

**SUN MON TUE WED THUR FRI SAT**

**LOCATION KEY**  
 CC - Casual Cafe  
 HAS - Hampton Art Studio  
 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

9:00 AM Power Up (WC)  
 9:30 AM Sit-and-Tone (WC)  
**10:00 AM Brain Games (LAR)**  
**10:30 AM Giant Crossword (LAR)**  
**1:00 PM Rummikub (SL)**  
**1:30 PM Bingo (LAR)**  
 3:00 PM Stretch and Relaxation Class (WC)  
**4:00 PM Golden Oldies Music Hour (LAR)**  
**6:00 PM Game Night (LAR)**

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

9:00 AM Yoga (WC)  
 9:30 AM Sit-and-Tone (WC)  
**10:00 AM Sterling Bible Study (HMR)**  
**11:00 AM Sterling Scholars: Wellness (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 Tech Talk! (HMR)**  
 3:00 PM Stretch and Relaxation Class (WC)  
**6:00 PM Line Dancing with Nurse Laura (SL)**

9:00 AM Power Up (WC)  
 9:00 AM Aqua Power (Pool)  
 9:30 AM Sit-and-Tone (WC)  
**10:30 AM Catholic Communion Service (LAR)**  
**1:00 PM Rummikub (SL)**  
**1:00 PM Ladies' Bridge (HMR)**  
**1:30 PM Bingo (LAR)**  
**3:00 PM Ed Sullivan's Show Classics (LAR)**  
 3:00 PM Stretch and Relaxation Class (WC)

9:00 AM Yoga (WC)  
**9:30 AM Shopping: Walmart (LFL)**  
 9:30 AM Sit-and-Tone (WC)  
**10:00 AM Support Group (SL)**  
 11:15 AM Parkinson's Exercise Class (WC)  
 2:00 PM Water Aerobics (WC)  
**2:00 PM Open Art Studio Hours (HAS)**  
**3:00 PM Drama Club Kickoff Party! (LLT)**  
**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 Sit-and-Tone (WC)  
**10:00 AM Crafts With Agape (LAR)**  
**11:00 AM Sterling Bridge Club (HMR)**  
**11:30 AM Letters to Loved Ones (LAR)**  
**2:00 PM Black History Hour (LAR)**  
**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)**

**Lunar New Year**  
 9:00 AM Yoga (WC)  
 9:30 AM Sit-and-Tone (WC)  
**10:00 AM Winter Paint 'n Sip with Taylor and Amy (LAR)**  
**10:15 AM Fun Friday Outing: Putt Shack (LFL)**  
**1:00 PM History Club with David Strand (LAR)**  
**2:00 PM Chair Hockey (CC)**  
**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 Sit-and-Tone (WC)  
**10:00 AM Brain Games (LAR)**  
**10:30 AM Giant Crossword (LAR)**  
**1:00 PM Rummikub (SL)**  
**1:30 PM Bingo (LAR)**  
**2:00 PM KSU Presents: Collage Concert (HC)**  
 3:00 PM Stretch and Relaxation Class (WC)  
**4:00 PM Golden Oldies Music Hour (LAR)**  
**6:00 PM Game Night (LAR)**

**10:45 AM Sterling Church Service (LAR)**  
**11:00 AM First Presbyterian Church of Marietta (HMR)**  
**1:00 PM Mystery Trivia**  
**3:00 PM Super Bowl LIX Tailgate Party! (LAR)**

9:00 AM Yoga (WC)  
 9:30 AM Sit-and-Tone (WC)  
**10:00 AM Sterling Bible Study (HMR)**  
**11:00 AM Sterling Scholars: School of Music (LAR)**  
**1:30 PM Let's Play Mahjong! (SL)**  
**1:30 PM Poker Club (HMR)**  
 2:00 PM Water Aerobics (WC)  
 3:00 PM Stretch and Relaxation Class (WC)  
**6:00 PM Line Dancing with Nurse Laura (SL)**

9:00 AM Power Up (WC)  
 9:00 AM Aqua Power (Pool)  
 9:30 AM Sit-and-Tone (WC)  
**10:30 AM Catholic Communion Service (LAR)**  
**1:00 PM Rummikub (SL)**  
**1:00 PM Ladies' Bridge (HMR)**  
**1:30 PM Bingo (LAR)**  
**3:00 PM Ed Sullivan's Show Classics (LAR)**  
 3:00 PM Stretch and Relaxation Class (WC)  
**4:00 PM Team Trivia (HMR)**  
**7:00 PM Widow Support Group w/ Trudy Green (LAR)**

