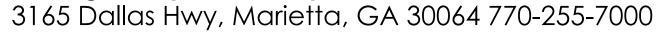
MON WED FRI 9:00 AM Yoga (WC) **9:30 AM Shopping: Walmart** 9:00 AM Power Up (WC) April Fool's Day 9:00 AM Yoga (WC) 9:00 AM Power Up (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Sit-and-Tone (WC) 9:30 AM Sit-and-Tone (WC) 9:00 AM Power Up (WC) (LFL) 9:30 AM Sit-and-Tone (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Fun Friday Outing: 10:00 AM Brain Games 2:30 AM Sit-and-Tone (WC) 10:00 AM Crafts With 9:30 AM Sit-and-Tone (WC) Tour of the State Capitol (LAR) 10:00 AM Support Group (SL) Agape-Tie Dye T-Shirts (LAR) 10:30 AM Giant Crossword (LAR) 10:30 AM Catholic Communion 11:00 AM Beginner Mahjong Class (HC) 11:00 AM Sterling Bridge Club (HMR) Service (LAR) :00 PM History Club with David 1:00 PM Rummikub (SL) 11:00 AM Parkinson's Exercise Class (WC) 2:30 PM Hand & Foot Card Game (HMR) 1:00 PM Rummikub (SL) Strand (LAR) 2:00 PM Water Aerobics (WC) 1:30 PM Bingo (LAR) 2:30 PM Drama Club Rehearsal (HAS) 2:00 PM Art Club 3:00 PM Stretch and Relaxation Class 1:00 PM Ladies' Bridge (HMR) 2:00 PM Afternoon Treats (LAR) 3:00 PM Stretch and Relaxation Class 3:00 PM Knit & Crochet Club (SL) 1:30 PM Bingo (LAR) 2:30 PM Dominos (HMR) 3:00 PM Stretch and Relaxation Class 2:30 PM Drama Club Rehearsal (HAS) 3:00 PM Stretch and Relaxation Class 4:00 PM Golden Oldies Music Hour 3:30 PM Happy Hour with Live Music (LFL) 3:00 PM Stretch and Relaxation Class (LAR) 4:00 PM Hymns & Hope w/ Joel (LFL) 5:45 PM Game Night (LDR) 6:00 PM Game Night (LAR) (WC) 9:00 AM Yoga (WC) 9:00 AM Car Wash On site (HC) P:00 AM Yoga (WC) P:30 AM Shopping: Kroger (LFL) 9:00 AM Power Up (WC) 9:00 AM Yoga (WC) 9:00 AM Power Up (WC) 10:45 AM Sterling :30 AM Sit-and-Tone (WC) 2:00 AM Power Up (WC) 9:30 AM Sit-and-Tone (WC) 9:00 AM Aqua Power (Pool) 9:30 AM Sit-and-Tone (ŴC) **Church Service** 10:00 AM Sterling Bible Study 9:00 AM Aqua Power (Pool) 30 AM Sit-and-Tone (WC) 9:30 AM Sit-and-Tone (WC) 9:30 AM Pleasant Grove 10:00 AM Brain Games 0:00 AM Stick it to the Beat (LAR) :30 AM Sit-and-Tone (WC) (LAR) 10:00 AM Tie Dye T-Shirt Yard Sale (LFL) (LAR) 10:00 AM Support Group (SL) 1:00 AM Sterling Scholars (LAR) 10:30 AM Catholic Communion Service 10:30 AM On-site Jewelry Repair (LFL) 10:30 ÁM Giant Crossword (LAR) Craft for our Theme Dinner (LAR) 0:00 AM Sterling Masters Mini-Golf 11:00 AM First Presbyterian 1:30 PM Let's Play Mahjong! (SL) I 1:00 AM Beginner Mahjong Class (HC) 1:30 PM Poker Club (HMR) :Ò0 PM Rummikub (SL) 11:00 AM Sterling Bridge Club (HMR) Tournament (LC) 1:00 PM Rummikub (SL) Church of Marietta (HMR) 11:00 AM Parkinson's Exercise Class (WC) 1:00 PM Ladies' Bridge (HMR) 2:00 PM Water Aerobics (WC) :30 PM Sterling Masters Golf 2:30 PM Hand & Foot Card Game 1:30 PM Bingo (LAR) 1:00 PM Afternoon Shopping: Goodwill (LFL) 2:00 PM Gadget Gal Explains! (HMR) :30 PM Bingo (LAR) 1:00 PM Mystery Trivia Outdoor Social (LC) 3:00 PM Stretch and Relaxation Class 2:00 PM Water Aerobics (WC (HMR) 2:30 PM March Madness Monday! (LAR) 3:00 PM Stretch and Relaxation Class (WC) 2:00 PM Art Club 2:30 PM Dominos (HMR) 3:00 PM Stretch and Relaxation Class 3:00 PM Sunday Social with 