

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 BBC - Bocce Ball Court
 CC - Casual Cafe
 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 Shopping: Walmart (LFL)
 9:30 SIT-AND-TONE (WC)
10:00 The Color Lab (LAR)
11:00 Parkinson's Exercise Class (WC)
1:00 AL Bible Study with Joel (LAR)
1:00 One-on-one Visits
 2:00 WATER AEROBICS (WC)
2:00 Sterling Jeopardy (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope with Joel (LFL)

9:00 POWER UP (WC)
 9:00 Water Aerobics (Pool)
 9:30 SIT-AND-TONE (WC)
10:00 Costume Contest Workshop (LAR)
11:00 Newsletter Committee Meeting (LAR)
11:30 One-on-one Visits
1:00 Trivia (LFL)
 3:00 Stretch and Relaxation Class (WC)
3:30 Happy Hour with Live Music (LFL)

9:00 YOGA (WC)
 9:00 Audiologist (WC)
 9:30 SIT-AND-TONE (WC)
10:00 Fun Friday Outing: Marietta History Center (LFL)
10:00 Relax & Paint with Taylor and Amy (LAR)
1:00 HISTORY CLUB (LAR)
2:00 Autumn Social (LAR)
2:30 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 Bocce Fall Tournament Game (BBC)
10:00 Brain Games (LAR)
10:30 Giant Crossword (LAR)
 11:00 Bocce Fall Tournament Game (BBC)
11:00 Practice for Wii Bowling
1:30 Bingo (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Golden Oldies Music Hour (LAR)
6:00 Game Night (LAR)

10:45 Sterling Church Service (LAR)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Mystery Trivia (LFL)
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)
11:00 Sterling Scholars-Wellstar-Fall Safety Tips (LAR)
1:30 Left Right Center Game (LAR)
 2:00 WATER AEROBICS (WC)
 3:00 Bocce Fall Tournament Game (BBC)
3:00 Documentary Series : Lost Treasures of Ancient Civilization (LAR)
 3:00 Stretch and Relaxation Class (WC)
 4:00 Bocce Fall Tournament Game (BBC)
4:00 Time Travel Trivia (LFL)
6:00 Line Dancing with Nurse Laura (SL)

9:00 POWER UP (WC)
 9:00 Water Aerobics (Pool)
 9:30 SIT-AND-TONE (WC)
10:30 Catholic Communion Service (LAR)
11:00 Trivia Challenge (LFL)
1:30 Bingo (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:00 Word Game (LAR)
3:30 AL Rummikub Club (LAR)
4:00 Special Sports Trivia w/ Student Visitors (LFL)

9:00 YOGA (WC)
9:30 Shopping: Kroger (LFL)
 9:30 SIT-AND-TONE (WC)
10:00 The Color Lab (LAR)
10:00 Massage Therapy (WC)
11:00 Parkinson's Exercise Class (WC)
1:00 AL Bible Study with Joel (LAR)
1:00 One-on-one Visits
1:00 Outing-Visit Betsy the Mini Horses' Farm (LFL)
 2:00 WATER AEROBICS (WC)
 3:00 Stretch and Relaxation Class (WC)
3:00 Word Puzzles! (LAR)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope with Joel (LFL)

9:00 POWER UP (WC)
 9:00 Water Aerobics (Pool)
 9:30 SIT-AND-TONE (WC)
10:00 Costume Contest Workshop (LAR)
11:00 Newsletter Committee Meeting (LAR)
11:30 One-on-one Visits
1:00 Trivia (LFL)
 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 Stick it to the Beat (LAR)
10:00 Fun Friday Outing: Atlanta Botanical Gardens (LFL)
1:00 HISTORY CLUB (LAR)
2:00 Autumn Social (LAR)
2:30 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 Bocce Fall Tournament Game (BBC)
10:00 Brain Games (LAR)
10:30 Giant Crossword (LAR)
 11:00 Bocce Fall Tournament Game (BBC)
11:00 Practice for Wii Bowling
1:30 Bingo (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Golden Oldies Music Hour (LAR)
6:00 Game Night (LAR)

10:45 Sterling Church Service (LAR)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Mystery Trivia (LFL)
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)
11:00 Sterling Scholars-Greg Athnos (LAR)
1:30 Left Right Center Game (LAR)
 2:00 WATER AEROBICS (WC)
2:00 Gadget Gal Explains! (HMR)
 3:00 Bocce Fall Tournament Game (BBC)
3:00 Documentary Series : Lost Treasures of Ancient Civilization (LAR)
 3:00 Stretch and Relaxation Class (WC)
 4:00 Bocce Fall Tournament Game (BBC)
4:00 Time Travel Trivia (LFL)
6:00 Line Dancing with Nurse Laura (SL)

