

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> 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		9:30 Morning Fitness (WC) <b>10:00 America's Funniest Home Videos w/ Munchies (LAR)</b> <b>10:45 Fun Friday Outing House of Illusions &amp; lunch at Atlantic Grill (LFL)</b> <b>1:00 History Club (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) 10:00 Brain Games (LAR) 10:30 Giant Crosswords (LAR) <b>11:00 Practice for Wii Bowling 1:30 BINGO (LAR)</b> 3:00 Afternoon Stretch Class (WC) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>
10:45 Sterling Church Service (LAR) <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Afternoon Matinee (LAR)</b> <b>2:00 Art Class w/ Scott (HAS)</b> 3:00 Lemonade and Cookies on the Porch (LFP) 4:00 Music Bingo (LAR)	<b>Labor Day</b> 9:30 Morning Fitness (WC) <b>10:00 Monday Morning Motivation (CC)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Sterling Jeopardy (LAR)</b> 3:00 Afternoon Stretch Class (WC) <b>4:00 Time Travel Trivia (LFL)</b> 6:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:00 Bird Show (LFL)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b> <b>4:00 IL- Bocce Ball Drawing for Teams (HC)</b>	9:30 Morning Fitness (WC) <b>10:00 Shopping: Walmart (LFL)</b> 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) <b>1:00 Cocktail Class with Austin (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Cooking Show w/ Heather and Austin (LAR)</b> 3:00 Afternoon Stretch Class (WC) <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:00 Crafts with Agape (LAR)</b> <b>11:30 One on One Visits</b> <b>1:00 Documentary of the Week (LAR)</b> <b>2:00 Introducing Ladder ball (LAR)</b> 3:00 Afternoon Stretch Class (WC) <b>3:30 Happy Hour with Music (LFL)</b>	9:30 Morning Fitness (WC) <b>9:30 One on One Visits</b> <b>10:45 Fun Friday Outing Lunch @ Olive Garden (LFL)</b> <b>1:00 History Club (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) 10:00 Brain Games (LAR) <b>10:00 Greeting Card Pop Up Shop (LFL)</b> 10:30 Giant Crosswords (LAR) <b>11:00 Practice for Wii Bowling 1:30 BINGO (LAR)</b> 3:00 Afternoon Stretch Class (WC) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>
10:45 Sterling Church Service (LAR) <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Name that Tune (LAR)</b> <b>3:00 Sing along with Ruth (LFL)</b> 4:00 Music Bingo (LAR)	9:30 Morning Fitness (WC) <b>10:00 Monday Morning Motivation (CC)</b> <b>11:00 Sterling Scholars: The Sterling University, School of Music (LAR)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Sterling Jeopardy (LAR)</b> 3:00 Afternoon Stretch Class (WC) <b>3:00 AL-Grief Support Group-Led by Joel Lanier (Legacy Terrace)</b> <b>4:00 Time Travel Trivia (LFL)</b> 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 BINGO (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b> <b>7:00 Widow's Support Group with Trudy Green (LAR)</b>	9:30 Morning Fitness (WC) <b>10:00 Stick to the Beat (LAR)</b> <b>10:00 Shopping: Kroger (LFL)</b> 10:00 Massage (WC) 10:30 On-site Jewelry Repair (LFL) 11:15 Parkinson's Exercise Class (WC) <b>1:00 Afternoon Shopping to the Dollar Tree &amp; Goodwill (LFL)</b> <b>1:00 Pick a Song any Song... Sing along (LAR)</b> 2:00 Water Aerobics (WC) 3:00 Afternoon Stretch Class (WC) <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:00 Let's Play Ball w/ Primrose School (LAR)</b> <b>11:30 One on One Visits</b> <b>1:00 Documentary of the Week (LAR)</b> <b>2:00 Let's Make a Deal (LAR)</b> 3:00 Afternoon Stretch Class (WC) <b>3:30 Happy Hour with Music (LFL)</b>	9:30 Morning Fitness (WC) <b>10:00 Fun Friday Outing to Atlanta Botanical Garden (LFL)</b> <b>10:30 Cornhole and Cantaloupe (LFP)</b> <b>1:00 History Club (LAR)</b> <b>2:00 Ice Cream Social (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> 5:45 Game Night (LDR)	<b>Rosh Hashanah</b> 9:00 Power Up (WC) 9:30 Morning Fitness (WC) 10:00 Brain Games (LAR) 10:30 Giant Crosswords (LAR) <b>11:00 Practice for Wii Bowling 1:30 BINGO (LAR)</b> 3:00 Afternoon Stretch Class (WC) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>
10:45 Sterling Church Service (LAR) <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Name that Tune (LAR)</b> <b>2:00 Art Class w/ Scott (HAS)</b> <b>3:00 Afternoon Worship and Communion w/ St. James Episcopal Church (LFL)</b> 3:00 Lemonade and Cookies on the Porch (LFP) 4:00 Music Bingo (LAR)	9:30 Morning Fitness (WC) <b>10:00 Monday Morning Motivation (CC)</b> <b>11:00 Sterling Scholars: The Sterling University, School of Music (LAR)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Sterling Jeopardy (LAR)</b> 3:00 Afternoon Stretch Class (WC) <b>3:00 AL-Grief Support Group-Led by Joel Lanier (Legacy Terrace)</b> <b>4:00 Time Travel Trivia (LFL)</b> 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 BINGO (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b>	9:30 Morning Fitness (WC) <b>10:00 Shopping: Walmart (LFL)</b> 11:15 Parkinson's Exercise Class (WC) <b>1:00 Cocktail Class with Austin (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Cooking Show w/ Heather and Austin (LAR)</b> 3:00 Afternoon Stretch Class (WC) <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:30 Morning Music Hour w/ Barry (LFL)</b> <b>11:30 One on One Visits</b> <b>1:00 Documentary of the Week (LAR)</b> <b>2:00 Science Hour (LAR)</b> 3:00 Afternoon Stretch Class (WC) <b>3:30 Happy Hour with Music (LFL)</b>	9:30 Morning Fitness (WC) <b>10:00 Fun Friday Outing to Fernbank Museum (LFL)</b> <b>1:00 History Club (LAR)</b> <b>2:00 Cookies, Cider and Conversations (LAR)</b> 3:00 Stretch & Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) 10:00 Brain Games (LAR) 10:30 Giant Crosswords (LAR) <b>11:00 Practice for Wii Bowling 1:30 BINGO (LAR)</b> 3:00 Afternoon Stretch Class (WC) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>
<b>Yom Kippur Begins</b> 10:45 Sterling Church Service (LAR) <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Name that Tune (LAR)</b> <b>3:00 Popsicles on the Porch (LFP)</b> 4:00 Music Bingo (LAR)	<b>Yom Kippur Ends</b> <b>9:00 CAR WASH</b> 9:30 Morning Fitness (WC) <b>10:00 Monday Morning Motivation (CC)</b> <b>11:00 Sterling Scholars: The Sterling University, School of Music (LAR)</b> <b>1:00 Left Right Center Game (LRC Game) (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Sterling Jeopardy (LAR)</b> 3:00 Afternoon Stretch Class (WC) <b>3:00 AL-Grief Support Group-Led by Joel Lanier (Legacy Terrace)</b> <b>4:00 Time Travel Trivia (LFL)</b> 7:00 IL: Line Dancing w/ Nurse Laura (SL)	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 BINGO (LAR)</b> <b>1:30 Wii Bowling Tournament Game @ Sterling West (WC)</b> 3:00 Stretch & Relaxation Class (WC) <b>3:30 Bible Study with Mic Knox (LAR)</b>	9:30 Morning Fitness (WC) <b>10:00 Crafting Corner w/ Laverne (LAR)</b> <b>10:00 Shopping: Publix (LFL)</b> 10:00 Massage (WC) 11:15 Parkinson's Exercise Class (WC) <b>1:00 Afternoon Shopping Trip to TJMaxx (LFL)</b> 2:00 Water Aerobics (WC) 3:00 Afternoon Stretch Class (WC) <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	9:00 IL: Aqua Power (Pool) 9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:30 Sweet Spirit Singers (LFL)</b> <b>11:30 One on One Visits</b> <b>1:00 Documentary of the Week (LAR)</b> <b>2:00 Birthday Celebration (LAR)</b> 3:00 Afternoon Stretch Class (WC) <b>3:30 Happy Hour with Music (LFL)</b>	9:30 Morning Fitness (WC) <b>2:00 Sterling State Fair (Courtyard)</b> 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Morning Fitness (WC) <b>10:00 Bocce Tournament Game (BBC)</b> 10:00 Brain Games (LAR) 10:30 Giant Crosswords (LAR) <b>11:00 Bocce Tournament Game (BBC)</b> <b>11:00 Practice for Wii Bowling 1:30 BINGO (LAR)</b> 3:00 Afternoon Stretch Class (WC) 3:30 Golden Oldies Music hour (LAR) <b>6:00 Game Night (LAR)</b>

