

SUN

MON

TUE

WED

THUR

FRI

SAT

Easter
10:45 Sterling Church Service (LAR) **31**
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Mystery Trivia w/ Heather (LFL)
3:00 Hot Cider and Cookies (LFL)
4:00 Music Bingo (LAR)

LOCATION KEY
CC - Casual Cafe
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 Yoga (WC)
9:30 Morning Fitness (WC) **1**
10:00 Mystery Activity (LAR)
10:45 Fun Friday Outing: Qualusi Vineyards & Lunch at Table 20 (LFL)
1:00 History Club (LAR)
2:00 Root Beer Float Social (LAR)
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) **2**
10:00 Brain Games (LAR)
10:00 Girl Scout Cookie Pop Up Shop (LFL)
10:30 Giant Crosswords (LAR)
11:00 Practice for Wii Bowling 1:30 BINGO (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Golden Oldies Music hour (LAR)
6:00 Game Night (LAR)

10:45 Sterling Church Service (LAR) **3**
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Mystery Trivia w/ Heather (LFL)
3:00 Hot Cider and Cookies (LFL)
4:00 Music Bingo (LAR)

9:00 Yoga (WC)
9:30 Morning Fitness (WC) **4**
10:00 Stay up to date on Current Events and World News (CC)
11:00 Sterling Scholars-School of Music Presents: Thayer Naples (LAR)
1:00 Left Right Center Game (LRC Game) (LAR)
2:00 Water Aerobics (WC)
2:00 Sterling Jeopardy (LAR)
3:00 Stretch & Relaxation Class (WC)
4:00 Time Travel Trivia (LFL)
6:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Power Up (WC)
9:00 Aqua Power (Pool) **5**
9:30 Morning Fitness (WC)
10:30 Catholic Communion Service (LAR)
11:00 Trivia Challenge (LFL)
1:30 Zumba With Angela (WC)
1:30 BINGO (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Bible Study with Mic Knox (LAR)

9:00 Yoga (WC)
9:30 Morning Fitness (WC) **6**
9:30 Shopping: Walmart (LFL)
10:00 Massage (WC)
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)
3:00 Stretch & Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope w/ Joel (LFL)

9:00 Power Up (WC)
9:00 Aqua Power (Pool) **7**
9:30 Morning Fitness (WC)
10:00 Crafts with Agape (LAR)
11:30 One on One Visits (LAR)
1:00 "Let's Make A Deal" Game (LAR)
2:00 Trivia W/ Heather (LFL)
3:00 Stretch & Relaxation Class (WC)
3:30 Happy Hour with Music (LFL)

9:00 Power Up (WC)
9:30 Morning Fitness (WC) **8**
9:00 Audiologist Visit (WC)
9:30 Morning Fitness (WC)
10:00 Mystery Activity (LAR)
11:00 Fun Friday Outing: Sweetwater Brewery (LFL)
1:00 History Club (LAR)
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) **9**
10:00 Brain Games (LAR)
10:30 Giant Crosswords (LAR)
11:00 Practice for Wii Bowling 1:30 BINGO (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Golden Oldies Music hour (LAR)
6:00 Game Night (LAR)

Beginning of Ramadan Daylight Savings Time Begins **10**
10:45 Sterling Church Service (LAR)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Afternoon Movie Matinee (LAR)
3:00 Hot Cocoa and Cookies (LFL)
4:00 Music Bingo (LAR)

9:00 Yoga (WC)
9:30 Morning Fitness (WC) **11**
10:00 Stay up to date on Current Events and World News (CC)
11:00 Sterling Scholars-School of Music Presents: Greg Athnos (LAR)
1:00 Left Right Center Game (LRC Game) (LAR)
2:00 Water Aerobics (WC)
2:00 Sterling Jeopardy (LAR)
3:00 Stretch & Relaxation Class (WC)
4:00 Time Travel Trivia (LFL)
7:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Power Up (WC)
9:00 Aqua Power (Pool) **12**
9:30 Morning Fitness (WC)
10:30 Catholic Communion Service (LAR)
11:00 Trivia Challenge (LFL)
1:30 BINGO (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Bible Study with Mic Knox (LAR)
7:00 Widow's Support Group with Trudy Green (LAR)

9:00 Yoga (WC)
9:30 Morning Fitness (WC) **13**
9:30 Shopping: Kroger (LFL)
10:00 Word Game (LAR)
10:00 Massage (WC)
10:30 On-site Jewelry Repair (LFL)
11:15 Parkinson's Exercise Class (WC)
1:00 Shopping Trip to Target (LFL)
2:00 Water Aerobics (WC)
2:00 Cooking Show: St Patrick's Special (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope w/ Joel (LFL)

9:00 Power Up (WC)
9:00 Aqua Power (Pool) **14**
9:30 Morning Fitness (WC)
10:00 Let's Play Ball (LAR)
11:30 One on One Visits
1:00 Trivia W/ Heather (LFL)
2:00 Science Hour (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Happy Hour with Music (LFL)

