

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 BBC - Bocce Ball Court
 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

Yom Kippur Begins
 9:00 AM YOGA (WC)
9:30 AM Shopping: Walmart (LFL)
 9:30 AM SIT-AND-TONE (WC)
 10:00 AM Support Group (SL)
 10:00 AM The Color Lab (LAR)
 11:00 AM Beginner Mahjong Class (HC)
 11:00 AM Parkinson's Exercise Class (WC)
 2:00 PM WATER AEROBICS (WC)
 2:00 PM Art Club (HAS)
 3:00 PM Needlework group (SL)
 3:00 PM Stretch and Relaxation Class (WC)
 4:00 PM Hymns & Hope with Joel (LFL)

Yom Kippur Ends
 9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Costume Contest Workshop (LAR)
 11:00 AM Sterling Bridge Club (HMR)
 2:30 PM Hand & Foot Card Game (HMR)
 3:00 PM Stretch and Relaxation Class (WC)
3:30 PM Happy Hour with Live Music (LFL)

9:00 AM YOGA (WC)
 9:00 AM Audiologist (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Fun Friday Outing: Marietta History Center (LFL)
10:00 AM Relax & Paint with Taylor and Amy (LAR)
 1:00 PM HISTORY CLUB (LAR)
 2:00 PM Autumn Social (LAR)
 2:30 PM Dominos (HMR)
 3:00 PM Stretch and Relaxation Class (WC)
5:45 PM Game Night (LDR)

9:00 AM POWER UP (WC)
 9:30 AM SIT-AND-TONE (WC)
 10:00 AM Bocce Fall Tournament Game (BBC)
10:00 AM Brain Games (LAR)
10:30 AM Giant Crossword (LAR)
 11:00 AM Bocce Fall Tournament Game (BBC)
1:00 PM Rummikub (SL)
1:30 PM Bingo (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
3:30 PM Golden Oldies Music Hour (LAR)
6:00 PM Game Night (LAR)

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

9:00 AM YOGA (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Sterling Bible Study (HMR)
11:00 AM Sterling Scholars-Wellstar-Fall Safety Tips (LAR)
1:30 PM Le's Play Mahjong! (SL)
 1:30 PM Poker Club (HC)
 2:00 PM WATER AEROBICS (WC)
 3:00 PM Bocce Fall Tournament Game (BBC)
3:00 PM Documentary Series : Lost Treasures of Ancient Civilization (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
 4:00 PM Bocce Fall Tournament Game (BBC)
6:00 PM Line Dancing with Nurse Laura (SL)

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
 9:30 AM SIT-AND-TONE (WC)
10:30 AM Catholic Communion Service (LAR)
12:00 PM Haunted Hampton Series
1:00 PM Rummikub (SL)
1:30 PM Bingo (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
4:00 PM Special Sports Trivia w/ Student Visitors (LFL)

9:00 AM YOGA (WC)
9:30 AM Shopping: Kroger (LFL)
 9:30 AM SIT-AND-TONE (WC)
 10:00 AM Support Group (SL)
 10:00 AM The Color Lab (LAR)
 10:00 AM Massage Therapy (WC)
 11:00 AM Beginner Mahjong Class (HC)
 11:00 AM Parkinson's Exercise Class (WC)
 1:00 PM Outing-Visit Betsy the Mini Horses' Farm (LFL)
 2:00 PM WATER AEROBICS (WC)
 2:00 PM Art Club (HAS)
3:00 PM Needlework group (SL)
 3:00 PM Stretch and Relaxation Class (WC)
3:00 PM Word Puzzles! (LAR)
4:00 PM Hymns & Hope with Joel (LFL)

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Costume Contest Workshop (LAR)
11:00 AM Sterling Bridge Club (HMR)
2:30 PM Hand & Foot Card Game (HMR)
 3:00 PM Stretch and Relaxation Class (WC)
3:30 PM Happy Hour with Live Music (LFL)

