

SUN	MON	TUE	WED	THUR	FRI	SAT
		9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 Bingo (LAR)</b> <b>2:30 Drama Club Rehearsal (HAS)</b> <b>3:00 AL Rummikub Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC)	9:00 Yoga (WC) <b>9:30 Shopping: Walmart (LFL)</b> 9:30 Sit-and-Tone (WC) <b>11:00 Parkinson's Exercise Class (WC)</b> <b>1:00 AL Bible Study with Joel (LAR)</b> <b>1:00 One-on-one Visits</b> 2:00 Water Aerobics (WC) 3:00 Stretch and Relaxation Class (WC) <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) <b>10:00 Crafts With Agape-Tie Dye T-Shirts (LAR)</b> <b>11:00 Audio Book Club (LAR)</b> <b>11:30 One-on-one Visits</b> <b>1:00 Trivia (LFL)</b> <b>2:30 Drama Club Rehearsal (HAS)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Happy Hour with Live Music (LFL)</b>	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) <b>9:30 Fun Friday Outing: Tour of the State Capitol (LFL)</b> <b>10:00 Let's Play Ball! (LAR)</b> <b>1:00 History Club with David Strand (LAR)</b> <b>2:00 Afternoon Treats (LAR)</b> <b>3:00 AL Bridge Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> <b>5:45 Game Night (LDR)</b>	9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) <b>10:00 Brain Games (LAR)</b> <b>10:30 Giant Crossword (LAR)</b> <b>11:00 Practice for Wii Bowling</b> <b>1:30 Bingo (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Golden Oldies Music Hour (LAR)</b> <b>6:00 Game Night (LAR)</b>
<b>10:45 Sterling Church Service (LAR)</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Mystery Trivia</b> <b>3:00 Sunday Social with Refreshments (LAR)</b> <b>3:30 Music Bingo (LAR)</b>	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) <b>10:00 Monday Morning Meetup (CC)</b> <b>11:00 Sterling Scholars (LAR)</b> <b>1:30 Left Right Center Game (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Gadget Gal Explains! (HMR)</b> <b>2:30 March Madness Monday! (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Time Travel Trivia (LFL)</b> <b>6:00 Line Dancing with Nurse Laura (SL)</b>	9:00 Car Wash On site (HC) 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 Bingo (LAR)</b> <b>3:00 AL Rummikub Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>7:00 Widow Support Group w/ Trudy Green (LAR)</b>	9:00 Yoga (WC) <b>9:30 Shopping: Kroger (LFL)</b> 9:30 Sit-and-Tone (WC) <b>10:00 Stick it to the Beat (LAR)</b> <b>10:30 On-site Jewelry Repair (LFL)</b> <b>11:00 Parkinson's Exercise Class (WC)</b> <b>1:00 Afternoon Shopping: Goodwill (LFL)</b> <b>1:00 AL Bible Study with Joel (LAR)</b> <b>1:00 One-on-one Visits</b> 2:00 Water Aerobics (WC) <b>3:00 Garden Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) <b>10:00 Tie Dye T-Shirt Craft for our Theme Dinner (LAR)</b> <b>11:30 One-on-one Visits</b> <b>1:00 Trivia (LFL)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Happy Hour with Live Music (LFL)</b>	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) <b>9:30 Pleasant Grove Yard Sale (LFL)</b> <b>10:00 Sterling Masters Mini-Golf Tournament (LC)</b> <b>1:30 Sterling Masters Golf Outdoor Social (LC)</b> <b>3:00 AL Bridge Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> <b>5:45 Game Night (LDR)</b>	9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) <b>10:00 Brain Games (LAR)</b> <b>10:30 Giant Crossword (LAR)</b> <b>11:00 Practice for Wii Bowling</b> <b>1:30 Bingo (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Golden Oldies Music Hour (LAR)</b> <b>6:00 Game Night (LAR)</b>
<b>10:45 Sterling Church Service (LAR)</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Mystery Trivia</b> <b>3:30 Music Bingo (LAR)</b>	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) <b>10:00 Monday Morning Meetup (CC)</b> <b>11:00 Sterling Scholars-Greg Athnos (LAR)</b> <b>1:30 Left Right Center Game (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 March Madness Awards Ceremony (LAR)</b> <b>2:30 March Madness Monday! (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Time Travel Trivia (LFL)</b> <b>6:00 Line Dancing with Nurse Laura (SL)</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 Bingo (LAR)</b> <b>3:00 AL Rummikub Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>5:00 Woodstock '25 Joint Theme Dinner (LC)</b>	9:00 Yoga (WC) <b>9:30 Shopping: Walmart (LFL)</b> 9:30 Sit-and-Tone (WC) <b>10:00 Word Game (LAR)</b> <b>11:00 Parkinson's Exercise Class (WC)</b> <b>1:00 AL Bible Study with Joel (LAR)</b> <b>1:00 One-on-one Visits</b> 2:00 Water Aerobics (WC) <b>3:00 Drama Club Presents: The Untold Story of the Easter Bunny! (LDR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Practice for Wii Bowling</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) <b>10:30 