evening Movie "March of the Penguins" (AR)</p>	<p>9:00 Meditation with Heather (AR) <b>10</b></p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Tuesday Trivia and Calendar Update (CC)</p> <p>11:00 Bible Study with Joel (AR)</p> <p><b>1:00 Resident Council Meeting (AR)</b></p> <p>2:00 Open Gym (WC)</p> <p>2:30 Pokeno &amp; Prizes (AR)</p> <p>3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 Games: Uzzle (AR)</p> <p>6:00 Evening Movie "Arbitrage" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>11</b></p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>10:00 Publix Shopping</p> <p>11:15 Focused Fitness (WC)</p> <p>1:00 Piano with Dixie (LR)</p> <p><b>2:00 Games: Wheel of Fortune "Holiday Style!" (AR)</b></p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>3:00 Wii Bowling (WC)</p> <p>6:00 Evening Movie "Best in Show" (AR)</p>	<p>9:00 Meditation with Heather (AR) <b>12</b></p> <p>9:30 Sittercise (AL) (WC)</p> <p><b>9:45 OUTING: Christmas Tour at the Governor's Mansion and Lunch at OK Cafe (Front Lobby)</b></p> <p>10:00 Art Class (AR)</p> <p>11:15 Caregiver Support Group Facilitated by Joel (Shelly's Office)</p> <p>1:00 Hymns &amp; Hope with Joel (LR)</p> <p>1:00 Open Gym (WC)</p> <p><b>1:15 Wellness Seminar: Parkinson's Educational Seminar For Families and Residents (AR)</b></p> <p>2:00 BINGO (AR)</p> <p>2:00 Open Swim (WC)</p> <p><b>3:30 Happy Hour with Jeni Michelson on the Piano (Front Lobby)</b></p> <p>6:00 Evening Movie "The Juror" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>13</b></p> <p>10:30 Crafts "Painting Nutcrackers" (AR)</p> <p><b>11:00 Sterling Holiday Market (Front Lobby)</b></p> <p>11:15 Focused Fitness (WC)</p> <p>2:00 Current Events (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 Armchair Travels "Biltmore House at Christmas - Asheville, North Carolina - Walkthrough Plus Gardens and More!" (AR)</p> <p>6:00 Friday Funnies "Ruthless People" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>14</b></p> <p>10:00 Coffee and Conversation (CC)</p> <p><b>11:00 Sterling Music Series with Thayer Naples (AR)</b></p> <p>11:15 Open Gym (WC)</p> <p><b>2:00 Saturday Snack Bar "Katherine's Famous Toffee Cookies" (AR)</b></p> <p><b>3:30 Ornament Crafting with Girl Scouts (AR)</b></p> <p>6:00 Evening Movie "Home Alone" (AR)</p>	
<p>9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) <b>15</b></p> <p>10:00 Catholic Mass (AR)</p> <p><b>10:00 Holy Family Catholic Communion (AR)</b></p> <p><b>11:00 Documentaries "The American Story" (AR)</b></p> <p>2:00 BINGO (AR)</p> <p>3:00 Christmas Recital from the Majerus Studio (Front Lobby)</p> <p><b>4:00 Sketching with Seniors "Making Holiday Cards" (AR)</b></p> <p>6:00 Evening Movie "The Pursuit of Happyness" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>16</b></p> <p>10:00 Monday Morning Coffee and Conversations (AR)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>11:15 Alliance of Therapy Dogs - Georgia and Iggy! (Front Lobby)</p> <p>11:30 Wii Sports (WC)</p> <p>1:00 Devotions with Jan Watson (Shelly's Mother!) (CC)</p> <p><b>2:00 Speaker: "Christmas Among the Cherokee" by Wanda Patterson (AR)</b></p> <p>2:30 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 BINGO (AR)</p> <p>6:00 Evening Movie "Steel Magnolias" (AR)</p>	<p>9:00 Meditation with Heather (AR) <b>17</b></p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Tuesday Trivia and Calendar Update (CC)</p> <p>11:00 Bible Study with Joel (AR)</p> <p><b>11:45 OUTING: Ladies Lunch at McCray's Tavern (Front Lobby)</b></p> <p><b>12:45 Wii Bowling Tournament: Outing to Sterling West (WC)</b></p> <p>2:00 Open Gym (WC)</p> <p>2:00 Pokeno &amp; Prizes (AR)</p> <p>3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 Charades: Holiday Style (AR)</p> <p>6:00 Evening Movie "The Polar Express" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>18</b></p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>10:00 Publix Shopping</p> <p>11:15 Focused Fitness (WC)</p> <p>1:00 Piano with Dixie (LR)</p> <p>2:00 Games: Jeopardy (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>3:00 Wii Bowling (WC)</p> <p>4:00 Cobb Library "Libby" Information and Lesson (AR)</p> <p>6:00 Evening Movie "Love Actually" (AR)</p>	<p>9:00 Meditation with Heather (AR) <b>19</b></p> <p>9:30 Yoga (AL) (WC)</p> <p><b>10:00 Art Class (AR)</b></p> <p>11:15 Caregiver Support Group Facilitated by Joel (Shelly's Office)</p> <p>1:00 Hymns &amp; Hope with Joel (LR)</p> <p>1:00 Open Gym (WC)</p> <p><b>1:00 Holiday Makeup and Hair with Dawn from Willowbrook Hospice (CC)</b></p> <p><b>2:00 Dickerson Middle School Orchestra Holiday Music (Front Lobby)</b></p> <p>2:00 BINGO (CC)</p> <p>2:00 Open Swim (WC)</p> <p><b>4:30 Sterling Residents' Holiday Party and Dinner! (DR)</b></p>	<p>9:30 Sittercise (AL) (WC) <b>20</b></p> <p>10:30 Crafts "Gingerbread House" (AR)</p> <p>11:15 Focused Fitness (WC)</p> <p>2:00 Current Events (AR)</p> <p>2:00 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 Armchair Travels "Rick Steves' European Christmas" (AR)</p> <p>6:00 Friday Funnies Movie Time "Elf" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>21</b></p> <p>10:00 Coffee and Conversation (CC)</p> <p><b>11:00 "Musical Favorites from the Past" with Tom Parrott (AR)</b></p> <p>11:15 Open Gym (WC)</p> <p><b>2:00 Saturday Snack Bar "Christmas Pretzel Cookies" (AR)</b></p> <p>4:00 Leigh Plays Guitar in the Lobby! (Front Lobby)</p> <p>6:00 Evening Movie "Home Alone 2" (AR)</p>	