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Team Trivia (HMR) 3:00 PM Garden Club (LAR) 3:00 PM Stretch and Relaxation Class 4:00 PM Golden Oldies Music Hour 6:00 PM Line Dancing with Nurse Laura (SL) 7:00 PM Widow Support Group w/ Trudy Refreshments (LAR) 3:00 PM Knit & Crochet Club (SL) 3:30 PM Happy Hour with Live Music Green (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Music Bingo (LAR) 6:00 PM Game Night (LAR) 5:45 PM Game Night (LDR) 4:00 PM Hymns & Hope w/ Joel (LFL) (LFL) 9:00 AM Yoga (WC) Tax Day :00 AM Yoga (WC) 9:00 AM Power Up (WC) Good Friday 9:00 AM Power Up (WC) Palm Sunday 9:30 AM Sit-and-Tone (WC) 2:00 AM Power Up (WC) 2:30 AM Shopping: Walmart (LFL) 9:00 AM Yoga (WC) 9:30 AM Sit-and-Tone (WC) 9:00 AM Aqua Power (Pool) **Passover** 10:00 AM Sterling Bible Study :30 AM Sit-and-Tone (WC) 9:30 AM Sit-and-Tone (WC) 2:00 AM Aqua Power (Pool) 10:00 AM Brain Games 9:30 AM Sit-and-Tone (WC) 10:00 AM Support Group (SL) 0:30 AM Good Friday Program 2:30 AM Sit-and-Tone (WC) 10:45 AM Sterling 10:30 AM Sterling Presents-(LAR) 11:00 AM Sterling Scholars-Greg Athnos 11:00 AM Beginner Mahjong Class (HC) with Joel Lanier (LFL) 10:30 AM Catholic Communion Service Illusionist Josh Farley (LFL) 10:30 AM Giant Crossword (LAR) Church Service (LAR) 11:00 AM Parkinson's Exercise Class (WC) :00 PM History Club with David Strand (LAR) 1:30 PM Let's Play Mahjong! (SL) I:30 PM Page Turners' Book Club (HMR) 11:00 AM Sterling Bridge Club (HMR) 1:00 PM Rummikub (SL) 1:00 PM Rummikub (SL) 11:00 AM First Presbyterian 1:30 PM Poker Club (HMR) 2:00 PM Water Aerobics (WC) 2:00 PM Afternoon Treats (LAR) 2:30 PM Hand & Foot Card Game 1:30 PM Bingo (LAR) 1:00 PM Ladies' Bridge (HMR) 3:00 PM Drama Club Presents: The Untold 2:30 PM Dominos (HMR) 2:00 PM Water Aerobics (WC) (HMR) Church of Marietta (HMR) 3:00 PM Stretch and Relaxation Class 1:30 PM Bingo (LAR) 2:30 PM Paint 'n Sip with Taylor and Amy 2:00 PM March Madness Awards Story of the Easter Bunny! (LDR) 3:00 PM Stretch and Relaxation Class 1:00 PM Mystery Trivia 3:00 PM Stretch and Relaxation Class Ceremony (LAR) 3:00 PM Knit & Crochet Club (SL) 4:00 PM Golden Oldies Music Hour 3:00 PM Stretch and Relaxation Class (WC) 5:45 PM Game Night (LDR) 2:30 PM March Madness Monday! (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:30 PM Music Bingo (LAR) 3:30 PM Happy Hour with Live Music 5:00 PM Woodstock '25 Joint Theme 3:00 PM Stretch and Relaxation Class (ŴC) 6:00 PM Line Dancing with Nurse Laura (SL) Dinner (LC) (LFL) 6:00 PM Game Night (LAR) 9:00 AM Yoga (WC) 9:00 AM Podiatrist (WC) 9:30 AM Sit-and-Tone (WC) 10:00 AM Sterling Bible Study 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) 9:00 AM Power Up (WC) 9:00 AM Power Up (WC) 9:00 AM Yoga (WC) Easter **Earth Day** 2:30 AM Sit-and-Tone (WC) 9:00 AM Power Up (WC) 9:00 AM Agua Power (Pool) :30 AM Sit-and-Tone (WC) **Orthodox Easter** 10:00 AM Brain Games (LAR) 9:30 AM Sit-and-Tone (WC) 9:30 AM Fun Friday Outing: 9:00 AM Aqua Power (Pool) 10:45 AM Sterling 10:30 AM Giant Crossword (LAR) 10:00 AM Let's Make a Deal Calhoun Rock Garden (LFL) 2:30 AM Sit-and-Tone (WC) 10:00 AM Support Group (SL) 1:00 PM Bingo -Time change for this week Church Service (LAR) 11:00 AM Sterling Scholars (LAR) 1:30 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HMR) 0:00 AM Paint 'n Sip with Taylor and 11:00 AM Beginner Mahjong Class (HC)
