

SUN

MON

TUE

WED

THUR

FRI

SAT

10:45 Sterling Church Service (LAR)
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)

1

7:00 Spirit Week- Wear your Christmas Pajamas
 9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Monday Morning Meetup (CC)
11:00 Sterling Scholars presents, How to Avoid Senior Scams (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)
3:30 Sterling Jeopardy (LAR)
4:00 Time Travel Trivia (LFL)
6:00 Line Dancing with Nurse Laura (SL)

2

7:00 Spirit Week-Tacky Tuesday Wear Red and Green Day
 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)
6:00 Christmas Carols with the American Heritage Girls Troop (LFL)
6:00 Outing: Christmas Tour of Lights (LFL)

3

7:00 Wacky Wednesday-Crazy Socks and/or Shoe day
 9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
9:30 Shopping: Walmart (LFL)
 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 Predator Series (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope w/ Joel (LFL)
6:30 Christ Lutheran Church Bell Choir Performs (LFL)

4

7:00 Tartan Thursday- Wear your favorite flannel shirt
 9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Crafts With Agape (LAR)
11:00 Audio Book Club (LLT)
11:30 One-on-one Visits
 3:00 Stretch and Relaxation Class (WC)
3:30 Happy Hour with Live Music (LFL)

5

7:00 Fun Friday Ugly Sweater Day
10:00 Holiday Bazaar 2024 (LFL)
5:45 Game Night (LDR)

6

9:00 Power Up (WC)
 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)
4:00 Golden Oldies Music Hour (LAR)
6:00 Game Night (LAR)

7

10:45 Sterling Church Service (LAR)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Mystery Trivia (LFL)
2:15 Georgia Symphony Orchestra presents the Annual Holiday Pops Concert (LFL)
5:30 Christmas Carols w/ Mars Hill Community Church (LFL)

8

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)
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

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)
4:30 AL Dinner Club: Cielo Blue (LFL)
7:00 Widow Support Group w/ Trudy Green (LAR)

10

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
9:30 Shopping: Kroger (LFL)
10:00 Word Game (LAR)
 10:30 On-site Jewelry Repair (LFL)
 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)
3:00 Nature Predator Series (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope w/ Joel (LFL)

11

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 AL- Birthday Party (LAR)
1:00 Trivia (LFL)
 3:00 Stretch and Relaxation Class (WC)
3:30 Happy Hour with Live Music (LFL)
6:00 Outing: Christmas Tour of Lights (LFL)

12

9:00 Yoga (WC)
9:00 Christmas in Dahlonega (LFL)
 9:30 Morning Fitness (WC)
10:00 Winter Crafts (LAR)
1:00 HISTORY CLUB with David Strand (LAR)
2:00 Christmas Treats (LAR)
 3:00 Stretch and Relaxation Class (WC)
4:00 Group Trivia (LFL)
5:45 Game Night (LDR)

13

9:00 Power Up (WC)
 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)
2:00 Decorate Cookies with the Girl Scouts (LAR)
2:30 Partea 'n Paint (LAR)
 3:00 Stretch and Relaxation Class (WC)
4:00 Golden Oldies Music Hour (LAR)
6:00 Game Night (LAR)

14

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

15

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Monday Morning Meetup (CC)
11:00 Sterling Scholars (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)
3:00 Sterling Tour of Homes (HC)
7:00 Line Dancing with Nurse Laura (SL)

16

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)

17

9:00 Yoga (WC)
 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 Cocktail Class (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope w/ Joel (LFL)

18

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Silly Bean Auction (LAR)
11:00 Audio Book Club (LLT)
11:00 Music Hour w/ Barry (LFL)
11:30 One-on-one Visits
1:00 Trivia (LFL)
 3:00 Stretch and Relaxation Class (WC)
5:00 Holiday Theme Dinner 2024 (LDR)

19

9:00 Yoga (WC)
9:00 Audiologist (WC)
 9:30 Morning Fitness (WC)
10:00 Winter Crafts (LAR)
10:00 Booth Western Art Museum (LFL)
1:00 HISTORY CLUB with David Strand (LAR)
2:00 Christmas Treats (LAR)
 3:00 Stretch and Relaxation Class (WC)
4:00 Group Trivia (LFL)
5:45 Game Night (LDR)