9:00 AM YOGA (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Stick it to the Beat (LAR)
10:00 AM Fun Friday Outing: Atlanta Botanical Gardens (LFL)
1:00 PM HISTORY CLUB (LAR)
2:00 PM Autumn Social (LAR)
2:30 PM Dominos (HMR)
 3:00 PM Stretch and Relaxation Class (WC)
5:45 PM Game Night (LDR)

9:00 AM POWER UP (WC)
 9:30 AM SIT-AND-TONE (WC)
 10:00 AM Bocce Fall Tournament Game (BBC)
10:00 AM Brain Games (LAR)
10:30 AM Giant Crossword (LAR)
 11:00 AM Bocce Fall Tournament Game (BBC)
1:00 PM Rummikub (SL)
1:30 PM Bingo (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
3:30 PM Golden Oldies Music Hour (LAR)
6:00 PM Game Night (LAR)

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

Indigenous Peoples' Day
 9:00 AM YOGA (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Sterling Bible Study (HMR)
11:00 AM Sterling Scholars-Greg Athnos (LAR)
1:30 PM Le's Play Mahjong! (SL)
 1:30 PM Poker Club (HC)
 2:00 PM WATER AEROBICS (WC)
2:00 PM Gadget Gal Explains! (HMR)
 3:00 PM Bocce Fall Tournament Game (BBC)
3:00 PM Documentary Series : Lost Treasures of Ancient Civilization (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
 4:00 PM Bocce Fall Tournament Game (BBC)
6:00 PM Line Dancing with Nurse Laura (SL)

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
 9:30 AM SIT-AND-TONE (WC)
10:30 AM Catholic Communion Service (LAR)
12:00 PM Haunted Hampton Series
1:00 PM Rummikub (SL)
1:30 PM Bingo (LAR)
3:00 PM Meet Your Neighbor (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
4:00 PM Team Trivia (SL)
7:00 PM Widow Support Group w/ Trudy Green (LAR)

9:00 AM YOGA (WC)
9:30 AM Shopping: Walmart (LFL)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Flu and Covid Vaccine Clinic (WC)
 10:00 AM Support Group (SL)
 10:00 AM The Color Lab (LAR)
 11:00 AM Beginner Mahjong Class (HC)
 11:00 AM Parkinson's Exercise Class (WC)
 2:00 PM WATER AEROBICS (WC)
2:00 PM Page Turners' Book Club (HMR)
3:00 PM Needlework group (SL)
 3:00 PM Stretch and Relaxation Class (WC)
4:00 PM Hymns & Hope with Joel (LFL)

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Costume Contest Workshop (LAR)
11:00 AM Music Hour w/ Barry (LFL)
11:00 AM Sterling Bridge Club (HMR)
2:00 PM Drama Club Meeting: Holiday Play (LAR)
2:30 PM Hand & Foot Card Game (HMR)
 3:00 PM Stretch and Relaxation Class (WC)
3:30 PM Happy Hour with Live Music (LFL)

9:00 AM YOGA (WC)
9:00 AM Fun Friday Outing: Helen Oktoberfest (LFL)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Relax & Paint with Taylor and Amy (LAR)
1:00 PM HISTORY CLUB (LAR)
2:00 PM Autumn Social (LAR)
2:30 PM Dominos (HMR)
 3:00 PM Stretch and Relaxation Class (WC)
5:45 PM Game Night (LDR)

9:00 AM POWER UP (WC)
 9:30 AM SIT-AND-TONE (WC)
 10:00 AM Bocce Fall Tournament Game (BBC)
10:00 AM Brain Games (LAR)
10:30 AM Giant Crossword (LAR)
11:00 AM American Heritage Group Activity (LAR)
 11:00 AM Bocce Fall Tournament Game (BBC)
1:00 PM Rummikub (SL)
1:30 PM Bingo (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
3:30 PM Golden Oldies Music Hour (LAR)
6:00 PM Game Night (LAR)

