

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> CC - Casual Cafe 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	9:30 Morning Fitness (WC) <b>10:00 Shopping: Walmart (LFL)</b> 11:15 Parkinson's Exercise Class (WC) <b>2:00 Cooking w/ Laverne and Shirley (LAR)</b> 3:00 Afternoon Stretch Class (LAR) 4:00 Chaplain Hal's Bible Study (LAR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:00 Crafts with Agape (LAR)</b> 11:30 One on One Visits <b>1:00 Documentary of the Week (LAR)</b> 3:00 Afternoon Stretch Class (LAR) <b>3:30 Happy Hour with Music (LFL)</b>	9:30 Morning Fitness (WC) <b>10:00 Fun Friday Outing-High Museum (LFL)</b> 1:00 History Club (LAR) <b>2:00 Fun Friday Videos (LAR)</b> 3:00 Stretch & Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) 10:00 Brain Games (LAR) 11:00 Giant Crosswords (LAR) 1:30 BINGO (LAR) 3:00 Afternoon Stretch Class (LAR) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>
10:45 Sterling Church Service (LAR) <b>5</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> 1:30 Family Feud (LAR) <b>3:00 Hot Cocoa in the Lobby (LFL)</b> 4:00 Music Bingo (LAR)	9:30 Morning Fitness (WC) 10:00 Monday Morning Update (CC) <b>6</b> <b>11:00 Sterling Scholars: (LAR)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 3:00 Afternoon Stretch Class (LAR) 4:00 When We Were Young (LFL) 6:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>7</b> 10:30 Catholic Communion Service (LAR) 11:00 Trivia Challenge (LFL) 1:30 BINGO (LAR) 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LFL)</b>	9:30 Morning Fitness (WC) <b>10:00 Shopping: Kroger (LFL)</b> 10:30 On-site Jewelry Repair (LFL) 11:15 Parkinson's Exercise Class (WC) <b>1:00 Afternoon Shopping: Belk (LFL)</b> 3:00 Afternoon Stretch Class (LAR) 4:00 Sing with "Hallelujah Hal" (LFL)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>9</b> 10:00 Stick to the Beat (LAR) 11:30 One on One Visits <b>1:00 Documentary of the Week (LAR)</b> 3:00 Afternoon Stretch Class (LAR) <b>3:30 Happy Hour with Music (LFL)</b>	9:30 Morning Fitness (WC) <b>10:00 Scott's Landmark Art Class (LAR)</b> 1:00 History Club (LAR) <b>1:00 Fun Friday Outing Movies 80 for Brady (LFL)</b> <b>2:00 Fun Friday Videos (LAR)</b> 3:00 Stretch & Relaxation Class (WC) 4:00 Group Trivia (LFL) <b>5:30 Kids Care Sidewalk Chalk Art (L)</b> 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>11</b> 10:00 Brain Games (LAR) 11:00 Giant Crosswords (LAR) 1:30 BINGO (LAR) 3:00 Afternoon Stretch Class (LAR) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>
10:45 Sterling Church Service (LAR) <b>12</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> 1:30 Family Feud (LAR) <b>3:00 Hot Cocoa in the Lobby (LFL)</b> 4:00 Music Bingo (LAR)	9:30 Morning Fitness (WC) 10:00 Monday Morning Update (CC) <b>13</b> <b>11:00 Sterling Scholars: (LAR)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 3:00 Afternoon Stretch Class (LAR) 4:00 When We Were Young (LFL) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>14</b> 10:30 Catholic Communion Service (LAR) <b>11:00 Red Rock Line Dancers (LFL)</b> 11:00 Trivia Challenge (LFL) 1:30 BINGO (LAR) 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LFL)</b> <b>7:00 Widow Support Group w/ Trudy Green (LAR)</b>	9:30 Morning Fitness (WC) <b>10:00 Shopping: Walmart (LFL)</b> 11:15 Parkinson's Exercise Class (WC) <b>1:00 Michael O'Neal Singers -Concert on the Big Screen (LAR)</b> <b>2:00 Hot Cider and Donuts in the Lobby (LFL)</b> 3:00 Afternoon Stretch Class (LAR) 4:00 Chaplain Hal's Bible Study (LAR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>16</b> 10:30 Gospel Music Hour (LFL) 11:30 One on One Visits <b>1:00 Documentary of the Week (LAR)</b> 3:00 Afternoon Stretch Class (LAR) <b>5:00 AL-St. Patrick's Day Theme Dinner (LDR)</b>	9:30 Morning Fitness (WC) <b>10:00 Fun Friday Outing Georgia Aquarium (LFL)</b> 1:00 History Club (LAR) <b>2:00 Fun Friday Videos (LAR)</b> 3:00 Stretch & Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>18</b> 10:00 Brain Games (LAR) 11:00 Giant Crosswords (LAR) 1:30 BINGO (LAR) 3:00 Afternoon Stretch Class (LAR) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>
10:45 Sterling Church Service (LAR) <b>19</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> 1:30 Family Feud (LAR) <b>3:00 Hot Cocoa in the Lobby (LFL)</b> 4:00 Music Bingo (LAR)	9:30 Morning Fitness (WC) 10:00 Monday Morning Update (CC) <b>20</b> <b>11:00 Sterling Scholars: (LAR)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 3:00 Afternoon Stretch Class (LAR) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>21</b> 10:30 Catholic Communion Service (LAR) 11:00 Trivia Challenge (LFL) 1:30 BINGO (LAR) 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LFL)</b>	9:30 Morning Fitness (WC) 10:00 Shopping: Publix (LFL) <b>22</b> 11:15 Parkinson's Exercise Class (WC) 3:00 Afternoon Stretch Class (LAR) 4:00 Sing with "Hallelujah Hal" (LFL)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>23</b> 10:00 Stick to the Beat (LAR) 11:30 One on One Visits <b>1:00 Documentary of the Week (LAR)</b> <b>2:00 How to avoid Senior Scams (LDR)</b> 3:00 Afternoon Stretch Class (LAR) <b>3:30 Happy Hour with Music (LFL)</b>	9:30 Morning Fitness (WC) <b>10:00 Scott's Landmark Art Class (LAR)</b> <b>10:00 Fun Friday Outing Coca Cola Museum (LFL)</b> 1:00 History Club (LAR) <b>2:00 Fun Friday Videos (LAR)</b> 3:00 Stretch & Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>25</b> 10:00 Brain Games (LAR) 11:00 Giant Crosswords (LAR) 1:30 BINGO (LAR) 3:00 Afternoon Stretch Class (LAR) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>
10:45 Sterling Church Service (LAR) <b>26</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> 1:30 Family Feud (LAR) <b>3:00 Hot Cocoa in the Lobby (LFL)</b> 4:00 Music Bingo (LAR)	<b>9:00 CAR WASH</b> 9:30 Morning Fitness (WC) 10:00 Monday Morning Update (CC) <b>27</b> <b>11:00 Sterling Scholars: (LAR)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 3:00 Afternoon Stretch Class (LAR) 4:00 When We Were Young (LFL) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>28</b> 10:30 Catholic Communion Service (LAR) 11:00 Trivia Challenge (LFL) 1:30 BINGO (LAR) 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LFL)</b>	9:30 Morning Fitness (WC) <b>10:00 Shopping: Kroger (LFL)</b> 11:15 Parkinson's Exercise Class (WC) <b>1:00 Shopping: Goodwill &amp; The Dollar Tree (LFL)</b> 3:00 Afternoon Stretch Class (LAR) 4:00 Chaplain Hal's Bible Study (LAR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>30</b> <b>10:00 Silly Bean Auction (LAR)</b> 11:30 One on One Visits 3:00 Afternoon Stretch Class (LAR) <b>3:30 Happy Hour with Music (LFL)</b>	9:30 Morning Fitness (WC) <b>11:00 Fun Friday Outing Cracker Barrel &amp; SAS Shoe Store (LFL)</b> 1:00 History Club (LAR) <b>2:00 Fun Friday Videos (LAR)</b> 3:00 Stretch & Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	<b>31</b>