11:00 AM Parkinson's Exercise Class (WC) 10:30 AM Catholic Communion only! (LAR) 11:00 ÁM Sterling Bridge Club (HMR) Amy (LAR) 11:00 AM First Presbyterian Service (LAR) :00 PM Rummikub (SL) 1:00 PM Birthday Party! (HC) :00 PM History Club with David Strand I:00 PM Afternoon Shopping: Kirkland's & 1:00 PM Rummikub (SL) 2:30 PM Derby Hat Workshop w/ Mount Church of Marietta (HMR) 2:00 PM Water Aerobics (WC)
2:00 PM Gadget Gal Workshop (HMR) 2:30 PM Hand & Foot Card Game (HMR) Dollar Tree (LFL) Paran Students (LAR) 1:00 PM Ladies' Bridge (HMR) 1:00 PM Mystery Trivia 2:00 PM Water Aerobics (WC) 2:00 PM Art Club 2:00 PM Afternoon Treats (LAR) 3:00 PM Stretch and Relaxation Class 3:00 PM Stretch and Relaxation Class (WC) 2:30 PM March Madness Monday! (LÁR) 1:30 PM Bingo (LAR) 2:30 PM Dominos (HMR) 3:00 PM Sunday Social with 4:00 PM Golden Oldies Music Hour (LAR) 3:00 PM Garden Club (LAR) 2:30 PM The Americas: Documentary Series 3:00 PM Stretch and Relaxation Class 3:00 PM Stretch and Relaxation Class 3:30 PM Happy Hour with Live Music (LFL) 6:00 PM Game Night (LAR) Refreshments (LAR) 3:00 PM Knit & Crochet Club (SL) 3:00 PM Stretch and Relaxation Class (WC) 6:00 PM Line Dancing with Nurse Laura (SL) 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Hymns & Hope w/ Joel (LFL) 3:30 PM Music Bingo (LAR) 5:45 PM Game Night (LDR) 4:00 PM Bocce Team Drawing (LAR) 9:00 AM Yoga (WC) 2:00 AM Power Up (WC) :00 AM Yoga (WC) **LOCATION KEY** 10:45 AM Sterling LFL - Landmark Front LAR - Landmark 9:30 AM Sit-and-Tone (WC) :00 AM Aqua Power (Pool) 9:30 AM Shopping: Walmart **Church Service** 2:00 AM Men's Breakfast (HC) 10:00 AM Sterling Bible Study (LFL) **Activity Room** Lobby HAS - Hampton Art :30 AM Sit-and-Tone (WC) :30 AM Sit-and-Tone (WC) (LAR) 0:30 AM Catholic Communion 11:00 AM Sterling Scholars- Tom Kelley 10:00 AM Support Group (SL) Studio LC - Landmark SL - Stratford Lounae 11:00 AM First Presbyterian (LAR) Service (LAR) 11:00 AM Beginner Mahjong Class (HC)
11:00 AM Parkinson's Exercise Class (WC) 1:30 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HMR) :00 PM Rummikub (SL) Church of Marietta (HMR) Courtyard WC - Wellness Center :00 PM Ladies' Bridge (HMR) HC - Hampton Club 2:00 PM Water Aerobics (WC) 1:30 PM Bingo (LAR) 1:00 PM Sunday Matinee: A 2:00 PM Water Aerobics (WC) 2:00 PM Art Club :30 PM BOYS VS. GIRLS Wii Bowling LDR - Landmark 2:30 PM March Madness Monday! (LAR) HMR - Hampton Pool - Wellness 3:00 PM Knit & Crochet Club (SL) Beautiful Day in the Tournament (WC) 2:30 PM The Americas: Documentary Series 3:00 PM Stretch and Relaxation Class Dining Room 2:30 PM Derby Hat Workshop (LAR) Neighborhood (LAR) Media Room Center Pool 3:00 PM Stretch and Relaxation Class (WC) 4:30 PM Dinner Club: Ray's on the River (HC) 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Hymns & Hope w/ Joel (LFL) 3:30 PM Music Bingo (LAR) 6:00 PM Line Dancing with Nurse Laura (SL) **April** 2025