9:00 Yoga (WC)
9:15 Fun Friday Outing: Atlanta Trolley Tour (LFL) **15**
9:30 Morning Fitness (WC)
10:00 Mystery Activity (LAR)
1:00 History Club (LAR)
3:00 Stretch & Relaxation Class (WC)
4:00 St. Patrick's Day Trivia (LFL)
5:45 Game Night (LDR)

9:00 Power Up (WC)
9:30 Morning Fitness (WC) **16**
10:00 Brain Games (LAR)
10:30 Giant Crosswords (LAR)
11:00 Practice for Wii Bowling 1:30 BINGO (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Golden Oldies Music hour (LAR)
6:00 Game Night (LAR)

St. Patrick's Day **17**
10:45 Sterling Church Service (LAR)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Mystery Trivia w/ Heather (LFL)
3:00 Afternoon Worship and Communion w/ St. James Episcopal Church (LFL)
3:00 Hot Cider and Cookies (LFL)
4:00 Music Bingo (LAR)

9:00 Yoga (WC)
9:30 Morning Fitness (WC) **18**
10:00 Stay up to date on Current Events and World News (CC)
11:00 Sterling Scholars-School of Music Presents: Thayer Naples (LAR)
1:00 Left Right Center Game (LRC Game) (LAR)
2:00 Water Aerobics (WC)
2:00 Sterling Jeopardy (LAR)
3:00 Stretch & Relaxation Class (WC)
4:00 Time Travel Trivia (LFL)
7:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Power Up (WC)
9:00 Aqua Power (Pool) **19**
9:30 Morning Fitness (WC)
10:30 Catholic Communion Service (LAR)
11:00 Trivia Challenge (LFL)
1:30 Zumba With Angela (WC)
1:30 BINGO (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Bible Study with Mic Knox (LAR)

9:00 Yoga (WC)
9:30 Morning Fitness (WC) **20**
9:30 Shopping: Walmart (LFL)
11:15 Parkinson's Exercise Class (WC)
1:00 Cocktail Class with Austin (LAR)
2:00 Water Aerobics (WC)
3:00 Stretch & Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope w/ Joel (LFL)

9:00 Power Up (WC)
9:00 Aqua Power (Pool) **21**
9:30 Morning Fitness (WC)
10:00 Fine Arts Club: Paint Like Picasso (LAR)
11:30 One on One Visits
1:00 Music Hour w/ Barry (LFL)
3:00 Stretch & Relaxation Class (WC)
5:00 AL-Great Gatsby Theme Dinner (LDR)

9:00 Yoga (WC)
9:30 Morning Fitness (WC) **22**
10:00 Mystery Activity (LAR)
1:30 Sterling Cinema Presents: Casablanca (LAR)
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) **23**
10:00 Brain Games (LAR)
10:30 Giant Crosswords (LAR)
11:00 Practice for Wii Bowling 1:30 BINGO (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Golden Oldies Music hour (LAR)
6:00 Game Night (LAR)

Palm Sunday **24**
10:45 Sterling Church Service (LAR)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Mystery Trivia w/ Heather (LFL)
3:00 Hot Cocoa and Cookies (LFL)
4:00 Music Bingo (LAR)

9:00 Yoga (WC)
9:30 Morning Fitness (WC) **25**
10:00 Stay up to date on Current Events and World News (CC)
11:00 Sterling Scholars-School of Music Presents: Greg Athnos (LAR)
1:00 Left Right Center Game (LRC Game) (LAR)
2:00 Water Aerobics (WC)
2:00 Sterling Jeopardy (LAR)
3:00 Sports Club: March Madness (HC)
3:00 Stretch & Relaxation Class (WC)
4:00 Time Travel Trivia (LFL)
7:00 IL: Line Dancing w/ Nurse Laura (SL)

9:00 Power Up (WC)
9:00 Aqua Power (Pool) **26**
9:30 Morning Fitness (WC)
10:30 Catholic Communion Service (LAR)
11:00 Trivia Challenge (LFL)
12:45 Outing- Wii Bowling Tournament at Sterling East (LFL)
1:30 BINGO (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Bible Study with Mic Knox (LAR)

9:00 Yoga (WC)
9:30 Morning Fitness (WC) **27**
9:30 Shopping: Publix (LFL)
10:00 Crafting with LaVerne (LAR)
10:00 Massage (WC)
11:15 Parkinson's Exercise Class (WC)
1:00 Documentary Of The Month: Buddy Holly (LAR)
1:00 Afternoon Shopping trip to Big Lots (LFL)
2:00 Water Aerobics (WC)
3:00 Stretch & Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope w/ Joel (LFL)

9:00 Power Up (WC)
9:00 Aqua Power (Pool) **28**
9:30 Morning Fitness (WC)
10:00 Let's Play Ball (LAR)
11:30 One on One Visits
1:00 Trivia W/ Heather (LFL)
2:00 AL- Birthday Celebration (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Happy Hour with Music (LFL)