20

9:00 Power Up (WC)
 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)
4:00 Golden Oldies Music Hour (LAR)
6:00 Game Night (LAR)

21

10:45 Sterling Church Service (LAR)
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)

22

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Monday Morning Meetup (CC)
11:00 Sterling Scholars (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)
3:30 Sterling Jeopardy (LAR)
4:00 Time Travel Trivia (LFL)
7:00 Line Dancing with Nurse Laura (SL)

23

Christmas Eve
 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)
1:00 Christmas Eve Candlelight Service w/ Joel Lanier (LFL)
 3:00 Stretch and Relaxation Class (WC)
3:30 Bingo (LAR)

24

Hanukkah Christmas Day
10:00 Sharing Christmas Cheer! (LAR)

25

9:00 Power Up (WC)
 9:00 Aqua Power (Pool)
 9:30 Morning Fitness (WC)
10:00 Cocoa and Christmas Stories (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)

26

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Winter Crafts (LAR)
1:00 Sterling Cinemas (LAR)
 3:00 Stretch and Relaxation Class (WC)
4:00 Group Trivia (LFL)
5:45 Game Night (LDR)

27

9:00 Power Up (WC)
 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)
4:00 Golden Oldies Music Hour (LAR)
6:00 Game Night (LAR)

28

10:45 Sterling Church Service (LAR)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Sterling Cinema Presents-White Christmas (LAR)
3:30 Music Bingo (LAR)

29

9:00 Yoga (WC)
 9:30 Morning Fitness (WC)
10:00 Monday Morning Meetup (CC)
11:00 Sterling Scholars (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)

30

New Year's Eve
 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)
5:00 New Years Eve Celebration (LDR)

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LOCATION KEY
 CC - Casual Cafe
 HC - Hampton Club
 HMR - Hampton Media Room

LAR - Landmark Activity Room
 LDR - Landmark Dining Room
 LFL - Landmark Front Lobby

LLT - Landmark Legacy Terrace
 SL - Stratford Lounge
 WC - Wellness Center
 Pool - Wellness Center Pool

December 2024

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





HAPPY BIRTHDAY



- 12/4 Russ Watson
- 12/7 Mickey Johnson
- 12/10 Ann Snead
- 12/15 Laura Rock
- 12/20 Mary Jo Boyd
- 12/21 Joe Williams
- 12/22 Yvonne Dalton
- 12/24 Judy Simmons
- 12/26 Maria Martin

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.

- 12/4- Walmart
- 12/11- Kroger
- 12/18- Walmart



Christmas Eve Candlelight Service

Join Joel for a special Christmas Eve Candlelight Service December 24th at 1 pm in the Landmark Front Lobby

LIVE ENTERTAINMENT

- 12/4 - Christ Lutheran Church Bell Choir
- 12/5- Loose Shoes at Happy Hour
- 12/12- Sara Davies at Happy Hour
- 12/19- Holiday Theme Dinner with Keith West
- 12/26- Brandon Crocker at Happy Hour



Holiday Theme Dinner



Thursday
December 19th
at 5:00pm

Musical Guest: Keith West

TOUR OF LIGHTS

Join us for a ride around Marietta to admire all of the festive lights!
December 3rd and 12th at 6:00 PM
Sign up in the Landmark Activity Room

Sterling's Annual Holiday Bazaar

Come shop with us!
December 6th - 10am-3pm
SANTA ARRIVES AT 12:30



NEW YEAR'S EVE CELEBRATION!

JOIN US FOR A SPECIAL NEW YEAR'S EVE TOAST IN THE LANDMARK DINING ROOM!

Cheers to a New Year
COME ONE, COME ALL!
DECEMBER 31ST AT 5 PM



STERLING ON THE GO!

- 12/3 - TOUR OF LIGHTS IN MARIETTA
- 12/8 - GSO: HOLIDAY POPS CONCERT
- 12/12 - TOUR OF LIGHTS IN MARIETTA
- 12/13 - TRIP TO DAHLONEGA
- 12/20 - BOOTH WESTERN ART MUSEUM PRESENTS THE GEORGIA O'KEEFFE EXHIBIT