

SUN	MON	TUE	WED	THUR	FRI	SAT
	Labor Day 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Sterling Bible Study (HMR) 1:30 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HC) 2:00 PM WATER AEROBICS (WC) 3:00 PM Documentary Series: Our Great National Parks (LAR) 3:00 PM Stretch and Relaxation Class (WC)	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) 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: Walmart (LFL) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Support Group (SL) 11:00 AM Beginner Mahjong Class (HC) 11:00 AM Parkinson's Exercise Class (WC) 2:00 PM WATER AEROBICS (WC) 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 Word Puzzles! (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 Relax & Paint with Taylor and Amy (LAR) 10:30 AM Fun Friday Outing: Feather's Edge Vineyard (LFL) 1:00 PM History Club with David Strand (LAR) 2:00 PM Milkshake 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 Brain Games (LAR) 10:30 AM Giant Crossword (LAR) 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) 12:30 PM City Springs Theater: The Producers (HC) 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 w/ Greg Athnos (LAR) 1:30 PM Let'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 Documentary Series: Our Great National Parks (LAR) 3:00 PM Stretch and Relaxation Class (WC) 6:00 PM Line Dancing with Nurse Laura at the Grande (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) 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: 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 is Back (WC) 10:30 AM On-site Jewelry Repair (LFL) 11:00 AM Beginner Mahjong Class (HC) 11:00 AM Parkinson's Exercise Class (WC) 1:00 PM Afternoon Shopping: Ross (LFL) 2:00 PM WATER AEROBICS (WC) 2:00 PM Art Club (HAS) 3:00 PM Music Bingo (LAR) 3:00 PM Needlework group (SL) 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Bocce Drawing (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 Word Puzzles! (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 Craft Time with Primrose students (LAR) 10:00 AM Fun Friday Outing: Gone with the Wind Museum (LFL) 1:00 PM History Club with David Strand (LAR) 2:00 PM Milkshake 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 Brain Games (LAR) 10:30 AM Giant Crossword (LAR) 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 (LAR) 1:30 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HC) 2:00 PM WATER AEROBICS (WC) 3:00 PM Documentary Series: Our Great National Parks (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) 1:00 PM Rummikub (SL) 1:30 PM Bingo (LAR) 3:00 PM Stretch and Relaxation Class (WC) 4:30 PM AL Dinner Club: LongHorn Steakhouse (LFL)	9:00 AM YOGA (WC) 9:30 AM Shopping: Walmart (LFL) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Support Group (SL) 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) 11:00 AM Music Hour w/ Barry (LFL) 11:00 AM Sterling Bridge Club (HMR) 2:00 PM Sterling State Fair (LC)	9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 11:00 AM Lunch Outing to Big Doug's! (LFL) 1:00 PM History Club with David Strand (LAR) 2:00 PM Popcorn 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 Brain Games (LAR) 10:30 AM Giant Crossword (LAR) 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)	Rosh Hashanah 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Sterling Bible Study (HMR) 11:00 AM Sterling Scholars w/ The Wellness Team (LAR) 1:30 PM Let'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 Documentary Series: Our Great National Parks (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) 1:00 PM Rummikub (SL) 1:30 PM Bingo (LAR) 2:30 PM Harpsicord Performance by Steve Hilton (LFL) 3:00 PM Meet Your Neighbor (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 is Back (WC) 11:00 AM Beginner Mahjong Class (HC) 11:00 AM Parkinson's Exercise Class (WC) 1:00 PM Afternoon Shopping Trip: Hobby Lobby (LFL) 2:00 PM WATER AEROBICS (WC) 2:00 PM Art Club (HAS) 3:00 PM Music Bingo (LAR) 3:00 PM Needlework group (SL) 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Hymns & Hope with Joel (LFL) 4:30 PM Dinner Club Goes Out... ON A WEDNESDAY! (HC)	9:00 AM POWER UP (WC) 9:00 AM Water Aerobics (Pool) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Silly Bean Auction (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) 10:00 AM Fun Friday Outing: Georgia Racing Hall of Fame (LFL) 1:00 PM History Club with David Strand (LAR) 2:00 PM Milkshake 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 Sunday Matinee: Pay It Forward (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 (LAR) 1:30 PM Let'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: Our Great National Parks (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) 11:00 AM POP UP SHOP w/ Dee's Affordable Finds (LFL) 12:00 PM Music Bingo (HC) 1:00 PM Rummikub (SL) 1:30 PM Bingo (LAR) 1:30 PM Wii Bowling Tournament (East Cobb) 3:00 PM Stretch and Relaxation Class (WC)	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

September 2025

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



TASTE OF BAROQUE MUSIC WITH MUSICAL GUEST STEVE HILTON

Join us for a live performance of Bach,
Telemann and friends!
Landmark Front Lobby, Sept. 23rd at 2:30pm

FOOTBALL SUNDAYS

Join us each Sunday in the Hampton Club
for some football fun! Each day after brunch
we will have the NFL Network going with
every game you can imagine!
Join us for some pigskin fun
with snacks and refreshments!

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 ON THE GO!

9/5 - Feather's Edge Vineyard
in Ball Ground, GA
9/7 - City Springs Theater Presents:
The Producers
9/12 - Gone with the Wind Museum
9/19 - Lunch Outing to Big Doug's Place
in Hiram
9/24 - Dinner Club Goes to
Capers Restaurant and Bar
9/26 - Georgia Racing Hall of Fame
in Dawsonville, GA

**"Be kind, everyone is fighting a hard
battle." -Socrates**

Sterling State Fair

AN ANNUAL ALZHEIMER'S FUNDRAISER



**Join us for a good time and a good
cause! Including games, prizes,
and specialty treats, every dollar
raised at our state fair goes to
the Alzheimer's Association!**

SEPTEMBER 18TH

2-4 PM 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

FALL BOCCE TOURNAMENT

Team Drawing will be September 10th
at 4pm in the Wellness Center
Games start on Saturday September 27th
Games will be played on
Saturdays at 10am and 11am
Mondays at 3pm and 4pm

MUSIC BINGO!

Join your neighbors for some lunch and
some fun with the Music Bingo Challenge!
This month we will be featuring
Television and Movie Theme Songs
from the 50s, 60s, and 70s! Sign up in the
Hampton Media Room to play!
September 30th, 12 PM in the Hampton

SEPTEMBER BIRTHDAYS:

09/05 - Martha Knight
09/16 - Bruce Terrill
09/18 - Cheryl Rogers
09/18 - Joanne Fowler
09/19 - Mary Skiba
09/20 - Dee Stoll
09/23 - Bob Erickson
09/24 - Joan Hedgecock
09/28 - Bill Camp

**Join us on September 25th at 1 PM for our
birthday party in the Hampton Club**