9:00 AM Yoga (WC)  
**9:30 AM Shopping: Kroger (LFL)**  
 9:30 AM Sit-and-Tone (WC)  
**10:00 AM Stick it to the Beat (LAR)**  
**10:00 AM Support Group (SL)**  
**10:30 AM On-site Jewelry Repair (LFL)**  
 11:15 AM Parkinson's Exercise Class (WC)  
**1:00 PM Afternoon Shopping: Ross (LFL)**  
 2:00 PM Water Aerobics (WC)  
**2:00 PM Art Club**  
**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 Sit-and-Tone (WC)  
**11:00 AM Sterling Bridge Club (HMR)**  
**11:30 AM Letters to Loved Ones (LAR)**  
**2:00 PM Black History Hour (LAR)**  
**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)**

**Valentine's Day**  
 9:00 AM Yoga (WC)  
 9:30 AM Sit-and-Tone (WC)  
**10:00 AM Winter Paint 'n Sip with Taylor and Amy (LAR)**  
**1:00 PM Sterling Cinemas: The Sound of Music (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 Sit-and-Tone (WC)  
**10:00 AM Brain Games (LAR)**  
**10:30 AM Giant Crossword (LAR)**  
**1:00 PM Rummikub (SL)**  
**1:30 PM Bingo (LAR)**  
 3:00 PM Stretch and Relaxation Class (WC)  
**4:00 PM Golden Oldies Music Hour (LAR)**  
**6:00 PM Game Night (LAR)**

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

**President's Day**  
 9:00 AM Yoga (WC)  
 9:30 AM Sit-and-Tone (WC)  
**10:00 AM Sterling Bible Study (HMR)**  
**11:00 AM Sterling Scholars: Nutrition (LAR)**  
**1:00 PM Gadget Gal Workshop (HMR)**  
**1:30 PM Let's Play Mahjong! (SL)**  
**1:30 PM Poker Club (HMR)**  
 2:00 PM Water Aerobics (WC)  
 3:00 PM Stretch and Relaxation Class (WC)  
**6:00 PM Line Dancing with Nurse Laura (SL)**

9:00 AM Power Up (WC)  
 9:00 AM Aqua Power (Pool)  
 9:30 AM Sit-and-Tone (WC)  
**10:30 AM Catholic Communion Service (LAR)**  
**1:00 PM Rummikub (SL)**  
**1:00 PM Ladies' Bridge (HMR)**  
**1:30 PM Bingo (LAR)**  
**3:00 PM Ed Sullivan's Show Classics (LAR)**  
 3:00 PM Stretch and Relaxation Class (WC)  
**5:00 PM Love Boat Theme Dinner! (HC)**

9:00 AM Yoga (WC)  
**9:30 AM Shopping: Walmart (LFL)**  
 9:30 AM Sit-and-Tone (WC)  
**10:00 AM Support Group (SL)**  
 11:15 AM Parkinson's Exercise Class (WC)  
 2:00 PM Water Aerobics (WC)  
**2:00 PM Page Turners' Book Club (HMR)**  
**2:00 PM Open Art Studio Hours (HAS)**  
**3:00 PM Knit & Crochet Club (SL)**  
 3:00 PM Stretch and Relaxation Class (WC)  
**3:00 PM Drama Club Rehearsal (LLT)**  
**4:00 PM Hymns & Hope w/ Joel (LFL)**

9:00 AM Power Up (WC)  
 9:00 AM Aqua Power (Pool)  
 9:30 AM Sit-and-Tone (WC)  
**11:00 AM Music Hour w/ Barry (LFL)**  
**11:00 AM Sterling Bridge Club (HMR)**  
**11:30 AM Letters to Loved Ones (LAR)**  
**2:00 PM Black History Hour (LAR)**  
**2:30 PM Hand & Foot Card Game (HMR)**  
 3:00 PM Stretch and Relaxation Class (WC)

9:00 AM Yoga (WC)  
**9:00 AM Audiologist (WC)**  
 9:30 AM Sit-and-Tone (WC)  
**10:00 AM Winter Paint 'n Sip with Taylor and Amy (LAR)**  
**10:00 AM Fun Friday Outing: Chick-Fil-A Backstage Tour! (LFL)**  
**1:00 PM History Club with David Strand (LAR)**  
**2:00 PM Chair Hockey (CC)**  
**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 Sit-and-Tone (WC)  
**10:00 AM Brain Games (LAR)**  
**10:30 AM Giant Crossword (LAR)**  
**11:00 AM Girl Scouts Pop Up Sale! (LFL)**  
**1:00 PM Rummikub (SL)**  
**1:30 PM Bingo (LAR)**  
 3:00 PM Stretch and Relaxation Class (WC)  
**4:00 PM Golden Oldies Music Hour (LAR)**  
**6:00 PM Game Night (LAR)**

**10:45 AM Sterling Church Service (LAR)**  
**11:00 AM First Presbyterian Church of Marietta (HMR)**  
**1:00 PM Sunday Matinee (LAR)**  
**3:30 PM Music Bingo (LAR)**