September
2023

Campus Events & Outings  
3165 Dallas Hwy, Marietta, GA 30064 770-255-7000





9/8 Margo Henson

9/13 Ann Allen

9/14 Harry Scott

9/16 Margaret Adam

9/17 Marie Dabbs

9/22 Jackie Whitmore

9/30 Sarah Joyce

### September Birthdays



**Come Join us!**

**9/28 2:00pm for our  
Monthly Birthday  
Celebration!**

## Happy Hour Entertainment

**9/7 Joe Castellanos**

**9/14 Jenny 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 singing with Joel every Wednesday at 4:00pm (LFL)

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

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



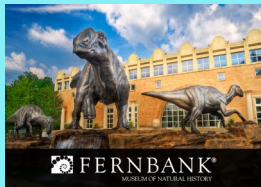
## Fun Friday Outings

**9/1 House of Illusions & Lunch @  
Atlantic Grill**

**9/8 Olive Garden**

**9/15 Atlanta Botanical Garden**

**9/22 Fernbank Museum**



## Lets Make A Deal!!!

Join us at 2:00pm on September 14th in the Landmark Activity Room to compete and win wonderful prizes!



### 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 Publix & Dollar Tree +  
Good Will**

**9/20- Walmart**

**9/27-Kroger & TJ Max**

**Walmart**



## Cooking Show/Cocktail Class!

**9/6 Bourbon based Cocktails**– Transforming a cocktail from one to another by adding simple ingredients

**9/6 Cooking**– Grilled Basil Chicken and Tomato

**9/20 Cocktail**– Madras, a vodka based cocktail with cranberry and orange juice

**9/20 Cooking**– Oh, Honey Cookies



## Wii Bowling practice

Help Sterling West Cobb defend its two streak championship victories against East Cobb!

Practice is every Wednesday at 3:30pm and Saturday at 11:00am in the Wellness Center

The next game will be Tuesday September 26th @ Sterling West

