

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY HAS - Hampton Art Studio HC - Hampton Club HMR - Hampton Media Room	LAR - Landmark Activity Room LC - Landmark Courtyard LDR - Landmark Dining Room	LFL - Landmark Front Lobby SL - Stratford Lounge WC - Wellness Center Pool - Wellness Center Pool	9:00 Stretch and Balance (WC) 10:00 IL: Spouse Support (SL) 10:00 Shopping: Walmart (LFL) 11:15 Parkinson's Exercise Class (WC) 1:00 IL-Card Making w/ Joyce-Advanced Class (HAS) 2:00 IL: Water Aerobics (WC) 2:15 IL-Card making w/ Joyce -Beginner Class (HAS) 3:00 IL- Knit and Crochet (HMR) 4:00 Chaplain Hal's Bible Study (LAR) 7:00 IL: Game Night: Hand and Foot (HMR)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 10:00 Crafts with Agape (LAR) 10:00 IL: Open Art Studio (HAS) 11:00 IL: Sterling Bridge Club (HC) 1:00 Documentary of the Week (LAR) 2:30 IL: Hand & Foot Card Game (HC) 3:30 Happy Hour with Music (LFL)	10:00 Fun Friday Outing-High Museum (LFL) 2:00 Fun Friday Videos (LAR) 3:00 Domino's (HMR) 5:45 Game Night (LDR)	9:00 Power Up (WC) 11:00 Giant Crosswords (LAR) 1:15 Marietta Theater Co. (HC) 1:30 BINGO (LAR) 1:30 IL- Rummikub (SL) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)
10:45 Sterling Church Service (LAR) 5 11:00 First Presbyterian Church of Marietta (HMR) 1:30 Family Feud (LAR) 2:00 IL- Movie Matinee (HMR) 3:00 Hot Cocoa in the Lobby (LFL)	9:00 STRETCH & BALANCE (HMR) 6 11:00 Sterling Scholars: (LAR) 1:30 IL- Mahjongg (HC) 2:00 IL: Water Aerobics (WC) 2:00 IL- Technology Help with the Gadget Gal (HC) 4:00 When We Were Young (LFL) 6:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 IL: Aqua Power (Pool) 7 9:00 Power Up (WC) 10:15 IL: Technology Help Desk (HMR) 10:30 Catholic Communion Service (LAR) 1:30 BINGO (LAR) 1:30 IL- Rummikub (SL) 3:30 Bible Study with Mic Knox (LFL)	9:00 Stretch and Balance (WC) 8 10:00 IL: Spouse Support (SL) 10:00 Shopping: Kroger (LFL) 10:30 On-site Jewelry Repair (LFL) 11:15 Parkinson's Exercise Class (WC) 1:00 Afternoon Shopping: Belk (LFL) 2:00 IL: Water Aerobics (WC) 2:00 Crafting with Sheila (HAS) 3:00 IL- Knit and Crochet (HMR) 4:00 Sing with "Hallelujah Hal" (LFL) 7:00 IL: Game Night: Hand and Foot (HMR)	9:00 IL: Aqua Power (Pool) 9 9:00 Power Up (WC) 10:00 Stick to the Beat (LAR) 11:00 IL: Sterling Bridge Club (HC) 1:00 Documentary of the Week (LAR) 2:30 IL: Hand & Foot Card Game (HC) 3:30 Happy Hour with Music (LFL)	1:00 Fun Friday Outing Movies 80 for Brady (LFL) 10 2:00 Fun Friday Videos (LAR) 2:00 IL: Painting Lessons w/ Scott (HAS) 3:00 Domino's (HMR) 5:30 Kids Care Sidewalk Chalk Art (LC) 5:45 Game Night (LDR)	9:00 Power Up (WC) 11 11:00 Giant Crosswords (LAR) 1:30 BINGO (LAR) 1:30 IL- Rummikub (SL) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)
Daylight Savings Time Begins 12 10:45 Sterling Church Service (LAR) 11:00 First Presbyterian Church of Marietta (HMR) 1:30 Family Feud (LAR) 2:00 IL- Movie Matinee (HMR) 3:00 Hot Cocoa in the Lobby (LFL)	9:00 STRETCH & BALANCE (HMR) 13 11:00 Sterling Scholars: (LAR) 1:30 IL- Mahjongg (HC) 2:00 IL: Water Aerobics (WC) 4:00 When We Were Young (LFL) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 IL: Aqua Power (Pool) 14 9:00 Power Up (WC) 10:15 IL: Technology Help Desk (HMR) 10:30 Catholic Communion Service (LAR) 11:00 Red Rock Line Dancers (LFL) 1:30 BINGO (LAR) 1:30 IL- Rummikub (SL) 3:30 Bible Study with Mic Knox (LFL) 4:00 IL- Team Trivia (HAS) 7:00 Widow Support Group w/ Trudy Green (LAR)	9:00 Stretch and Balance (WC) 15 10:00 IL: Spouse Support (SL) 10:00 Shopping: Walmart (LFL) 11:15 Parkinson's Exercise Class (WC) 1:00 Michael O'Neal Singers -Concert on the Big Screen (LAR) 2:00 IL: Water Aerobics (WC) 2:00 Hot Cider and Donuts in the Lobby (LFL) 2:00 IL: PageTurners Book Club (HMR) 3:00 IL- Knit and Crochet (HMR) 4:00 Chaplain Hal's Bible Study (LAR) 7:00 IL: Game Night: Hand and Foot (HMR)	9:00 IL: Aqua Power (Pool) 16 9:00 Power Up (WC) 10:00 IL: Open Art Studio (HAS) 10:30 Gospel Music Hour (LFL) 11:00 IL: Sterling Bridge Club (HC) 1:00 Documentary of the Week (LAR) 2:30 IL: Hand & Foot Card Game (HC)	St. Patrick's Day 17 10:00 Fun Friday Outing Georgia Aquarium (LFL) 2:00 Fun Friday Videos (LAR) 3:00 Domino's (HMR) 5:45 Game Night (LDR)	9:00 Power Up (WC) 18 11:00 Giant Crosswords (LAR) 1:30 BINGO (LAR) 1:30 IL- Rummikub (SL) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)
10:45 Sterling Church Service (LAR) 19 11:00 First Presbyterian Church of Marietta (HMR) 1:30 Family Feud (LAR) 2:00 IL- Movie Matinee (HMR) 3:00 Hot Cocoa in the Lobby (LFL)	9:00 STRETCH & BALANCE (HMR) 20 11:00 Sterling Scholars: (LAR) 1:30 IL- Mahjongg (HC) 2:00 IL: Water Aerobics (WC) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 IL: Aqua Power (Pool) 21 9:00 Power Up (WC) 10:15 IL: Technology Help Desk (HMR) 10:30 Catholic Communion Service (LAR) 1:30 BINGO (LAR) 1:30 IL- Rummikub (SL) 3:30 Bible Study with Mic Knox (LFL) 5:30 ST. Patrick's Day Theme Dinner (HC)	Beginning of Ramadan 22 9:00 Stretch and Balance (WC) 10:00 IL: Spouse Support (SL) 10:00 Shopping: Publix (LFL) 11:15 Parkinson's Exercise Class (WC) 2:00 IL: Water Aerobics (WC) 3:00 IL- Knit and Crochet (HMR) 4:00 Sing with "Hallelujah Hal" (LFL) 7:00 IL: Game Night: Hand and Foot (HMR)	9:00 IL: Aqua Power (Pool) 23 9:00 Power Up (WC) 10:00 Stick to the Beat (LAR) 11:00 IL: Sterling Bridge Club (HC) 1:00 Documentary of the Week (LAR) 2:00 How to avoid Senior Scams (LDR) 2:30 IL: Hand & Foot Card Game (HC) 3:30 Happy Hour with Music (LFL)	10:00 Fun Friday Outing Coca Cola Museum (LFL) 24 2:00 Fun Friday Videos (LAR) 2:00 IL: Painting Lessons w/ Scott (HAS) 3:00 Domino's (HMR) 5:45 Game Night (LDR)	9:00 Power Up (WC) 25 11:00 Giant Crosswords (LAR) 1:30 BINGO (LAR) 1:30 IL- Rummikub (SL) 2:00 IL- Resident Council Meeting (HC) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)
10:45 Sterling Church Service (LAR) 26 11:00 First Presbyterian Church of Marietta (HMR) 12:30 SPAMALOT (HC) 1:30 Family Feud (LAR) 2:00 IL- Movie Matinee (HMR) 3:00 Hot Cocoa in the Lobby (LFL)	9:00 CAR WASH 27 9:00 STRETCH & BALANCE (HMR) 11:00 Sterling Scholars: (LAR) 1:30 IL- Mahjongg (HC) 2:00 IL: Water Aerobics (WC) 4:00 When We Were Young (LFL) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	8:30 IL Men's Breakfast Club 28 9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 10:15 IL: Technology Help Desk (HMR) 10:30 Catholic Communion Service (LAR) 1:30 BINGO (LAR) 1:30 IL- Rummikub (SL) 3:30 Bible Study with Mic Knox (LFL) 4:00 IL Dinner Club Nai Thai Cuisine (HC)	9:00 Stretch and Balance (WC) 29 10:00 IL: Spouse Support (SL) 10:00 Shopping: Kroger (LFL) 11:15 Parkinson's Exercise Class (WC) 1:00 Shopping: Goodwill & The Dollar Tree (LFL) 2:00 IL: Water Aerobics (WC) 3:00 IL- Knit and Crochet (HMR) 4:00 Chaplain Hal's Bible Study (LAR) 7:00 IL: Game Night: Hand and Foot (HMR)	9:00 IL: Aqua Power (Pool) 30 9:00 Power Up (WC) 10:00 Silly Bean Auction (LAR) 10:00 IL: Open Art Studio (HAS) 11:00 IL: Sterling Bridge Club (HC) 1:30 March Birthday Celebrations (HC) 2:30 IL: Hand & Foot Card Game (HC) 3:30 Happy Hour with Music (LFL)	11:00 Fun Friday Outing Cracker Barrel & SAS Shoe Store (LFL) 31 2:00 Fun Friday Videos (LAR) 3:00 Domino's (HMR) 5:45 Game Night (LDR)	