# March 2023

## Campus Events & Outings

3165 Dallas Hwy, Marietta, GA 30064 770-255-7000



*you are amazing*  
REMEMBER THAT.

## March Birthdays



- Mark Gill 3/9
- Jean Beall 3/12
- Mike Kindlin 3/16
- Shirley Rimmer 3/21
- Otto MoeHrbach 3/25
- Ileen Ward 3/26
- Gomer Rose 3/27
- Michael Patterson 3/29

## On-site Jewelry

### Repair

3/8

10:30AM—11:30am



## Entertainment

Come watch the

### Red Rock Line Dancers



Perform on

Tuesday March 14th @  
11am

## Faith Based Groups and Events



Tuesday— Catholic Communion

Bible Study w/Mic Knox

Wednesday— Singing w/Hal or Bible Study (Alternating Weeks)

Thursday— Gospel Music Hour (3rd Thursday of the Month)

Sunday— Sterling Church w/Pastor Freddy Knox

## Sterling Scholars @ 11AM



3/6 – Rachal Ruckart from

GARRS. : Vision Impaired Program

3/13 – Greg Athnos-Ludwig van Beethoven His 5th Symphony

3/20 – Amy Reed – Marietta History Museum – They went all Rosie's, Women of WWII

3/27 – Gregg Athnos- Ludwig van Beethoven his 9th Symphony

## 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 10am. Please meet in the Front Lobby of the Landmark

building at 9:45am.

The afternoon bus leaves at 1pm. Please meet in the Landmark Front Lobby at 12:45pm.

3/1—Walmart

3/8—Kroger & Belk

3/15—Walmart

3/22—Publix

3/29—Kroger & Dollar Tree/Goodwill



LUCKY YOU! YOU'RE INVITED TO OUR

# ST. PATRICK'S DAY THEMED DINNER

SPECIALTY DRINKS &  
MUSICAL PERFORMER  
JENI O'MICHELSON

MARCH 16TH  
@ 5PM

## Fun Friday Outings



3/3—High Museum & CJ Cafe

3/10— Lets Go to the Movies!

80 for Brandy!

3/17—Georgia Aquarium & Lunch @ the Aquarium Cafe

3/24—Coca-Cola Museum & Lunch @ The Bottle Cap Café

3/31— Lunch @ Cracker Barrel & SAS Shoe Shopping

## Michael O'Neal Singers 2023 Concert Series

Each month of this year, we will share one of their performances!



This month— **March 15th @ 1PM**

“MOS Goes to the Movies”

## Happy Hour

3/2—The Back Porch Band

3/9—Brandon Crocker

3/16—THEME DINNER

NO HAPPY HOUR

3/23—Keith West

3/30—Loren Schaffer



Join us Thursdays @ 3:30  
for drinks and live music in  
the Landmark Lobby