Sterling Presents-Illusionist Josh Farley (LFL)</b> <b>11:30 One-on-one Visits</b> <b>1:00 Trivia (LFL)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Happy Hour with Live Music (LFL)</b>	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) <b>10:30 Good Friday Program with Joel Lanier (LFL)</b> <b>1:00 History Club with David Strand (LAR)</b> <b>2:00 Afternoon Treats (LAR)</b> <b>2:30 Paint 'n Sip with Taylor and Amy (LAR)</b> <b>3:00 AL Bridge Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> <b>5:45 Game Night (LDR)</b>	9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) <b>10:00 Brain Games (LAR)</b> <b>10:30 Giant Crossword (LAR)</b> <b>11:00 Practice for Wii Bowling</b> <b>1:30 Bingo (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Golden Oldies Music Hour (LAR)</b> <b>6:00 Game Night (LAR)</b>
<b>10:45 Sterling Church Service (LAR)</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Mystery Trivia</b> <b>3:00 Sunday Social with Refreshments (LAR)</b> <b>3:30 Music Bingo (LAR)</b>	9:00 Yoga (WC) <b>9:00 Podiatrist (WC)</b> 9:30 Sit-and-Tone (WC) <b>10:00 Monday Morning Meetup (CC)</b> <b>11:00 Sterling Scholars (LAR)</b> <b>1:30 Left Right Center Game (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 Gadget Gal Workshop (HMR)</b> <b>2:30 March Madness Monday! (LAR)</b> <b>2:30 The Americas: Documentary Series (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Time Travel Trivia (LFL)</b> <b>6:00 Line Dancing with Nurse Laura (SL)</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 Bingo (LAR)</b> <b>3:00 AL Rummikub Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Bocce Team Drawing (LAR)</b> <b>4:30 AL Dinner Club: 1885 Southern Coastal Grill (LFL)</b>	9:00 Yoga (WC) <b>9:30 Shopping: Publix (LFL)</b> 9:30 Sit-and-Tone (WC) <b>10:00 Stick it to the Beat (LAR)</b> <b>11:00 Parkinson's Exercise Class (WC)</b> <b>1:00 Afternoon Shopping: Kirkland's &amp; Dollar Tree (LFL)</b> <b>1:00 AL Bible Study with Joel (LAR)</b> <b>1:00 One-on-one Visits</b> 2:00 Water Aerobics (WC) <b>3:00 Garden Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) <b>10:00 Let's Make a Deal (LAR)</b> <b>11:00 Audio Book Club (LAR)</b> <b>11:30 One-on-one Visits</b> <b>1:00 AL-Birthday Party (LAR)</b> <b>2:00 Trivia (LFL)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Happy Hour with Live Music (LFL)</b>	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) <b>9:30 Fun Friday Outing: Calhoun Rock Garden (LFL)</b> <b>10:00 Paint 'n Sip with Taylor and Amy (LAR)</b> <b>1:00 History Club with David Strand (LAR)</b> <b>2:00 Afternoon Treats (LAR)</b> <b>3:00 AL Bridge Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Group Trivia (LFL)</b> <b>5:45 Game Night (LDR)</b>	9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) <b>10:00 Brain Games (LAR)</b> <b>10:30 Giant Crossword (LAR)</b> <b>11:00 Practice for Wii Bowling</b> <b>1:00 Bingo -Time change for this week only! (LAR)</b> <b>2:30 Derby Hat Workshop w/ Mount Paran Students (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Golden Oldies Music Hour (LAR)</b> <b>6:00 Game Night (LAR)</b>
<b>10:45 Sterling Church Service (LAR)</b> <b>11:00 First Presbyterian Church of Marietta (HMR)</b> <b>1:00 Sunday Matinee: A Beautiful Day in the Neighborhood (LAR)</b> <b>3:30 Music Bingo (LAR)</b>	9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) <b>10:00 Monday Morning Meetup (CC)</b> <b>11:00 Sterling Scholars- Tom Kelley (LAR)</b> <b>1:30 Left Right Center Game (LAR)</b> 2:00 Water Aerobics (WC) <b>2:30 March Madness Monday! (LAR)</b> <b>2:30 The Americas: Documentary Series (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>4:00 Time Travel Trivia (LFL)</b> <b>6:00 Line Dancing with Nurse Laura (SL)</b>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) <b>9:00 Men's Breakfast (HC)</b> 9:30 Sit-and-Tone (WC) <b>10:30 Catholic Communion Service (LAR)</b> <b>11:00 Trivia Challenge (LFL)</b> <b>1:30 Bingo (LAR)</b> 1:30 BOYS VS. GIRLS Wii Bowling Tournament (WC) <b>2:30 Derby Hat Workshop (LAR)</b> <b>3:00 AL Rummikub Club (LAR)</b> 3:00 Stretch and Relaxation Class (WC)	9:00 Yoga (WC) <b>9:30 Shopping: Walmart (LFL)</b> 9:30 Sit-and-Tone (WC) <b>10:00 Word Game (LAR)</b> <b>11:00 Parkinson's Exercise Class (WC)</b> <b>1:00 AL Bible Study with Joel (LAR)</b> <b>1:00 One-on-one Visits</b> 2:00 Water Aerobics (WC) <b>3:00 Sterling Jeopardy (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 Practice for Wii Bowling</b> <b>4:00 Hymns &amp; Hope w/ Joel (LFL)</b>	<b>LOCATION KEY</b> CC - Casual Cafe HAS - Hampton Art Studio 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