Cottage & Apartment Special Events







BOCCE IS BACK!

We will be hosting our team drawing on April 22nd at 4 pm in the Landmark Activity Room. Sign up in the Wellness Center if you would like to participate!

SPRING MAGIC!

Illusionist Josh Farley will be here to "wow" the crowd with a magic show you'll have to see to believe! Thursday, April 17th at 10:30AM in the Landmark Front Lobby

THE UNTOLD STORY OF THE EASTER BUNNY!

Come support your neighbors as we put on an original production. Created, written, and starred in by Sterling residents, this Easter show will be fun for all ages!

WEDNESDAY APRIL 16TH AT 3 PM IN THE LANDMARK DINING ROOM

STERLING MINI MASTERS TOURNAMENT

The Sterling Mini-Masters
approaches! Come
compete for the coveted
GREEN JACKET!
Sign-up in the Wellness Center

WOODSTOCK 25'25

PEACE, LOVE, MUSIC, & DINNER!

HIPPIE DIPPIE GOOD TIME

AT OUR JOINT THEME DINNER: WOODSTOCK '25!

TUESDAY, APRIL 15TH AT 5 PM LANDMARK COURTYARD

LIVE ENTERTAINMENT!

APRIL 3RD - BUTCH REEVES
APRIL 10TH - GIL CARO
APRIL 17TH - SARA DAVIES
APRIL 15th - LOOSE SHOES
AT WOODSTOCK THEME DINNER
APRIL 24TH - BRANDON CROCKER

STERLING ON THE GO!

4/3- State Capitol Tour
4/11 - Pleasant Grove Yard Sale
4/25 - Calhoun Rock Garden
4/29 - Dinner Club goes to
Ray's on the River

WOODSTOCK WARDROBE

We will be making tie dye t-shirts for our theme dinner party! Join us for some creative fun and pre-order your shirt now!



THURS APRIL 3RD AND 10TH AT 10 AM IN THE LANDMARK ACTIVITY ROOM

APRIL BIRTHDAYS:

4/2 - GAYLE FERRELL 4/4 - SUE RIGGS

4/9 - BOB CONGER

4/10 - ANN CROWLEY

4/11 - JAY GENDAL

4/14 - SHEILA LITTLE

4/23 - TINKA HARPER

4/23 - MARY HUGHES

4/24 - JOAN HARGROVE

4/26 - MELBA KITCHENS

Join us on April 24th at 1 PM for our birthday party in the Hampton Club