9:00 AM Yoga (WC)  
 9:30 AM Sit-and-Tone (WC)  
**10:00 AM Sterling Bible Study (HMR)**  
**11:00 AM Sterling Scholars: Uniguest Workshop (LAR)**  
**1:30 PM Let's Play Mahjong! (SL)**  
**1:30 PM Poker Club (HMR)**  
 2:00 PM Water Aerobics (WC)  
 3:00 PM Stretch and Relaxation Class (WC)  
**6:00 PM Line Dancing with Nurse Laura (SL)**

9:00 AM Power Up (WC)  
 9:00 AM Aqua Power (Pool)  
 9:30 AM Sit-and-Tone (WC)  
**10:30 AM Catholic Communion Service (LAR)**  
**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 Ed Sullivan's Show Classics (LAR)**  
 3:00 PM Stretch and Relaxation Class (WC)  
**4:30 PM Dinner Club Goes Out! (HC)**

9:00 AM Yoga (WC)  
**9:30 AM Shopping: Publix (LFL)**  
 9:30 AM Sit-and-Tone (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 Shopping at City Thrift (LFL)**  
 2:00 PM Water Aerobics (WC)  
**2:00 PM Art Club**  
**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 Sit-and-Tone (WC)  
**10:00 AM Silly Bean Auction (LAR)**  
**11:00 AM Sterling Bridge Club (HMR)**  
**11:30 AM Letters to Loved Ones (LAR)**  
**1:00 PM Birthday Party! (HC)**  
**2:00 PM Black History Hour (LAR)**  
**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 Sit-and-Tone (WC)  
**10:00 AM Winter Paint 'n Sip with Taylor and Amy (LAR)**  
**10:00 AM Fun Friday Outing: APEX Museum (LFL)**  
**1:00 PM History Club with David Strand (LAR)**  
**2:00 PM Winter Treats (LAR)**  
**2:30 PM Dominos (HMR)**  
 3:00 PM Stretch and Relaxation Class (WC)  
**5:45 PM Game Night (LDR)**

**February 2025**

**Cottage & Apartment Special Events**  
 3165 Dallas Hwy, Marietta, GA 30064 770-255-7000



## CELEBRATING BLACK HISTORY

Join the Activities Team for some interactive lessons for Black History Month! We will learn about inventors, athletes, musicians, and more!

**Every Thursday at 2 PM in the Landmark Activity Room**

## STERLING DRAMA CLUB

Join your fellow Drama Clubbers for our Drama Club Kickoff Party! We will play fun ice breaker games and enjoy some light refreshments.

Come get comfortable with your crew!

**WEDNESDAY, FEB 5TH at 3 PM**  
in the Landmark Legacy Library

## STERLING CINEMAS PRESENTS!

Spend Valentine's Day with the Von Trapp family!

Join us for a special Sterling Cinemas...  
The Sound of Music Sing-A-Long!  
Friday Feb 14th at 1 PM  
in the Landmark Activity Room

## THE GADGET GAL!

Natalie Silver will be here to answer all your tech questions!

**Monday, February 3rd at 2 PM**

in the Hampton Media Room

She will hold a tech workshop on

**Monday, February 17th at 2 PM**

in the Hampton Media Room

## LIVE ENTERTAINMENT

2/6 - Butch Reeves at Happy Hour

2/13 - Loose Shoes at Happy Hour

2/18 - Sara Davies at Love Boat Theme Dinner

2/20 - Morning Music Hour with Barry

2/27 - Gil Caro at Happy Hour

## Love Boat Theme Dinner!

Join us aboard the  
S.S. Sterling for a nautical  
dinner experience!



Tuesday Feb 18, 5:00 PM  
Hampton Club

## STERLING SCHOLARS SCHEDULE

February 3rd

The Importance of Wellness with the Wellness Team

February 10th

Sterling School of Music with Greg Athnos-  
Exploring the Harlem Renaissance

February 17th

Nutrition 101 with the Wellness Team

February 24th

Uniquet Workshop-Learning our community app

## PAGE TURNER'S BOOK CLUB

Join your neighbors to discuss the book of the month!

This month we are reading  
"Being Mortal" by Atul Gawande

**February 19th at 2 PM**  
**in the Hampton Media Room**  
**EVERYONE WELCOME!**

## ALL THINGS ART!

In addition to our Art Club on 2/12 & 2/26, we will be offering Open Studio Hours this month! Stop by to get some art done!

**WED 2/5 & 2/19 at 2 PM**

## LINE DANCING WITH LAURA

Line Dancing with Laura will now be at  
**6 PM on Mondays**  
in the Stratford Lounge!

## FEBRUARY BIRTHDAYS:

2/2 - JUDY SHAW

2/4 - SANDRA SEAGRAVES

2/6 - DONNA MILLS

2/6 - MARILYN MOYLE

2/7 - MARTIN HEXT

2/10 - SALLY COLE

2/11 - CAROLYN SCOTT

2/17 - DAVID STRAND

2/23 - JOAN BEIL

2/26 - JERRY BOONE

2/27 - NANCY PULLEY-STALLINGS

Join us on February 27th at 1 PM  
for our birthday party in the Hampton Club