

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY BBC - Bocce Ball Court CC - Casual Cafe HMR - Hampton Media Room	LAR - Landmark Activity Room LDR - Landmark Dining Room LFL - Landmark Front Lobby	LFP - Landmark Front Porch SL - Stratford Lounge WC - Wellness Center Pool - Wellness Center Pool		9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 10:00 Derby Hat Workshop (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 Let's Play Ball! (LAR) 1:00 History Club with David Strand (LAR) 2:30 Sterling Derby Day (LFP) 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) 10:30 Giant Crossword (LAR) 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 3:00 Sunday Social with Refreshments (LAR) 3:30 Music Bingo (LAR)	4 Cinco de Mayo 9:00 Yoga (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) 2:00 Gadget Gal Explains! (HMR) 3:00 Cinco de Mayo Celebration (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	5 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 10:30 Catholic Communion Service (LAR) 11:00 Trivia Challenge (LFL) 1:30 Bingo (LAR) 3:00 AL Rummikub Club (LAR) 3:00 Stretch and Relaxation Class (WC) 3:00 Who, What, Where? Guessing Game (LAR)	6 9:00 Yoga (WC) 9:30 Shopping: Walmart (LFL) 9:30 Sit-and-Tone (WC) 10:00 Lifelong Learning: Spelling Bee (LAR) 10:00 Massage Therapy is Back (WC) 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 w/ Joel (LFL) 4:00 Scholarship Awards and Senior Recognition (Blue Bird Cafe)	7 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 10:00 Tea Party Prep-Volunteers needed (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)	8 9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 2:30 Ladies' Day Tea (LDR) 3:00 AL Bridge Club (CC) 3:00 Stretch and Relaxation Class (WC) 5:45 Game Night (LDR)	9 9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) 10:00 Bocce Game (BBC) 10:00 Brain Games (LAR) 10:30 Giant Crossword (LAR) 11:00 Bocce 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)
Mother's Day 10:45 Sterling Church Service (LAR) 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Mystery Trivia 3:00 Sunday Social with Refreshments (LAR) 3:30 Music Bingo (LAR)	11 9:00 Yoga (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 Bocce Game (BBC) 3:00 Stretch and Relaxation Class (WC) 3:00 The Americas: Documentary Series (LAR) 4:00 Bocce Game (BBC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	12 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 10:30 Catholic Communion Service (LAR) 11:00 Trivia Challenge (LFL) 1:30 Bingo (LAR) 3:00 AL Rummikub Club (LAR) 3:00 Stretch and Relaxation Class (WC) 7:00 Widow Support Group w/ Trudy Green (LAR)	13 9:00 Yoga (WC) 9:30 Shopping: Kroger (LFL) 9:30 Sit-and-Tone (WC) 10:00 Word Game (LAR) 10:30 On-site Jewelry Repair (LFL) 11:00 Parkinson's Exercise Class (WC) 1:00 Afternoon Shopping: Pike Nurseries (LFL) 1:00 AL Bible Study with Joel (LAR) 1:00 One-on-one Visits 2:00 Water Aerobics (WC) 3:00 Garden Club (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 Practice for Wii Bowling 4:00 Hymns & Hope w/ Joel (LFL)	14 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 10:00 Silly Bean Auction (LAR) 11:00 Music Hour w/ Barry (LFL) 11:30 One-on-one Visits 1:00 Trivia (LFL) 3:00 Stretch and Relaxation Class (WC)	15 9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 10:00 Relax & Paint with Taylor and Amy (LAR) 10:30 Fun Friday Outing: Kennesaw Mountain Battlefield (LFL) 1:00 History Club with David Strand (LAR) 2:00 Ice Cream Social (LAR) 3:00 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	16 9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) 10:00 Bocce Game (BBC) 10:00 Brain Games (LAR) 10:30 Giant Crossword (LAR) 11:00 Bocce Game (BBC) 11:00 Piano Recital (LFL) 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 3:00 Sunday Social with Refreshments (LAR) 3:00 St. James Episcopal Church (LFL) 3:30 Music Bingo (LAR)	18 9:00 Yoga (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) 2:00 Gadget Gal Workshop (HMR) 3:00 Bocce Game (BBC) 3:00 Stretch and Relaxation Class (WC) 3:00 The Americas: Documentary Series (LAR) 4:00 Bocce Game (BBC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	19 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 10:30 Catholic Communion Service (LAR) 11:00 Trivia Challenge (LFL) 1:30 Bingo (LAR) 3:00 AL Rummikub Club (LAR) 3:00 Stretch and Relaxation Class (WC) 3:00 Who, What, Where? Guessing Game (LAR) 4:30 AL Dinner Club: House of Lu (LFL)	20 9:00 Yoga (WC) 9:30 Shopping: Walmart (LFL) 9:30 Sit-and-Tone (WC) 10:00 Lifelong Learning: Spelling Bee (LAR) 10:00 Massage Therapy is Back (WC) 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 w/ Joel (LFL)	21 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 10:00 Brown Bag Concert Series on the Marietta Square (LFL) 1:00 Trivia (LFL) 3:00 Stretch and Relaxation Class (WC) 3:30 Happy Hour with Live Music (LFL)	22 9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 9:30 Fun Friday Outing: Tour of Mercedes Benz Stadium (LFL) 10:00 Let's Play Ball! (LAR) 1:00 History Club with David Strand (LAR) 2:00 Ice Cream Social (LAR) 3:00 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	23 9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) 10:00 Bocce Game (BBC) 10:00 Brain Games (LAR) 10:30 Giant Crossword (LAR) 11:00 Bocce 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 Sunday Matinee: Julie & Julia (LAR) 3:30 Music Bingo (LAR)	25 Memorial Day 9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 10:00 Monday Morning Meetup (CC) 11:00 Memorial Day Concert Celebration (LFP) 1:30 Left Right Center Game (LAR) 2:00 Water Aerobics (WC) 3:00 Bocce Game (BBC) 3:00 Stretch and Relaxation Class (WC) 3:00 The Americas: Documentary Series (LAR) 4:00 Bocce Game (BBC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	26 9:00 Power Up (WC) 9:00 Aqua Power (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 (WC) 3:00 AL Rummikub Club (LAR) 3:00 Stretch and Relaxation Class (WC) 3:00 Who, What, Where? Guessing Game (LAR)	27 9:00 Yoga (WC) 9:30 Shopping: Publix (LFL) 9:30 Sit-and-Tone (WC) 10:00 Word Game (LAR) 11:00 Parkinson's Exercise Class (WC) 1:00 Afternoon Shopping: Marshalls (LFL) 1:00 AL Bible Study with Joel (LAR) 1:00 One-on-one Visits 2:00 Water Aerobics (WC) 3:00 Garden Club (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 Practice for Wii Bowling 4:00 Hymns & Hope w/ Joel (LFL)	28 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 10:00 May Mystery Game (LAR) 1:00 May Birthday Party! (LAR) 2:00 Trivia (LFL) 3:00 Stretch and Relaxation Class (WC) 3:30 Happy Hour with Live Music (LFL)	29 9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 9:30 Fun Friday Outing: Yellow River Wildlife Sanctuary (LFL) 9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) 10:00 Relax & Paint with Taylor and Amy (LAR) 1:00 History Club with David Strand (LAR) 2:00 Ice Cream Social (LAR) 3:00 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	30 9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) 10:00 Bocce Game (BBC) 10:00 Brain Games (LAR) 10:30 Giant Crossword (LAR) 11:00 Bocce 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)
						31 9:00 Power Up (WC) 9:30 Sit-and-Tone (WC) 10:00 Bocce Game (BBC) 10:00 Brain Games (LAR) 10:30 Giant Crossword (LAR) 11:00 Bocce 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)