March 2023

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



Sterling on the Go!

- 3.3– The High Museum of Art
- 3.4– Marietta Theater Co. presents, *I Love you You're Perfect, Now Change*
- 3.10– Movie Outing– *80 for Brady*
- 3.17-Atlanta Aquarium and lunch at the Aquarius Café
- 3.24—Coca Cola Museum and lunch at the Bottle Cap Café
- 3.26– City Springs theatre presents *Spam a Lot*
- 4.7-Brunch at Reveille
- 4.14-Gibbs Gardens (Spectacular Spring colors)
- 4.21– JZ's Wine and Beer (Winery and Brewery all in one)
- 4.28-Pleasant Grove Baptist Church Yard Sale and lunch TBD
- 4.30-GYSO –Georgia Youth Symphony Orchestra

Sign up in the Hampton Media Room for all trips



Happy Hour

- Thursdays at 3:30pm*
- Entertainers**
- 3.2-Back Porch Band
 - 3.9– Brandon Crocker
 - 3.16-No Happy Hour
 - 3.23– Keith West
 - 3.30-Loren Rosko



Let's make DIY– Head Bands w/ Sheila
Hampton Art Studio
March 8th @ 2:00
For our 1920's Party

Men's Breakfast

Tuesday March 28th at 8:30am

Guest Speaker:

Author, Neely Young, *The 50 most Important people in GA.*



*Dinner Club Goes to
Nai Thai Cuisine
4:00pm
March 28th*

Car Wash

March 27th

9:00am

Sign up in the HMR



Sterling Scholars

Monday's at 11:00am in the
Landmark Activity Room

- 3.6-Rachel Ruckart-GARRS– Vision impaired program.
- 3.13-Greg Athnos-Ludwig Van Beethoven, his 5th Symphony.
- 3.20-Amy Reed– Director of the Marietta History Museum, They went all Rosie's, Woman of WWII
- 3.27-Greg Athnos-Ludwig van Beethoven his 9th Symphony



- 3.4– Ed Boone
- 3.10-Bob Steele
- 3.21– Carolyn Kier
- 3.21– Marty Stahlman
- 3.24– Russ Sorenson
- 3.26-Bob Wacker
- 3.28-Joyce Schmidlin
- 3.29-Steve Cantone

On March 10th at 5:30pm Check out Kids Care Sidewalk Chalk Art in the Courtyard!!

