

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY BBC - Bocce Ball Court 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 LFP - Landmark Front Porch SL - Stratford Lounge WC - Wellness Center	Pool - Wellness Center Pool		9:00 Yoga (WC) 10:45 Fun Friday Outing House of Illusions & lunch at Atlantic Grill (LFL) 1:00 History Club (LAR) 3:00 Domino's (HMR) 5:45 Game Night (LDR)	9:00 Power Up (WC) 10:30 Giant Crosswords (LAR) 1:00 IL- Rummikub (SL) 1:00 Marietta Theater Co. (HC) 1:30 BINGO (LAR) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)
10:45 Sterling Church Service (LAR) 3 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Afternoon Matinee (LAR) 2:00 Art Class w/ Scott (HAS) 3:00 Lemonade and Cookies on the Porch (LFP)	Labor Day 9:00 Yoga (WC) 4 10:00 Monday Morning Motivation (CC) 1:30 IL-Poker Games (HMR) 1:30 IL- Mahjongg (SL) 2:00 Water Aerobics (WC) 3:30 The Chosen (HMR) 6:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 5 10:00 Introduction to Calligraphy w/ Ruth (HMR) 10:15 IL: Technology Help Desk (HMR) 10:30 Catholic Communion Service (LAR) 1:00 Bird Show (LFL) 1:00 IL- Rummikub (SL) 3:30 Bible Study with Mic Knox (LAR) 4:00 IL- Bocce Ball Drawing for Teams (HC)	9:00 Yoga (WC) 10:00 IL: Spouse Support (SL) 6 10:00 Shopping: Walmart (LFL) 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) 1:00 Card Making with Joyce (HAS) 1:00 Cocktail Class with Austin (LAR) 2:00 Water Aerobics (WC) 2:00 Cooking Show w/ Heather and Austin (LAR) 3:00 IL- Knit and Crochet (SL) 4:00 Hymns & Hope w/ Joel (LFL) 7:00 IL: Game Night: Hand and Foot (HMR)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 7 10:00 Crafts with Agape (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)	9:00 Yoga (WC) 10:45 Fun Friday Outing Lunch @ Olive Garden (LFL) 8 11:00 SAR (some assembly required) Class with Joan (HAS) 1:00 History Club (LAR) 3:00 Domino's (HMR) 5:45 Game Night (LDR)	9:00 Power Up (WC) 9 10:00 Greeting Card Pop Up Shop (LFL) 10:30 Giant Crosswords (LAR) 1:00 IL- Rummikub (SL) 1:30 BINGO (LAR) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)
10:45 Sterling Church Service (LAR) 10 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Name that Tune (LAR) 3:00 Sing along with Ruth (LFL)	9:00 Yoga (WC) 11 10:00 Monday Morning Motivation (CC) 11:00 Sterling Scholars: The Sterling University, School of Music (LAR) 1:30 IL-Poker Games (HMR) 1:30 IL- Mahjongg (SL) 2:00 Water Aerobics (WC) 2:00 IL- Technology Help with the Gadget Gal (HMR) 3:30 The Chosen (HMR) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 12 10:00 Calligraphy 101 (HAS) 10:15 IL: Technology Help Desk (HMR) 10:30 Catholic Communion Service (LAR) 1:00 IL- Rummikub (SL) 1:30 BINGO (LAR) 3:30 Bible Study with Mic Knox (LAR) 4:00 IL Team Trivia (HAS) 7:00 Widow's Support Group with Trudy Green (LAR)	9:00 Yoga (WC) 10:00 IL: Spouse Support (SL) 13 10:00 Shopping: Kroger (LFL) 10:00 Massage (WC) 10:30 On-site Jewelry Repair (LFL) 11:15 Parkinson's Exercise Class (WC) 1:00 Afternoon Shopping to the Dollar Tree & Goodwill (LFL) 2:00 Water Aerobics (WC) 3:00 IL- Knit and Crochet (SL) 4:00 Hymns & Hope w/ Joel (LFL) 7:00 IL: Game Night: Hand and Foot (HMR)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 14 10:00 Let's Play Ball w/ Primrose School (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)	9:00 Yoga (WC) 15 10:00 Fun Friday Outing to Atlanta Botanical Garden (LFL) 1:00 History Club (LAR) 3:00 Domino's (HMR) 5:45 Game Night (LDR)	Rosh Hashanah 9:00 Power Up (WC) 16 10:30 Giant Crosswords (LAR) 1:00 IL- Rummikub (SL) 1:30 BINGO (LAR) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)