9:00 POWER UP (WC)
 9:00 Water Aerobics (Pool)
 9:30 SIT-AND-TONE (WC)
10:30 Catholic Communion Service (LAR)
11:00 Trivia Challenge (LFL)
1:30 Bingo (LAR)
3:00 Meet Your Neighbor (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 AL Rummikub Club (LAR)
7:00 Widow Support Group w/ Trudy Green (LAR)

9:00 YOGA (WC)
9:30 Shopping: Walmart (LFL)
 9:30 SIT-AND-TONE (WC)
10:00 Flu and Covid Vaccine Clinic (WC)
10:00 The Color Lab (LAR)
11:00 Parkinson's Exercise Class (WC)
1:00 AL Bible Study with Joel (LAR)
1:00 One-on-one Visits
 2:00 WATER AEROBICS (WC)
2:00 Sterling Jeopardy (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope with Joel (LFL)
4:30 AL Dinner Club: Capers (LFL)

9:00 POWER UP (WC)
 9:00 Water Aerobics (Pool)
 9:30 SIT-AND-TONE (WC)
10:00 Costume Contest Workshop (LAR)
11:00 Music Hour w/ Barry (LFL)
11:00 Newsletter Committee Meeting (LAR)
11:30 One-on-one Visits
1:00 Let's Make a Deal (LAR)
2:00 Drama Club Meeting: Holiday Play (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Happy Hour with Live Music (LFL)

9:00 YOGA (WC)
9:00 Fun Friday Outing: Helen Oktoberfest (LFL)
 9:30 SIT-AND-TONE (WC)
10:00 Relax & Paint with Taylor and Amy (LAR)
1:00 HISTORY CLUB (LAR)
2:00 Autumn Social (LAR)
2:30 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 Bocce Fall Tournament Game (BBC)
10:00 Brain Games (LAR)
10:30 Giant Crossword (LAR)
11:00 American Heritage Group Activity (LAR)
 11:00 Bocce Fall Tournament Game (BBC)
11:00 Practice for Wii Bowling
1:30 Bingo (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Golden Oldies Music Hour (LAR)
6:00 Game Night (LAR)

10:45 Sterling Church Service (LAR)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Mystery Trivia (LFL)
3:00 Sunday Social with Refreshments (LAR)
3:00 St. James Episcopal Church (LFL)
3:30 Music Bingo (LAR)

9:00 YOGA (WC)
9:00 Podiatrist (WC)
 9:30 SIT-AND-TONE (WC)
10:00 Monday Morning Meetup (CC)
11:00 Sterling Scholars (LAR)
1:30 Left Right Center Game (LAR)
 2:00 WATER AEROBICS (WC)
3:00 Breast Cancer Recognition and Walk (LC)
3:00 Documentary Series : Lost Treasures of Ancient Civilization (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 Water Aerobics (Pool)
 9:30 SIT-AND-TONE (WC)
10:30 Catholic Communion Service (LAR)
11:00 Trivia Challenge (LFL)
1:30 Bingo (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:00 Word Game (LAR)
3:30 AL Rummikub Club (LAR)

9:00 YOGA (WC)
9:30 Shopping: Publix (LFL)
 9:30 SIT-AND-TONE (WC)
10:00 The Color Lab (LAR)
10:00 Massage Therapy (WC)
11:00 Parkinson's Exercise Class (WC)
1:00 Afternoon Shopping: Belk (LFL)
1:00 AL Bible Study with Joel (LAR)
1:00 One-on-one Visits
 2:00 WATER AEROBICS (WC)
 3:00 Stretch and Relaxation Class (WC)
3:00 Word Puzzles! (LAR)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope with Joel (LFL)

9:00 POWER UP (WC)
 9:00 Water Aerobics (Pool)
 9:30 SIT-AND-TONE (WC)
10:00 Costume Contest Workshop (LAR)
11:00 Newsletter Committee Meeting (LAR)
11:30 One-on-one Visits
1:00 AL Birthday Party! (LAR)
2:00 Trivia (LFL)
 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 Relax & Paint with Taylor and Amy (LAR)
10:30 Fun Friday Outing: Roo Mtn. Vineyards (LFL)
1:00 HISTORY CLUB (LAR)
2:00 Autumn Social (LAR)
2:30 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 Bocce Fall Tournament Game (BBC)
10:00 Brain Games (LAR)
10:30 Giant Crossword (LAR)
 11:00 Bocce Fall Tournament Game (BBC)
11:00 Practice for Wii Bowling
12:00 Mount Paran School Chorus to perform at lunchtime (LDR)
1:30 Bingo (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 Golden Oldies Music Hour (LAR)
6:00 Game Night (LAR)