<p>9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) <b>22</b></p> <p>10:00 Catholic Mass (AR)</p> <p>10:30 Documentary: Sinatra in Palm Springs (AR)</p> <p>2:00 BINGO (AR)</p> <p><b>3:00 Sunday Strings with the Walton High School Quartet (Front Lobby)</b></p> <p>4:00 Games with Friends: UZZLE! (AR)</p> <p>6:00 Evening Movie "The Monuments Men" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>23</b></p> <p>10:00 Monday Morning Coffee and Conversations (AR)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>10:00 Publix Shopping</p> <p>11:30 Wii Sports (WC)</p> <p>1:00 Devotions with Jan Watson (Shelly's Mother!) (CC)</p> <p>2:30 Brain Fitness CROSSWORD (AR)</p> <p>2:30 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 BINGO (AR)</p> <p>6:00 Evening Movie "Manna From Heaven" (AR)</p>	<p>Christmas Eve <b>24</b></p> <p>9:00 Meditation with Heather (AR)</p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Tuesday Trivia and Calendar Update (CC)</p> <p>11:00 Christmas Eve Candlelight Program with Joel (Front Lobby)</p> <p>2:00 Open Gym and Open Swim (WC)</p> <p>2:00 Pokeno &amp; Prizes (AR)</p> <p>3:00 "Name That Tune - HOLIDAY EDITION!" (AR)</p> <p>3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)</p> <p>6:00 Evening Movie "A Christmas Story" (AR)</p>	<p><b>Hanukkah Christmas Day</b> <b>25</b></p> <p><b>10:00 Morning Mimosas, Coffee and Kringles (AR)</b></p> <p>11:00 Reindeer Games (AR)</p> <p>1:15 Documentary: Origins of Christmas (History Channel) (AR)</p> <p>6:00 Evening Movie "It's a Wonderful Life" (AR)</p>	<p>9:00 Meditation with Heather (AR) <b>26</b></p> <p>9:30 Sittercise (AL) (WC)</p> <p><b>10:00 Art Class with Scott (AR)</b></p> <p>11:15 Caregiver Support Group Facilitated by Joel (Shelly's Office)</p> <p>1:00 Hymns &amp; Hope with Joel (LR)</p> <p>2:00 BINGO (AR)</p> <p>2:00 Open Gym and Open Swim (WC)</p> <p><b>3:30 Happy Hour with Music Kevin Vosbein on Guitar (Front Lobby)</b></p> <p>6:00 Evening Movie "Earthquake" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>27</b></p> <p>10:00 Crafts "Star of David" (AR)</p> <p><b>10:00 OUTING: Library (Meet in Front Lobby)</b></p> <p>11:15 Focused Fitness (WC)</p> <p><b>11:30 Chanukah Celebration with Chabad of Cobb (AR)</b></p> <p>2:00 Current Events (AR)</p> <p>2:00 Open Gym and Open Swim (WC)</p> <p>4:00 Armchair Travels "The Wonders of Japan" (AR)</p> <p>6:00 Friday Funnies Movie Time "National Lampoon's Christmas Vacation" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>28</b></p> <p>10:00 Coffee and Conversation (CC)</p> <p>11:15 Open Gym (WC)</p> <p><b>2:00 Saturday Snack Bar "Ice Cream Sandwiches" (AR)</b></p> <p>4:00 Games: Bunco (AR)</p> <p>6:00 Evening Movie "My Cousin Vinny" (AR)</p>	
<p>9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) <b>29</b></p> <p>10:00 Catholic Mass (AR)</p> <p>11:00 Documentaries "Christmas Winter Wonderland / Wildlife Documentary (AR)</p> <p>2:00 BINGO (AR)</p> <p><b>4:00 Sketching with Seniors "Paint a New Year's Eve Scene" (AR)</b></p> <p>6:00 Evening Movie "Waiting for Guffman" (AR)</p>	<p>9:30 Sittercise (AL) (WC) <b>30</b></p> <p>10:00 Monday Morning Coffee and Conversations (AR)</p> <p>10:00 Water Aerobics with Christine (Cottage and AL) (WC)</p> <p>11:30 Wii Sports (WC)</p> <p>1:00 Devotions with Jan Watson (Shelly's Mother!) (CC)</p> <p>2:30 Brain Fitness SUDOKU (AR)</p> <p><b>2:30 New Resident Social (AR)</b></p> <p>2:30 Open Gym (WC)</p> <p>3:00 Open Swim (WC)</p> <p>4:00 BINGO (AR)</p> <p>6:00 Evening Movie "Good Will Hunting" (AR)</p>	<p><b>New Year's Eve</b> <b>31</b></p> <p>9:00 Meditation with Heather (AR)</p> <p>9:30 Sittercise (AL) (WC)</p> <p>10:00 Tuesday Trivia and Calendar Update (CC)</p> <p>11:00 Bible Study with Joel (AR)</p> <p>2:00 Open Gym (WC)</p> <p>2:00 Pokeno &amp; Prizes (AR)</p> <p><b>3:00 "The Bibliophiles" Book Club 1 Year Anniversary! (CC)</b></p> <p>3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library)</p> <p>3:00 Open Swim (WC)</p> <p>6:00 Evening Movie "When Harry Met Sally" (AR)</p>	<p><b>LOCATION KEY</b></p> <p>AR - Activity Room</p> <p>CC - Casual Cafe</p> <p>DR - Dining Room</p> <p>LR - Living Room</p> <p>WC - Wellness Center</p>				