HAPPY BIRTHDAY



5/2 Rhea Pridgen

5/3 Suzie Karnatz

5/5 Paula Lineback

5/9 Debbie Zienert

5/12 Angela Williams

5/15 Tommy Lord

5/15 Randy Cameron

5/22 Diane Slocum

5/23 Frank Joyce

5/25 John Meinecke

5/27 Joyce Cabler

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.

5/7 - Walmart

5/14 - Kroger & Pike Nursery

5/21 - Walmart

5/28 - Publix & Marshalls



LIVE ENTERTAINMENT

5/1 Scotty Paulk

5/8 Gil Karo

5/9 Ollie Boy on the violin for Ladies Day Tea

5/15 Butch Reeves

5/22 Loose Shoes

5/29 Sara Davies



Ladies Day Tea

*Join us for a Tea Party
for all the sterling ladies!*

*May 9th at 2:30 in the Landmark
Dining Room*



AL Dinner Club Goes to:

House of Lu on Tuesday May 20th at 4:30pm

Sign up in the Activity Room!

Memorial Day Concert

Join us on the Landmark Front Porch for an honorable dedication on Memorial Day. Butch Reeves will be here for a patriotic program!

**Monday, May 26th at 11 AM
on the Landmark Front Porch**

STERLING ON THE GO!

5/16 - Kennesaw Mountain Battlefield
Park and Museum

5/22-Lunch Concert on the Marietta Square

5/23 - Guided tour of

Mercedes-Benz Stadium

5/27 - Dinner Club Goes to House of Lu

5/30 - Yellow River Wildlife Sanctuary

STERLING DERBY DAY

Join us on the Landmark Front Porch for our annual Derby Day! Place your bets for the winning horse and come on down to Millionaire's Row for light refreshments and lots of fun!

**Friday, May 2nd at
2:30 PM**



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!