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

Diwali
 9:00 AM YOGA (WC)
9:00 AM Podiatrist (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Sterling Bible Study (HMR)
11:00 AM Sterling Scholars (LAR)
1:30 PM Le's Play Mahjong! (SL)
 1:30 PM Poker Club (HC)
 2:00 PM WATER AEROBICS (WC)
3:00 PM Breast Cancer Recognition and Walk (LC)
3:00 PM Documentary Series : Lost Treasures of Ancient Civilization (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
6:00 PM Line Dancing with Nurse Laura (SL)

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
 9:30 AM SIT-AND-TONE (WC)
10:30 AM Catholic Communion Service (LAR)
12:00 PM Haunted Hampton Series
1:00 PM Rummikub (SL)
1:30 PM Bingo (LAR)
 3:00 PM Stretch and Relaxation Class (WC)

9:00 AM YOGA (WC)
9:30 AM Shopping: Publix (LFL)
 9:30 AM SIT-AND-TONE (WC)
 10:00 AM Support Group (SL)
 10:00 AM The Color Lab (LAR)
 10:00 AM Massage Therapy (WC)
 11:00 AM Beginner Mahjong Class (HC)
 11:00 AM Parkinson's Exercise Class (WC)
 1:00 PM Afternoon Shopping: Beik (LFL)
 2:00 PM WATER AEROBICS (WC)
 2:00 PM Art Club (HAS)
3:00 PM Needlework group (SL)
 3:00 PM Stretch and Relaxation Class (WC)
3:00 PM Word Puzzles! (LAR)
4:00 PM Hymns & Hope with Joel (LFL)

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Costume Contest Workshop (LAR)
11:00 AM Sterling Bridge Club (HMR)
1:00 PM Birthday Party! (HC)
2:30 PM Hand & Foot Card Game (HMR)
 3:00 PM Stretch and Relaxation Class (WC)
3:30 PM Happy Hour with Live Music (LFL)

9:00 AM YOGA (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Relax & Paint with Taylor and Amy (LAR)
10:30 AM Fun Friday Outing: Roo Mntn. Vineyards (LFL)
1:00 PM HISTORY CLUB (LAR)
2:00 PM Autumn Social (LAR)
2:30 PM Dominos (HMR)
 3:00 PM Stretch and Relaxation Class (WC)
5:45 PM Game Night (LDR)

9:00 AM POWER UP (WC)
 9:30 AM SIT-AND-TONE (WC)
 10:00 AM Bocce Fall Tournament Game (BBC)
10:00 AM Brain Games (LAR)
10:30 AM Giant Crossword (LAR)
 11:00 AM Bocce Fall Tournament Game (BBC)
12:00 PM Mount Paran School Chorus to perform at lunchtime (LDR)
1:00 PM Rummikub (SL)
1:30 PM Bingo (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
3:30 PM Golden Oldies Music Hour (LAR)
6:00 PM Game Night (LAR)

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

9:00 AM YOGA (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Sterling Bible Study (HMR)
11:00 AM Sterling Scholars-Ned Allen/ Make a Wish Foundation (LAR)
1:30 PM Le's Play Mahjong! (SL)
 1:30 PM Poker Club (HC)
 2:00 PM WATER AEROBICS (WC)
2:00 PM Gadget Gal Workshop (HMR)
 3:00 PM Bocce Fall Tournament Game (BBC)
3:00 PM Documentary Series : Lost Treasures of Ancient Civilization (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
 4:00 PM Bocce Fall Tournament Game (BBC)
6:00 PM Line Dancing with Nurse Laura (SL)

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
9:00 AM Men's Breakfast (HC)
 9:30 AM SIT-AND-TONE (WC)
10:30 AM Catholic Communion Service (LAR)
12:00 PM Haunted Hampton Series
1:00 PM Rummikub (SL)
1:30 PM Bingo (LAR)
 1:30 PM WII BOWLING TOURNAMENT AT WESTCOBB (WC)
3:00 PM Meet Your Neighbor (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
4:30 PM Dinner Club Goes Out! (HC)

