

SUN	MON	TUE	WED	THUR	FRI	SAT
	Labor Day 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 10:00 Monday Morning Meetup (CC) 1:30 Left Right Center Game (LAR) 2:00 WATER AEROBICS (WC) 3:00 Documentary Series: Our Great National Parks (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL)	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: Walmart (LFL) 9:30 SIT-AND-TONE (WC) 10:00 Word Game (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 Word Puzzles! (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 Relax & Paint with Taylor and Amy (LAR) 10:30 Fun Friday Outing: Feather's Edge Vineyard (LFL) 1:00 History Club with David Strand (LAR) 2:00 Milkshake 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 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 (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 w/ Greg Athnos (LAR) 1:30 Left Right Center Game (LAR) 2:00 WATER AEROBICS (WC) 2:00 Gadget Gal Explains! (HMR) 3:00 Documentary Series: Our Great National Parks (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura at the Grande (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: Kroger (LFL) 9:30 SIT-AND-TONE (WC) 10:00 The Color Lab (LAR) 10:00 Massage Therapy is Back (WC) 10:30 On-site Jewelry Repair (LFL) 11:00 Parkinson's Exercise Class (WC) 1:00 Afternoon Shopping: Ross (LFL) 1:00 AL Bible Study with Joel (LAR) 1:00 One-on-one Visits 2:00 WATER AEROBICS (WC) 3:00 Music Bingo (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 Practice for Wii Bowling 4:00 Bocce Drawing (WC) 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 Word Puzzles! (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 Craft Time with Primrose students (LAR) 10:00 Fun Friday Outing: Gone with the Wind Museum (LFL) 1:00 History Club with David Strand (LAR) 2:00 Milkshake 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 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 (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 (LAR) 1:30 Left Right Center Game (LAR) 2:00 WATER AEROBICS (WC) 3:00 Documentary Series: Our Great National Parks (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) 4:30 AL Dinner Club: LongHorn Steakhouse (LFL)	9:00 YOGA (WC) 9:30 Shopping: Walmart (LFL) 9:30 SIT-AND-TONE (WC) 10:00 Word Game (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) 11:00 Music Hour w/ Barry (LFL) 2:00 Sterling State Fair (LC)	9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 10:00 Let's Play Ball! (LAR) 11:00 Lunch Outing to Big Doug's! (LFL) 1:00 History Club with David Strand (LAR) 2:00 Popcorn 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 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 (LFL) 3:00 Sunday Social with Refreshments (LAR) 3:00 St. James Episcopal Church (LFL) 3:30 Music Bingo (LAR)	Rosh Hashanah 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 10:00 Monday Morning Meetup (CC) 11:00 Sterling Scholars w/ The Wellness Team (LAR) 1:30 Left Right Center Game (LAR) 2:00 WATER AEROBICS (WC) 2:00 Gadget Gal Workshop (HMR) 3:00 Documentary Series: Our Great National Parks (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) 2:30 Harpsicord Performance by Steve Hilton (LFL) 3:00 Meet Your Neighbor (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 AL Rummikub Club (LAR)	Rosh Hashanah Ends 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 is Back (WC) 11:00 Parkinson's Exercise Class (WC) 1:00 Afternoon Shopping Trip: Hobby Lobby (LFL) 1:00 AL Bible Study with Joel (LAR) 1:00 One-on-one Visits 2:00 WATER AEROBICS (WC) 3:00 Music Bingo (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 Silly Bean Auction (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) 10:00 Fun Friday Outing: Georgia Racing Hall of Fame (LFL) 1:00 History Club with David Strand (LAR) 2:00 Milkshake 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 Sunday Matinee: Pay It Forward (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 (LAR) 1:30 Left Right Center Game (LAR) 2:00 WATER AEROBICS (WC) 3:00 Bocce Fall Tournament Game (BBC) 3:00 Documentary Series: Our Great National Parks (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) 11:00 POP UP SHOP w/ Dee's Affordable Finds (LFL) 1:30 Bingo (LAR) 1:30 Wii Bowling Tournament (East Cobb) 3:00 Stretch and Relaxation Class (WC) 3:00 Word Game (LAR) 3:30 AL Rummikub Club (LAR)	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





HAPPY BIRTHDAY



9/4 Lil Prillaman 9/16 Margaret Adam
 9/13 Barbara Turriglio 9/23 Burma Weller
 9/13 Ann Allen 9/28 Gail Slocum
 9/14 Martin Breski 9/29 Betsy Bridgers

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.



9/3 Walmart



9/10 Kroger & Ross



9/17 Walmart



9/24 Publix & Hobby Lobby

AL Dinner Club Goes to:



Come with us to a night out to Longhorn Steakhouse on September 16th at 4:30pm! Sign up in the Activity Room!

LIVE ENTERTAINMENT

9/4 - Brandon Crocker at Happy Hour
 9/11 - Loose Shoes at Happy Hour
 9/19 - Butch Reeves at State Fair
 9/23 - Harpsichordist Steve Hilton in the Landmark Front Lobby
 9/25 - Jenn Crowley at Happy Hour



Sterling State Fair

Join us for a good time and a good cause!

Including games, prizes, and special treats.

Every dollar raised at our state fair goes to the Alzheimer's Association!



September 18th



2-4pm in the Landmark Courtyard

Alzheimer's Awareness

Join your Wellness Team for a special presentation on Alzheimer's Awareness. Knowledge is key to winning the war against Alzheimer's and other types of dementia, come get some info! Monday, September 22nd at 11 AM in the Landmark Activity Room

STERLING ON THE GO!

9/5 - Feathers Edge Vineyard
 9/12 - Gone with the Wind Museum
 9/16 - Dinner Club Goes to Longhorn Steakhouse
 9/26 - Georgia Racing Hall of Fame in Dawsonville, GA

MEET YOUR NEIGHBOR

Twice a month we will meet for an intentional time to hear from a resident to learn more about them!

Come join us on Tuesday, September 9th and 23rd at 3pm 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!