9:00 Power Up (WC) 9:00 Yoga (WC) 9:00 Power Up (WC) 9:00 Yoga (WC) 9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:00 Facials in the Wellness 9:30 Shopping: Walmart 9:30 Bocce Game (BBC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) (LFL) 9:30 Sit-and-Tone (WC) 11:00 Fourth of July 9:30 Sit-and-Tone (WC) Center (WC) 9:30 Sit-and-Tone (WC) 10:00 Bocce Game (BBC) **Celebration with Butch** 0:00 Armchair Traveling 9:30 Sit-and-Tone (WC) 10:00 Word Game (LAR) 10:00 Brain Games (LAR) Reeves (LFP) (LAR) 10:30 Catholic Communion Service 10:00 Massage Therapy is Back (WC) 10:30 Giant Crossword (LAR) 11:00 Newsletter Committee 1:00 History Club with David (LAR) 11:00 Parkinson's Exercise Class (WC) 11:00 Bocce Game (BBC) 11:00 Trivia Challenge (LFL) Meeting (LAR) Strand (LAR) 1:00 AL Bible Study with Joel (LAR) 11:00 Practice for Wii Bowling 1:30 Bingo (LAR) 11:30 One-on-one Visits 2:00 Popsicles on the Porch (LFP) 2:00 Water Aerobics (WC 1:30 Bingo (LAR) 1:30 Wii Bowling Tournament at 2:00 Sterling Jeopardy (LAR) 1:00 Trivia (LFL) 2:30 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) Sterling East (LFL) 3:00 Stretch and Relaxation Class (WC) 3:00 Stretch and Relaxation Class (WC) 3:30 Golden Oldies Music Hour (LAR) 3:00 Stretch and Relaxation Class (WC) 3:00 Stretch and Relaxation Class (WC) 3:30 Practice for Wii Bowling 4:00 Hymns & Hope w/ Joel (LFL) 3:30 Happy Hour with Live Music 4:00 Group Trivia (LFL) 6:00 Game Night (LAR) 3:00 Word Game (LAR) 5:45 Game Night (LDR) (LFL) 3:30 AL Rummikub Club (LAR) 9:00 Yoga (WC) 9:00 Yoga (WC) 9:00 Power Up (WC) 9:00 Yoga (WC) 9:00 Power Up (WC) 9:00 Power Up (WC) 10:45 Sterling 9:30 Shopping: Kroger (LFL) 9:30 Sit-and-Tone (WC) 9:30 Sit-and-Tone (WC) 9:00 Aqua Power (Pool) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) **Church Service** 10:00 Monday Morning Meetup 9:30 Sit-and-Tone (WC) 9:30 Fun Friday Outing: 9:30 Sit-and-Tone (WC) 9:30 Sit-and-Tone (WC) 10:00 Brain Games (LAR) io:oo Who, What, Where? (LAR) **Atlanta Monetary Museum** 1:00 Sterling Scholars-Guest 10:00 Armchair Traveling 10:30 Catholic 10:30 Giant Crossword **Guessing Game (LAR)** 11:00 First Presbyterian Lecturer-Thayer Naples (LAR) 10:30 On-site Jewelry Repair (LFL) **Communion Service (LAR)** (LAR) (LAR) 10:00 Ŕelax & Paint with Taylor and 1:30 Left Right Center Game (LAR) 11:00 Parkinson's Exercise Class (WC) Church of Marietta (HMR) 11:00 Newsletter Committee 11:00 Practice for Wii Bowling 11:00 Trivia Challenge (LFL) Amy (LAR) 1:00 Afternoon Shopping: Aldi (LFL) 2:00 Gadget Gal Explains! (HMR) 1:00 History Club with David Strand 1:30 Bingo (LAR) Meeting (LAR) 1:30 Bingo (LAR) 1:00 Mystery Trivia (LFL) 1:00 AL Bible Study with Joel (LAR) 3:00 Bocce Game (BBC) 11:30 One-on-one Visits (LAR) 3:00 Meet Your Neighbor (LAR) 3:00 Stretch and Relaxation Class (WC) 1:00 One-on-one Visits 3:00 Stretch and Relaxation Class (WC) 3:00 Sunday Social with 2:00 Ice Cream Social (LAR) 1:00 Trivia (LFL) 3:30 Golden Oldies Music Hour 3:00 Stretch and Relaxation Class (WC) 3:00 The Americas: Documentary Series 2:30 AL Bridge Club (LAR) **Refreshments (LAR)** 3:00 Garden Club (LAR) (LAR) 3:30 AL Rummikub Club (LAR) 3:00 Stretch and Relaxation Class (WC) (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Bocce Game (BBC) 3:30 Music Bingo (LAR) 3:30 Happy Hour with Live Music 6:00 Game Night (LAR) 7:00 Widow Support Group w/ 4:00 Time Travel Trivia (LFL) 3:30 Practice for Wii Bowling 4:00 Group Trivia (LFL) Trudy Green (LAR) (LFL) 4:00 Hymns & Hope w/ Joel (LFL) 6:00 Line Dancing with Nurse Laura (SL) 5:45 Game Night (LDR) 10:45 Sterling Church 9:00 Power Up (WC) 9:00 Yoga (WC) 9:00 Power Up (WC) 9:00 Yoga (WC) 9:00 Power Up (WC) 9:00 Yoga (WC) 9:00 Podiatrist (WC) 9:30 Shopping: Walmart 9:00 Fun Friday Outing: 9:00 Aqua Power (Pool) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) Service (LAR) (LFL) 9:30 Sit-and-Tone (WC) World of Coke (LFL) 10:00 Brain Games (LAR) 9:30 Sit-and-Tone (WC) 11:00 First Presbyterian 9:30 Sit-and-Tone (WC) 30 Sit-and-Tone (WC) 10:00 Monday Morning 9:30 Sit-and-Tone (WC) 10:00 Armchair 10:30 Giant Crossword **Church of Marietta** 10:30 Catholic Meetup (CC) 10:00 Word Game (LAR) 10:00 Let's Play Ball! (LAR) (LAR) Traveling (LAR) (HMR) 11:00 Sterling Scholars-Guest Author-**Communion Service (LAR)** 10:00 Massage Therapy is Back (WC) 1:00 History Club with David 11:00 Practice for Wii Bowling 11:00 Music Hour w/ Barry (LFL) Natalie Silver (LAR) 11:00 Parkinson's Exercise Class (WC) 1:00 Mystery Trivia (LFL) 11:00 Trivia Challenge (LFL) 1:30 Left Right Center Game (LAR) 1:00 AL Bible Study with Joel (LAR) Strand (LAR) 1:30 Bingo (LAR) 11:30 