Good Friday **29**
9:00 Yoga (WC)
9:00 Fun Friday Outing: Red Eyed Mule (LFL)
9:30 Morning Fitness (WC)
10:00 Mystery Activity (LAR)
1:00 History Club (LAR)
3:00 Good Friday Program (LC)
3:00 Stretch & Relaxation Class (WC)
4:00 Family Easter Egg Hunt (LC)
5:45 Game Night (LDR)

9:00 Power Up (WC)
9:30 Morning Fitness (WC) **30**
10:00 Brain Games (LAR)
10:30 Giant Crosswords (LAR)
11:00 Practice for Wii Bowling 1:30 BINGO (LAR)
3:00 Stretch & Relaxation Class (WC)
3:30 Golden Oldies Music hour (LAR)
6:00 Game Night (LAR)

March 2024

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



3/9 Mark Gill
 3/12 Jean Beall
 3/16 Michael Kindlin
 3/21 Mary Rimmer
 3/25 Otto Moehrbach
 3/26 Ileen Ward
 3/27 Gomer Rose
 3/29 Michael Patterson



Join us to celebrate
 March Birthdays on
March 28th at 2:00pm in
 the activity room!

Sterling Scholars @ 11AM

Landmark Activity Room



3/4 Thayer: History of Western Music
 3/11 Greg Athnos: Ludwig van Beethoven His
 5th Symphony: Is It Autobiographical?
 3/18 Thayer: Decline of Roman Empire and Music
 3/25 Greg Athnos: Richard Wagner The Man who Destroyed
 Music (as we know it).

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
 9:30am. Please meet in the Front Lobby of the Landmark
 building at 9:15am.

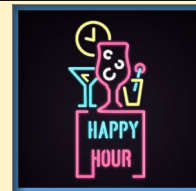
The afternoon bus leaves at 1pm. Please meet in the Landmark
 Front Lobby at 12:45pm.

3/6 Walmart
 3/13 Kroger & Target
 3/20 Walmart
 3/27 Publix & Big Lots



In House Entertainment

3/7 Patsy Cline Tribute Show
 3/14 Joe Castellano
 3/21 Great Gatsby Theme Dinner w/ Keith West
 3/28 Brandon Crocker
 3/29-Easter Program w/ Val Miller 3:00pm



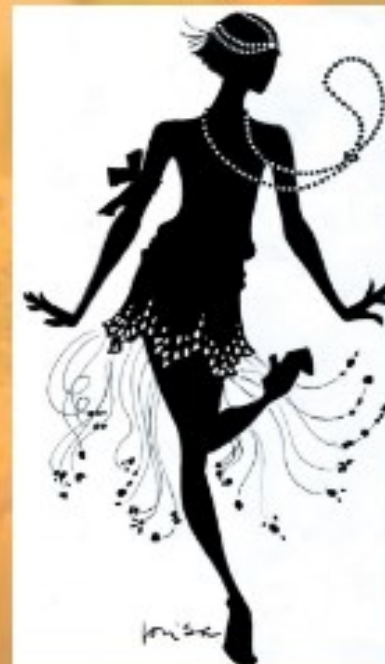
Happy St. Patrick's Day March 17th

AL-Great Gatsby Theme Dinner

Thursday March 21, 5:00 PM

Join us for a roaring
 good time...
 1920's attire is encouraged
 but not mandatory.

Landmark Dining Room



The Great Easter Egg Hunt

- Leading up to Easter, we will be hiding eggs around campus to be found!
- Every time you find an egg, turn it in to a Life Enrichment team member
- Your name will then be entered in a raffle for a Grand Prize!
- The raffle drawing will take place after our Good Friday Program on 3/29 @ 4:00pm (Right before the egg hunt)



Faith Based Groups and Events

Tuesday- Catholic Communion (LAR), Bible Study w/Mic
 Knox (LAR)

Wednesday- Hymns and Hope singing with Joel (LFL)

Sunday- Sterling Church w/Pastor Freddy Knox (LAR)

3rd Sunday of Every Month- St. James Episcopal Church Service (LFL)



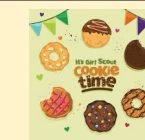
Fun Friday Outings

3/1 Qualusi Vineyards & Table 20 for Lunch

3/8 Sweetwater Brewery

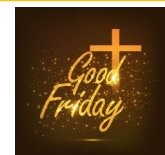
3/15 Atlanta Trolley Tour

3/29 Red Eyed Mule for Breakfast



Girl Scout Pop up
 shop in the front
 lobby!

Saturday March 2nd
 from 10:00am-
 2:00pm or until the
 cookies disappear.



Invite your friends and family for a
 special Good Friday performance
 with Val Miller and friends at
 3:00pm in the Courtyard
 Family Easter egg hunt to follow at
 4:00pm

NEW ACTIVITY

March 21st @ 10:00am
 Fine Arts Club presents:
 Paint Like Picasso

Join our new team member
 Maggie as we study abstract and the cubism art
 movements and learn how to create paintings like the
 great Picasso!