10:45 Sterling Church Service (LAR) 17 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Name that Tune (LAR) 2:00 Art Class w/ Scott (HAS) 3:00 Afternoon Worship and Communion w/ St. James Episcopal Church (LFL) 3:00 Lemonade and Cookies on the Porch (LFP)	9:00 Yoga (WC) 18 10:00 Monday Morning Motivation (CC) 11:00 Sterling Scholars: The Sterling University, School of Music (LAR) 1:30 IL-Poker Games (HMR) 1:30 IL- Mahjongg (SL) 2:00 Water Aerobics (WC) 3:30 The Chosen (HMR) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 19 10:00 Calligraphy 101 (HAS) 10:15 IL: Technology Help Desk (HMR) 10:30 Catholic Communion Service (LAR) 1:00 IL- Rummikub (SL) 1:30 BINGO (LAR) 3:30 Bible Study with Mic Knox (LAR) 4:00 Lip Sync Competition Practice (HMR)	9:00 Yoga (WC) 10:00 IL: Spouse Support (SL) 20 10:00 Shopping: Walmart (LFL) 10:30 Braves vs Phillies (HC) 11:15 Parkinson's Exercise Class (WC) 1:00 Cocktail Class with Austin (LAR) 2:00 Water Aerobics (WC) 2:00 Cooking Show w/ Heather and Austin (LAR) 2:00 IL: PageTurners Book Club (HMR) 3:00 IL- Knit and Crochet (SL) 4:00 Hymns & Hope w/ Joel (LFL) 7:00 IL: Game Night: Hand and Foot (HMR)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 21 10:30 Morning Music Hour w/ Barry (LFL) 11:00 IL: Sterling Bridge Club (HC) 1:00 Documentary of the Week (LAR) 2:00 Science Hour (LAR) 2:30 IL: Hand & Foot Card Game (HC) 3:30 Happy Hour with Music (LFL)	9:00 Yoga (WC) 22 10:00 Fun Friday Outing to Fernbank Museum (LFL) 11:00 SAR (some assembly required) Class with Joan (HAS) 1:00 History Club (LAR) 3:00 Domino's (HMR) 5:45 Game Night (LDR)	9:00 Power Up (WC) 23 10:30 Giant Crosswords (LAR) 1:00 IL- Rummikub (SL) 1:30 BINGO (LAR) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)
Yom Kippur Begins 10:45 Sterling Church Service (LAR) 24 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Name that Tune (LAR) 3:00 Popsicles on the Porch (LFP)	Yom Kippur Ends 9:00 CAR WASH 9:00 Yoga (WC) 25 10:00 Monday Morning Motivation (CC) 11:00 Sterling Scholars: The Sterling University, School of Music (LAR) 1:30 IL-Poker Games (HMR) 1:30 IL- Mahjongg (SL) 2:00 Water Aerobics (WC) 3:30 The Chosen (HMR) 7:00 IL: Line Dancing w/ Nurse Laura (SL)	8:30 Men's Breakfast Meeting (HC) 9:00 IL: Aqua Power (Pool) 26 9:00 Power Up (WC) 10:00 Calligraphy 101 (HAS) 10:15 IL: Technology Help Desk (HMR) 10:30 Catholic Communion Service (LAR) 1:00 IL- Rummikub (SL) 1:30 BINGO (LAR) 3:30 Bible Study with Mic Knox (LAR) 4:15 IL Dinner Club to Bahama Breeze (HC)	9:00 Yoga (WC) 10:00 IL: Spouse Support (SL) 27 10:00 Shopping: Publix (LFL) 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) 1:00 Afternoon Shopping Trip to TJMaxx (LFL) 2:00 Water Aerobics (WC) 3:00 IL- Knit and Crochet (SL) 4:00 Hymns & Hope w/ Joel (LFL) 7:00 IL: Game Night: Hand and Foot (HMR)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 28 10:00 IL: Open Art Studio (HAS) 10:30 Sweet Spirit Singers (LFL) 11:00 IL: Sterling Bridge Club (HC) 1:00 Documentary of the Week (LAR) 1:00 IL Birthday Celebration (HC) 2:30 IL: Hand & Foot Card Game (HC) 3:30 Happy Hour with Music (LFL)	9:00 Yoga (WC) 29 2:00 Sterling State Fair (Courtyard) 3:00 Domino's (HMR) 5:45 Game Night (LDR)	9:00 Power Up (WC) 30 10:00 Bocce Tournament Game (BBC) 10:30 Giant Crosswords (LAR) 11:00 Bocce Tournament Game (BBC) 1:00 IL- Rummikub (SL) 1:30 BINGO (LAR) 3:30 Golden Oldies Music hour (LAR) 7:00 IL: Game Night (HMR)

