

SUN	MON	TUE	WED	THUR	FRI	SAT
		9:00 Power Up (WC) 9:00 Aqua Power (Pool) <b>9:00 Facials in the Wellness Center (WC)</b> 9:30 Sit-and-Tone (WC) <b>10:30 Catholic Communion Service (LAR)</b> 11:00 Trivia Challenge (LFL) <b>1:30 Bingo (LAR)</b> <b>1:30 Wii Bowling Tournament at Sterling East (LFL)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:00 Word Game (LAR)</b> <b>3:30 AL Rummikub Club (LAR)</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>10:00 Massage Therapy is Back (WC)</b> <b>11:00 Parkinson's Exercise Class (WC)</b> <b>1:00 AL Bible Study with Joel (LAR)</b> 2:00 Water Aerobics (WC) <b>2:00 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>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) <b>10:00 Armchair Traveling (LAR)</b> <b>11:00 Newsletter Committee Meeting (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>11:00 Fourth of July Celebration with Butch Reeves (LFP)</b> <b>1:00 History Club with David Strand (LAR)</b> <b>2:00 Popsicles on the Porch (LFP)</b> <b>2:30 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) <b>9:30 Bocce Game (BBC)</b> 9:30 Sit-and-Tone (WC) <b>10:00 Bocce Game (BBC)</b> <b>10:30 Giant Crossword (LAR)</b> <b>11:00 Bocce Game (BBC)</b> <b>11:00 Practice for Wii Bowling</b> 1:30 Bingo (LAR) 3:00 Stretch and Relaxation Class (WC) <b>3:30 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 (LFL)</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-Guest Lecturer- Thayer Naples (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>3:00 Bocce Game (BBC)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:00 The Americas: Documentary Series (LAR)</b> <b>4:00 Bocce Game (BBC)</b> <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 Meet Your Neighbor (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 AL Rummikub Club (LAR)</b> <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 Who, What, Where? Guessing Game (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: Aldi (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 Armchair Traveling (LAR)</b> <b>11:00 Newsletter Committee Meeting (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 Fun Friday Outing: Atlanta Monetary Museum (LFL)</b> <b>10:00 Relax &amp; Paint with Taylor and Amy (LAR)</b> <b>1:00 History Club with David Strand (LAR)</b> <b>2:00 Ice Cream Social (LAR)</b> <b>2:30 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>3:30 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 (LFL)</b> <b>3:00 Sunday Social with Refreshments (LAR)</b> <b>3:00 Piano Performance with Kailee Helton (LFL)</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-Guest Author- Natalie Silver (LAR)</b> <b>1:30 Left Right Center Game (LAR)</b> 2:00 Water Aerobics (WC) <b>3:00 July 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> 3:00 Stretch and Relaxation Class (WC) <b>3:00 Word Game (LAR)</b> <b>3:30 AL Rummikub Club (LAR)</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>10:00 Massage Therapy is Back (WC)</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>2:00 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>	9:00 Power Up (WC) 9:00 Aqua Power (Pool) 9:30 Sit-and-Tone (WC) <b>10:00 Armchair Traveling (LAR)</b> <b>11:00 Music Hour w/ Barry (LFL)</b> <b>11:30 One-on-one Visits</b> 3:00 Stretch and Relaxation Class (WC) <b>5:00 Casino Night Theme Dinner (LDR)</b>	9:00 Yoga (WC) <b>9:00 Fun Friday Outing: World of Coke (LFL)</b> 9:30 Sit-and-Tone (WC) <b>10:00 Let's Play Ball! (LAR)</b> <b>1:00 History Club with David Strand (LAR)</b> <b>2:00 Ice Cream Social (LAR)</b> <b>2:30 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>3:30 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 (LFL)</b> <b>3:00 Sunday Social with Refreshments (LAR)</b> <b>3:00 St. James Episcopal Church (LFL)</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 Workshop (HMR)</b> <b>3:00 July 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>1:30 Wii Bowling Tournament at Sterling West (WC)</b> <b>3:00 Meet Your Neighbor (LAR)</b> 3:00 Stretch and Relaxation Class (WC) <b>3:30 AL Rummikub Club (LAR)</b> <b>4:30 AL Dinner Club: Gianni &amp; Mac's (LFL)</b>	9:00 Yoga (WC) <b>9:30 Shopping: Publix (LFL)</b> 9:30 Sit-and-Tone (WC) <b>10:00 Who, What, Where? Guessing Game (LAR)</b> <b>11:00 Parkinson's Exercise Class (WC)</b> <b>1:00 Afternoon Shopping: TJ Maxx (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 Silly Bean Auction (LAR)</b> <b>11:00 Newsletter Committee Meeting (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 Audiologist (WC) 9:00 Yoga (WC) 9:30 Sit-and-Tone (WC) <b>10:00 Relax &amp; Paint with Taylor and Amy (LAR)</b> <b>10:30 Fun Friday Outing: Trip to the Movies! (LFL)</b> <b>1:00 History Club with David Strand (LAR)</b> <b>2:00 Guess Who's Who (LAR)</b> <b>2:30 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>3:30 Golden Oldies Music Hour-w/ Kailee Helton on the Piano (LFL)</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: Ferris Bueller's Day Off (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>3:00 July 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> 3:00 Stretch and Relaxation Class (WC) <b>3:00 Word Game (LAR)</b> <b>3:30 AL Rummikub Club (LAR)</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>10:00 Massage Therapy is Back (WC)</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) 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 Armchair Traveling (LAR)</b> <b>11:00 Newsletter Committee Meeting (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>	<b>LOCATION KEY</b> 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	







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 7/28 Betty Boling  
7/15 Beverly Graham

## 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

Walmart  
Save money. Live better.



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



## Casino Night

VIUA LAS STERLING!

WE'RE TURNING UP THE STAKES  
FOR ONE UNFORGETTABLE  
THEME DINNER!

Thursday July 17<sup>th</sup>  
at 5 O'clock

Landmark Dining Room



## July 4<sup>th</sup> Celebration

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

Friday July 4<sup>th</sup> 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!