One-on-one Visits 3:00 Sunday Social with 1:30 Bingo (LAR) 2:00 Water Aerobics (WC) 1:00 One-on-one Visits 2:00 Ice Cream Social (LAR) 3:00 Stretch and Relaxation Class (WC) 3:00 Stretch and Relaxation Class 3:00 Stretch and Relaxation Class **Refreshments (LAR)** 3:00 July Documentary Series (LAR) 2:00 Water Aerobics (WC) 2:30 AL Bridge Club (LAR) 3:30 Golden Oldies Music Hour (WC) 2:00 Sterling Jeopardy (LAR) 3:00 Piano Performance with 3:00 Stretch and Relaxation Class (WC) (WC) 3:00 Stretch and Relaxation Class (WC) (LAR) 5:00 Casino Night Theme Dinner 4:00 Time Travel Trivia (LFL) 3:00 Stretch and Relaxation Class (WC) **Kailee Helton (LFL)** 3:00 Word Game (LAR) 4:00 Group Trivia (LFL) 6:00 Game Night (LAR) 3:30 Practice for Wii Bowling 6:00 Line Dancing with Nurse Laura (LDR) 3:30 AL Rummikub Club (LAR) 3:30 Music Bingo (LAR) 5:45 Game Night (LDR) 4:00 Hymns & Hope w/ Joel (LFL) 10:45 Sterling Church 9:00 Yoga (WC) 9:00 Yoga (WC) 9:00 Power Up (WC) 9:00 Power Up (WC) 9:00 Audiologist (WC) 9:00 Power Up (WC) 9:30 Shopping: Publix (LFL) 9:30 Sit-and-Tone (WC) 9:00 Yoga (WC) Service (LAR)):00 Aqua Power (Pool) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) :30 Sit-and-Tone (WC) 9:30 Sit-and-Tone (WC) 10:00 Monday Morning 9:30 Sit-and-Tone (WC) 9:30 Sit-and-Tone (WC) 10:00 Brain Games (LAR) 1:00 First Presbyterian 10:00 Who, What, Where? 0:30 Catholic Communion 10:00 Relax & Paint with Meetup (CC) o:oo Silly Bean Auction 10:30 Giant Crossword **Church of Marietta Guessing Game (LAR)** Service (LAR) Taylor and Amy (LAR) 11:00 Sterling Scholars (LAR) 11:00 Parkinson's Exercise Class (WC) (LAR) (LAR) 11:00 Trivia Challenge (LFL) 10:30 Fun Friday Outing: Trip to the (HMR) 1:30 Left Right Center Game (LAR) 1:00 Afternoon Shopping: TJ Maxx (LFL) 11:00 Newsletter Committee 11:00 Practice for Wii Bowling 1:30 Bingo (LAR) Movies! (LFL) 1:00 Mystery Trivia (LFL) 2:00 Water Aerobics (WC) 1:00 AL Bible Study with Joel (LAR) 1:30 Wii Bowling Tournament at Meeting (LAR) 1:00 History Club with David Strand 1:30 Bingo (LAR) 2:00 Gadget Gal Workshop (HMR) 3:00 Sunday Social with 1:00 One-on-one Visits **Sterling West (WC)** 11:30 One-on-one Visits (LAR) 3:00 Stretch and Relaxation Class (WC) 3:00 July Documentary Series (LAR) 2:00 Water Aerobics (WC) Refreshments (LAR) 3:00 Meet Your Neighbor (LAR) 2:00 Guess Who's Who (LAR) 3:30 Golden Oldies Music Hour-w/ 1:00 Trivia (LFL) 3:00 Stretch and Relaxation Class (WC) 3:00 Garden Club (LAR) 3:00 St. James Episcopal 3:00 Stretch and Relaxation Class (WC) 2:30 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) Kailee Helton on the Piano (LFL) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL) 3:30 AL Rummikub Club (LAR) 3:00 Stretch and Relaxation Class (WC) Church (LFL) 3:30 Practice for Wii Bowling 3:30 Happy Hour with Live Music 6:00 Game Night (LAR) 6:00 Line Dancing with Nurse Laura 4:00 Group Trivia (LFL) 4:30 AL Dinner Club: Gianni & Mac's 4:00 Hymns & Hope w/ Joel (LFL) 3:30 Music Bingo (LAR) (LFL) (LFL) 5:45 Game Night (LDR) 10:45 Sterling 9:00 Yoga (WC) 9:00 Power Up (WC) 9:00 Yoga (WC) 9:00 Power Up (WC) LOCATION KEY LDR - Landmark Dining 9:30 Shopping: Walmart 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) 9:00 Aqua Power (Pool) **Church Service** Room 10:00 Monday Morning **BBC** - Bocce Ball Court (LFL) 9:30 Sit-and-Tone (WC) 9:30 Sit-and-Tone (WC) (LAR) 9:30 Sit-and-Tone (WC) 10:00 Armchair Traveling Meetup (CC) LFL - Landmark Front 10:30 Catholic CC - Casual Cafe 10:00 Word Game (LAR) 11:00 Sterling Scholars (LAR) 11:00 First Presbyterian **Communion Service (LAR)** Lobby 10:00 Massage Therapy is Back (WC) 11:00 Newsletter Committee Meeting 1:30 Left Right Center Game (LAR) **Church of Marietta (HMR)** HMR - Hampton Media 11:00 Parkinson's Exercise Class (WC) 11:00 Trivia Challenge (LFL) (LAR) 2:00 Water Aerobics (WC) LFP - Landmark Front Porch 1:00 AL Bible Study with Joel (LAR) 1:00 Sunday Matinee: Ferris 11:30 One-on-one Visits Room 3:00 July Documentary Series (LAR) 1:30 Bingo (LAR) 1:00 One-on-one Visits 1:00 AL Birthday Party! (LAR) **Bueller's Day Off (LAR)** 3:00 Stretch and Relaxation Class (WC) 3:00 Stretch and Relaxation Class SL - Stratford Lounge 2:00 Water Aerobics (WC) LAR - Landmark Activity 2:00 Trivia (LFL) 4:00 Time Travel Trivia (LFL) 3:30 Music Bingo (LAR) (WC) 3:00 Stretch and Relaxation Class (WC) 3:00 Stretch and Relaxation Class (WC) WC - Wellness Center Room 6:00 Line Dancing with Nurse Laura 3:00 Word Game (LAR) 3:30 Practice for Wii Bowling 3:30 Happy Hour with Live Music 4:00 Hymns & Hope w/ Joel (LFL) 3:30 AL Rummikub Club (LAR) Pool - Wellness Center Pool **July** 2025 **Campus Events & Outings**

