

SUN MON TUE WED THUR FRI SAT

LOCATION KEY CC - Casual Cafe HMR - Hampton Media Room LAR - Landmark Activity Room	LDR - Landmark Dining Room LFL - Landmark Front Lobby LLT - Landmark Legacy Terrace	SL - Stratford Lounge WC - Wellness Center Pool - Wellness Center Pool				9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) 10:00 Brain Games (LAR) 10:30 Giant Crossword (LAR) 11:00 Practice for Wii Bowling 1:30 Bingo (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Golden Oldies Music Hour (LAR) 6:00 Game Night (LAR)
10:45 Sterling Church Service (LAR) 2 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Mystery Trivia 3:00 Sunday Social with Refreshments (LAR) 3:30 Music Bingo (LAR)	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 10:00 Monday Morning Meetup (CC) 3 11:00 Sterling Scholars: Wellness (LAR) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 2:30 AL Rummikub Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 4 10:30 Catholic Communion Service (LAR) 11:00 Trivia Challenge (LFL) 1:30 Bingo (LAR) 3:00 Ed Sullivan's Show Classics (LAR) 3:00 Stretch and Relaxation Class (WC)	9:00 Yoga (WC) 9:30 Shopping: Walmart (LFL) 5 9:30 Sit-and-Tone (WC) 10:00 Word Game (LAR) 11:15 Parkinson's Exercise Class (WC) 1:00 AL Bible Study with Joel (LAR) 1:00 One-on-one Visits 2:00 Water Aerobics (WC) 3:00 Drama Club Kickoff Party! (LLT) 3:00 Stretch and 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) 9:30 Sit-and-Tone (WC) 6 10:00 Crafts With Agape (LAR) 11:00 Audio Book Club (LAR) 11:30 Letters to Loved Ones (LAR) 1:00 One-on-one Visits 1:00 Trivia (LFL) 2:00 Black History Hour (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 Happy Hour with Live Music (LFL)	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 10:00 Winter Paint 'n Sip with Taylor and Amy (LAR) 7 10:15 Fun Friday Outing: Putt Shack (LFL) 1:00 History Club with David Strand (LAR) 2:00 Chair Hockey (CC) 3:00 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) 10:00 Brain Games (LAR) 8 10:30 Giant Crossword (LAR) 11:00 Practice for Wii Bowling 1:30 Bingo (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Golden Oldies Music Hour (LAR) 6:00 Game Night (LAR)
10:45 Sterling Church Service (LAR) 9 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Mystery Trivia 3:00 Super Bowl LIX Tailgate Party! (LAR)	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 10:00 Monday Morning Meetup (CC) 10 11:00 Sterling Scholars: School of Music (LAR) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 2:30 AL Rummikub Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 11 10:30 Catholic Communion Service (LAR) 11:00 Trivia Challenge (LFL) 1:30 Bingo (LAR) 3:00 Ed Sullivan's Show Classics (LAR) 3:00 Stretch and Relaxation Class (WC) 4:30 AL Dinner Club: Jim N' Nick's (LFL) 7:00 Widow Support Group w/ Trudy Green (LAR)	9:00 Yoga (WC) 9:30 Shopping: Kroger (LFL) 12 9:30 Sit-and-Tone (WC) 10:00 Stick it to the Beat (LAR) 10:30 On-site Jewelry Repair (LFL) 11:15 Parkinson's Exercise Class (WC) 1:00 Afternoon Shopping: Ross (LFL) 1:00 AL Bible Study with Joel (LAR) 1:00 One-on-one Visits 2:00 Water Aerobics (WC) 3:00 Sterling Jeopardy (LAR) 3:00 Stretch and 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) 9:30 Sit-and-Tone (WC) 13 10:00 One-on-one Visits 11:00 Audio Book Club (LLT) 11:30 Letters to Loved Ones (LAR) 1:00 Trivia (LFL) 2:00 Black History Hour (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 Happy Hour with Live Music (LFL)	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 10:00 Winter Paint 'n Sip with Taylor and Amy (LAR) 14 1:00 Sterling Cinemas: The Sound of Music (LAR) 3:00 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) 10:00 Brain Games (LAR) 15 10:30 Giant Crossword (LAR) 11:00 Practice for Wii Bowling 1:30 Bingo (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Golden Oldies Music Hour (LAR) 6:00 Game Night (LAR)
10:45 Sterling Church Service (LAR) 16 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Mystery Trivia 3:00 Sunday Social with Refreshments (LAR) 3:00 St. James Episcopal Church (LFL) 3:30 Music Bingo (LAR)	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 10:00 Monday Morning Meetup (CC) 17 11:00 Sterling Scholars: Nutrition (LAR) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 2:30 AL Rummikub Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 18 10:30 Catholic Communion Service (LAR) 11:00 Trivia Challenge (LFL) 1:30 Bingo (LAR) 3:00 Ed Sullivan's Show Classics (LAR) 3:00 Stretch and Relaxation Class (WC)	9:00 Yoga (WC) 9:30 Shopping: Walmart (LFL) 19 9:30 Sit-and-Tone (WC) 10:00 Word Game (LAR) 11:15 Parkinson's Exercise Class (WC) 1:00 AL Bible Study with Joel (LAR) 1:00 One-on-one Visits 2:00 Water Aerobics (WC) 3:00 Sterling Jeopardy (LAR) 3:00 Stretch and Relaxation Class (WC) 3:00 Drama Club Rehearsal (LLT) 3:30 Practice for Wii Bowling 4:00 Hymns & Hope w/ Joel (LFL)	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 20 10:00 One-on-one Visits 11:00 Music Hour w/ Barry (LFL) 11:30 Letters to Loved Ones (LAR) 1:00 Trivia (LFL) 2:00 Black History Hour (LAR) 3:00 Stretch and Relaxation Class (WC) 5:00 Love Boat Theme Dinner (LDR)	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 10:00 Winter Paint 'n Sip with Taylor and Amy (LAR) 21 10:00 Fun Friday Outing: Chick-Fil-A Backstage Tour! (LFL) 1:00 History Club with David Strand (LAR) 2:00 Chair Hockey (CC) 3:00 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) 10:00 Brain Games (LAR) 22 10:30 Giant Crossword (LAR) 11:00 Girl Scouts Pop Up Sale! (LFL) 11:00 Practice for Wii Bowling 1:30 Bingo (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Golden Oldies Music Hour (LAR) 6:00 Game Night (LAR)
10:45 Sterling Church Service (LAR) 23 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Sunday Matinee (LAR) 3:30 Music Bingo (LAR)	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 10:00 Monday Morning Meetup (CC) 24 11:00 Sterling Scholars: Uniguest Workshop (LAR) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 2:30 AL Rummikub Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 25 10:30 Catholic Communion Service (LAR) 11:00 Trivia Challenge (LFL) 1:30 Bingo (LAR) 1:30 Wii Bowling Tournament at Sterling West (WC) 3:00 Ed Sullivan's Show Classics (LAR) 3:00 Stretch and Relaxation Class (WC)	9:00 Yoga (WC) 9:30 Shopping: Publix (LFL) 26 9:30 Sit-and-Tone (WC) 10:00 Stick it to the Beat (LAR) 11:15 Parkinson's Exercise Class (WC) 1:00 Afternoon Shopping at City Thrift (LFL) 1:00 AL Bible Study with Joel (LAR) 1:00 One-on-one Visits 2:00 Water Aerobics (WC) 3:00 Sterling Jeopardy (LAR) 3:00 Stretch and 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) 9:30 Sit-and-Tone (WC) 27 10:00 Silly Bean Auction (LAR) 11:30 Letters to Loved Ones (LAR) 1:30 One-on-one Visits 1:00 AL Birthday Party! (LAR) 2:00 Black History Hour (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 Happy Hour with Live Music (LFL)	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 10:00 Winter Paint 'n Sip with Taylor and Amy (LAR) 28 10:00 Fun Friday Outing: APEX Museum (LFL) 1:00 History Club with David Strand (LAR) 2:00 Winter Treats (LAR) 3:00 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	