9:00 AM YOGA (WC)
9:30 AM Shopping: Walmart (LFL)
 9:30 AM SIT-AND-TONE (WC)
 10:00 AM Support Group (SL)
 10:00 AM The Color Lab (LAR)
 11:00 AM Beginner Mahjong Class (HC)
 11:00 AM Parkinson's Exercise Class (WC)
 2:00 PM WATER AEROBICS (WC)
 2:00 PM Art Club (HAS)
3:00 PM Needlework group (SL)
 3:00 PM Stretch and Relaxation Class (WC)
4:00 PM Hymns & Hope with Joel (LFL)

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Costume Contest Workshop (LAR)
11:00 AM Sterling Bridge Club (HMR)
2:30 PM Hand & Foot Card Game (HMR)
 3:00 PM Stretch and Relaxation Class (WC)
5:00 PM Monster Mash Theme Dinner (LC)

Halloween
 9:00 AM YOGA (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Stick it to the Beat (LAR)
1:00 PM Sterling Cinemas: Young Frankenstein (LAR)
2:30 PM Dominos (HMR)
 3:00 PM Stretch and Relaxation Class (WC)
5:45 PM Game Night (LDR)

9:00 AM POWER UP (WC)
 9:30 AM SIT-AND-TONE (WC)
 10:00 AM Bocce Fall Tournament Game (BBC)
10:00 AM Brain Games (LAR)
10:30 AM Giant Crossword (LAR)
 11:00 AM Bocce Fall Tournament Game (BBC)
1:00 PM Rummikub (SL)
1:30 PM Bingo (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
3:30 PM Golden Oldies Music Hour (LAR)
6:00 PM Game Night (LAR)

October 2025

Cottage & Apartment Special Events
 3165 Dallas Hwy, Marietta, GA 30064 770-255-7000



FLU AND 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

INDEPENDENT RESIDENTS - 2 PM - 4 PM

HAUNTED HAMPTON SERIES

CALLING ALL DETECTIVES!

Join your neighbors each Tuesday for this year's murder mystery. Each week we will unlock clues from our story to solve a wicked crime!



TUESDAYS AT 12 IN THE CLUB

LIVE ENTERTAINMENT

10/2 - Jon Lorenz at Happy Hour

10/9 - Gil Caro at Happy Hour

10/16 - Butch Reeves at Happy Hour

10/23 - Loose Shoes at Happy Hour

10/25 - Mt. Paran Chorus Performance

10/30 - Sara Davies at Monster Mash

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

10/28 - Dinner Club Goes Out!

"By the pricking of my thumbs, something wicked this way comes" - William Shakespeare

MONSTER MASH!

JOIN US FOR A
FRIGHTFULLY FUN
DINNER PARTY!

WE WILL BE MONSTER MASHING
ALL NIGHT LONG AND AWARDED
PRIZES TO THE BEST DRESSED
CREATURES OF THE NIGHT...
BE THERE IF YOU DARE!



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

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**

DRAMA CLUB MEETING

Time to kick off practice for our Holiday Show! Join us as we discuss our upcoming play and assign roles. Showtime will be this December, let's get going!

**THURSDAY, OCTOBER 16th, at 2 PM
in the Landmark Activity Room**

STERLING CINEMAS

This month, Sterling Cinemas Presents:

Mel Brooks'

"YOUNG FRANKENSTEIN"

Join us for this classic monster comedy starring Gene Wilder and Peter Boyle... complete with movie treats!



**FRIDAY OCTOBER 31ST AT 1 PM
IN THE LANDMARK ACTIVITY ROOM**

OCTOBER BIRTHDAYS:



10/7 - IRENE CANTONE

10/9 - NORM PORIER

10/13 - MARIANNE RAMSEY

10/15 - GEORGE ROGERS

10/16 - JIM HUFFORD

10/19 - AL DICENSO

10/19 - DORIS KUCKHOFF

10/21 - CJ BIGGER

10/22 - HARRY HARGROVE

10/22 - MARIS EDWARDS

10/24 - BIRDIE BASSETT

10/26 - LEON BALLENTINE

**Join us on October 23rd at 1 PM for our
birthday party in the Hampton Club**