## HAPPY BIRTHDAY



4/2 Tom Snead  
4/4 Gloria Stoker  
4/28 Sue Watson  
4/29 Mike Scott  
4/30 Jean Sullivan

## LIVE ENTERTAINMENT



APRIL 3<sup>RD</sup> - BUTCH REEVES  
APRIL 10<sup>TH</sup> - GIL CARO  
APRIL 17<sup>TH</sup> - SARA DAVIES  
APRIL 24<sup>TH</sup> - BRANDON CROCKER  
APRIL 15<sup>TH</sup> - LOOSE SHOES  
AT WOODSTOCK THEME DINNER



## STERLING ON THE GO!

4/3- State Capitol Tour  
4/11 - Pleasant Grove Yard Sale  
4/25 - Calhoun Rock Garden

## 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.



4/2 - Walmart

4/9 - Kroger & Goodwill

4/16 - Walmart

4/23 - Publix & Kirklands/ Dollar Tree



4/30 - Walmart



## Sterling Mini Masters Tournament



The Sterling Mini-Masters approaches! Come compete for the coveted GREEN JACKET!

Sign-up in the Wellness Center

## AL Dinner Club Goes To:

1885 Southern Coastal Grill on Tuesday April 22nd at 4:30pm  
Sign up in the Activity Room!

# WOODSTOCK



# '25

## STERLING ESTATES

GRAB YOUR TIE DYE AND JOIN US FOR  
A GOOD TIME AT OUR JOINT THEME  
DINNER IN THE LANDMARK COURTYARD  
AT 5 PM



## Garden Club

COME JOIN US FOR SOME FUN IN THE SUN AS WE START OUR NEW CLUB! WE WILL MEET WEDNESDAY 9<sup>TH</sup> AND 23<sup>RD</sup> IN THE ACTIVITY ROOM BEFORE HEADING OUTSIDE TO WORK IN THE GARDEN!



## STERLING DRAMA CLUB PRESENTS: THE UNTOLD STORY OF THE EASTER BUNNY!

Come support your neighbors as we put on an original production. Created, written, and starred in by Sterling residents, this Easter show will be fun for all ages!

WEDNESDAY APRIL 16<sup>TH</sup> AT 3 PM  
IN THE LANDMARK DINING ROOM

## Illusionist Josh Farley!



Come and be amazed by the Illusions of Josh Farley!  
Thursday April 17<sup>th</sup> @ 10:30am in the Landmark Front Lobby