February 2025

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





HAPPY BIRTHDAY



2/2 Marie Reilly
 2/2 Marvin Olansky
 2/17 Barbara Bontempi
 2/17 Charlayne Simons
 2/18 Nancy White

SUPER BOWL TAILGATE PARTY

Come join us for a Super Bowl LIX Tailgate party with snacks, drinks, and fun! February 9th LAR 3:00pm



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 1:00pm. Please meet in the Landmark front lobby at 12:45pm.

2/5 Walmart

2/12- Kroger/ Ross

2/19- Walmart

2/26- Publix/ City Thrift



AL Dinner Club Goes To:

Jim N' Nicks on Tuesday the 11th at 4:30pm!

Sign up in the Activity Room!



LIVE ENTERTAINMENT

2/6 - Butch Reeves at Happy Hour
 2/13 - Loose Shoes at Happy Hour
 2/20 - Sara Davies at Love Boat Theme Dinner
 2/20 - Morning Music Hour with Barry
 2/27 - Gil Caro at Happy Hour



LETTERS TO LOVED ONES



Join us in the activity room as we write letters to loved ones or friends to remind them just how much we love them!

STERLING ON THE GO!

2/7 Putt Shack

2/21 Chick Fil a Backstage Tour!

2/28 APEX Museum

Sign up for these fun Friday outings in the Landmark Activity Room!

CELEBRATING BLACK HISTORY

Join the Activities Team for some interactive lessons for Black History Month! We will learn about inventors, athletes, musicians, and more!

Every Thursday at 2 PM in the Landmark Activity Room

Spiritual Needs and Support

EACH WEEK WE HAVE A VARIETY OF DIFFERENT WAYS FOR YOU TO MEET WITH A PASTOR OR OUR SPIRITUAL DIRECTOR, JOEL LANIER!

REV. FREDDIE KNOX HOSTS A CHURCH SERVICE AT 10:45AM EVERY SUNDAY.

ON THE THIRD SUNDAY OF EVERY MONTH, ST. JAMES EPISCOPAL CHURCH HOSTS A SERVICE AT 3PM.

A CATHOLIC MASS IS HELD BY A DEACON FROM ST. JOSEPHS ON TUESDAYS AT 10:45AM

JOEL LANIER HOSTS A BIBLE STUDY AT 1PM ON WEDNESDAYS AS WELL AS 4PM HYMNS AND HOPE IN THE LOBBY!