September 2023

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



Attention Sterling Residents & Staff



We Want You to be a part of
our 1st Annual
Lip Sync Battle Fun!

9.19-Intro & Practice @4:00pm
10.17-Practice @ 4:00pm
11.10-Battle Begins @ 2:00pm

Happy Hour Entertainment

9.7- Joe Castellanos
9.14-Jeni Michelson
9.21- Keith West
9.28- Scotty Paulk



Faith Based Groups and Events

Tuesday- Catholic Communion (LAR)
Bible Study w/Mic Knox (LAR)
Wednesday- Hymns and Hope w/ Joel Every
Wed at 4:00pm
Thursday- Music Hour (3rd Thursday of the Month) (Landmark Lobby)
Sunday- Sterling Church w/Pastor Freddy Knox (LAR)



THE UNIVERSITY OF STERLING, SCHOOL OF MUSIC PRESENTS



9.11- **Thayer Naples**-PART ONE-The Chet Atkins and Merle Travis Style - Origins, Rise, Popularity, Influence and Impact on American music and guitar Playing.

9.18- **Thayer Naples**-PART TWO-The Chet Atkins and Merle Travis Style - Origins, Rise, Popularity, Influence and Impact on American music and guitar Playing.

9.25-**Greg Athnos**-Introduction to 19th Century Musical Nationalism, and the Music of the Bohemians Dvorak and Smetana.

Sterling State Fair

Friday Sept 29, 2:00 PM

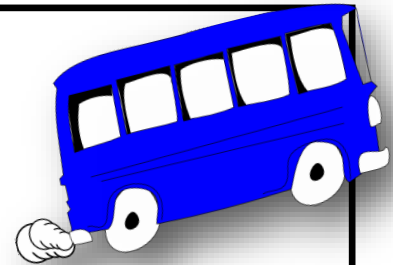
Join us for the 3rd Annual Sterling State fair!!
Dunk Tank, games, cake walk, caricature drawings, raffle prizes and more. This entire event will take place outdoors so be sure to invite your family!



All proceeds will go to the
National Alzheimer's Association



Sterling on the Go!!



9.1 House of Illusion
9.8 Olive Garden
9.15 Atlanta Botanical Gardens
9.22 Fernbank
10.6 Cracker Barrel/ Monastery of the Holy Spirit
10.8 Sandy Springs Theatre presents Fiddler on the Roof
10.11 Golf at City Club Golf Club
10.13 Breakfast at Reville and Cobb Co. Book Sale
10.15 -10-19-Sterling Travels to Charleston South Carolina

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.

9.6 Walmart
9.13 Kroger / Dollar Tree and Goodwill
9.20 Walmart
9.27 Publix / TJ Maxx



Intro to Calligraphy w/ Ruth Murphy



Tuesdays in September
9.5-10:00am Introduction
(HMR)

9.12- Class 1
9.19-Class 2
9.26-Class 3
(HAS)

Come Join us!

9.28 @ 1:00pm for the Birthday Celebration!

9.5 Martha Knight
9.16 Bruce Terrill
9.19 Mary Skiba
9.20 Dee Stoll
9.23 Bob Erikson
9.25 Irene Abbott