3165 Dallas Hwy, Marietta, GA 30064 770-255-7000



7/6 Carolyn Bayer 7/17 Jimmy Bivins
7/7 Joanna Patterson 7/24 Bob Ramsey
7/13 Kathleen 7/25 Katy Beno
O'Shaughnessy
7/15 Beverly Graham
7/28 Betty Boling

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.



7/2 - Walmart 7/9 - Kroger & Aldi 7/16 - Walmart



7/23 - Publix & TJ Maxx 7/30 - Walmart

AL Dinner Club Goes to:



Come with us to a night out to Gianni and Mac's Wednesday July 22nd at 4:30pm.
Sign up in the Activity Room!

LIVE ENTERTAINMENT

July 3rd - Brandon Crocker at Happy Hour July 4th - Butch Reeves for an July 4th Celebration July 10th - Loose Shoes at Happy Hour July 24th - Sara Davies at Happy Hour July 31st - Gil Caro at Happy Hour



July 4th Celebration

Butch Reeves will be here with a special performance for July 4th! Wear your best red, white, and blue!

Friday July 4th at 11 am on the Landmark Front Porch

STERLING ON THE GO!

7/11 - Atlanta Money Museum 7/18 - World of Coke 7/25 - Trip to the Movies



ARMCHAIR TRAVELING

Join us on an adventure to all kinds of exciting places in our summer series - armchair travels!

No passport required!



Thursdays at 10am 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!