10:45 Sterling Church Service (LAR)
11:00 First Presbyterian Church of Marietta (HMR)
1:00 Sunday Matinee: Alice in Wonderland (LAR)
3:30 Music Bingo (LAR)

9:00 YOGA (WC)
 9:30 SIT-AND-TONE (WC)
10:00 Monday Morning Meetup (CC)
11:00 Sterling Scholars-Ned Allen/Make a Wish Foundation (LAR)
1:30 Left Right Center Game (LAR)
 2:00 WATER AEROBICS (WC)
2:00 Gadget Gal Workshop (HMR)
 3:00 Bocce Fall Tournament Game (BBC)
3:00 Documentary Series : Lost Treasures of Ancient Civilization (LAR)
 3:00 Stretch and Relaxation Class (WC)
 4:00 Bocce Fall Tournament Game (BBC)
4:00 Time Travel Trivia (LFL)
6:00 Line Dancing with Nurse Laura (SL)

9:00 POWER UP (WC)
 9:00 Water Aerobics (Pool)
 9:30 SIT-AND-TONE (WC)
10:30 Catholic Communion Service (LAR)
11:00 Trivia Challenge (LFL)
1:30 Bingo (LAR)
1:30 WII BOWLING TOURNAMENT AT WESTCOBB (WC)
3:00 Meet Your Neighbor (LAR)
 3:00 Stretch and Relaxation Class (WC)
3:30 AL Rummikub Club (LAR)

9:00 YOGA (WC)
9:30 Shopping: Walmart (LFL)
 9:30 SIT-AND-TONE (WC)
10:00 The Color Lab (LAR)
11:00 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 Stretch and Relaxation Class (WC)
3:30 Practice for Wii Bowling
4:00 Hymns & Hope with Joel (LFL)

9:00 POWER UP (WC)
 9:00 Water Aerobics (Pool)
 9:30 SIT-AND-TONE (WC)
10:00 Costume Contest Workshop (LAR)
 3:00 Stretch and Relaxation Class (WC)
5:00 Monster Mash Theme Dinner (LC)

9:00 YOGA (WC)
 9:30 SIT-AND-TONE (WC)
10:00 Stick it to the Beat (LAR)
1:00 Sterling Cinemas: Young Frankenstein (LAR)
2:30 AL Bridge Club (LAR)
 3:00 Stretch and Relaxation Class (WC)
4:00 Group Trivia (LFL)
5:45 Game Night (LDR)

October 2025

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





HAPPY BIRTHDAY

- 10/1 Sara Harris
- 10/3 Louise Gill
- 10/4 Frankie Langham
- 10/4 Joanne Fudger
- 10/4 Milton Petty
- 10/8 Shirley Holcomb
- 10/16 Ced Gregorsky
- 10/29 Linda Van Scoyk
- 10/30 Jim Holcomb

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.



10/1 Walmart

10/8 Kroger

10/15 Walmart



10/22 Publix & Belk

10/29 Walmart



AL Dinner Club

Goes to:



Come with us to a night out to Capers on October 15th at 4:30pm!
Sign up in the Activity Room!

LIVE ENTERTAINMENT

- 10/2 - Jon Lorenz at Happy Hour
- 10/9 - Gil Caro at Happy Hour
- 10/16 - Butch Reeves at State Fair
- 10/23 - Loose Shoes at Happy Hour
- 10/30 - Sara Davies at Monster Mash



**Join us for a thrilling dinner party!
We will be monster mashing all night long
and awarding prizes to the best dressed
creatures of the night...**

be there if you dare!

**THURSDAY, OCT 30TH AT 5 PM
IN THE LANDMARK COURTYARD**

FLU AND COVID VACCINE CLINIC

IF YOU SIGNED YOUR ONLINE CONSENT FORM
you may join us in the wellness center for our clinic.
WEDNESDAY, OCTOBER 15th
ASSISTED LIVING RESIDENTS - 10 AM - 1 PM

STERLING ON THE GO!

- 10/3 - Marietta History Center:
Witness to the Holocaust
- 10/8 - Trip to Lucky Farms to visit
Betsy the Mini Horse
- 10/10 - Atlanta Botanical Gardens:
Scarecrows in the Garden
- 10/17 - Heading to Helen, GA for Oktoberfest
- 10/24 - Trip to Ellijay to visit
Roo Mountain Vineyards

COSTUME CONTEST

At our Monster Mash theme dinner we will be awarding prizes to best costumes!

Join us each Thursday to work on your monster look. We will have enough spooky supplies to bring any idea to life! Come build your monster... 'tis the season!

EACH THURSDAY AT 10 AM
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!