# December 2024

## Activity and Social Calendar



The Bibliophiles December Book Pick  
(an oldie but goodie!)



Rated 4.32 stars  
with over 400K  
reviews!



# DECEMBER

Landmark Building Residents



Resident Birthdays  
Birgitta Rosenthal 12/9  
Fred Kaufman 12/21  
Don Sharp 12/25  
John Hollar 12/30

Employee Birthdays  
Jacob Matte 12/6  
Eva Moore 12/10  
Carey Slater 12/15

Candace Thomas-Elcock 12/15  
Ronda Overstreet 12/16  
Heather Schell 12/29

## Special Speakers

**12/4 Michael Hitt**

“A Historical Double Mystery”

**12/16 Wanda Patterson**

“A Cherokee Christmas”



CHRISTMAS EVE

CANDELIGHT SERVICE

WITH JOEL AT

11:00AM



Let's  
**Mingle  
in  
Jingle**



**Sterling Estates Annual Holiday  
Dinner Party featuring the Kayla  
Taylor Jazz Band!**

**Thursday, December 19th**

## Special Outings

*Friday, 12/6 The Christkindl Market  
at Bulloch Hall in Roswell*

*Monday, 12/9 Drive-Thru Light Show  
“Cosmic Sleighride”*

*Thursday, 12/12 Holiday Tour of the  
Governor’s Mansion*

*Tuesday 12/17 Landmark (AL) Ladies  
Lunch at McCray’s Tavern*

**Don't Miss the Sterling Holiday Market!  
Friday, December 13th, 11:00AM - 4:00PM  
In the Front Lobby!**



**Happy Hanukkah to our  
Jewish residents!  
12/27 “Celebration with  
Chabad of Cobb” in  
the Activity Room!**

**Hanukkah begins at sundown on Wednesday,  
December 25th and ends on Thursday, January 2nd.**

**HOT COCOA SOCIAL  
With  
the Dickens Carolers!**



**Don't miss this fun  
event on Friday,  
December 6th!**