

SUN	MON	TUE	WED	THUR	FRI	SAT
10:45 Sterling Church Service (LAR) 11:00 First Presbyterian Church of Marietta (HMR) 1:00 Sunday Matinee: Music by John Williams (LAR) 3:30 Music Bingo (LAR)	30 LOCATION KEY CC - Casual Cafe HAS - Hampton Art Studio HMR - Hampton Media Room	LAR - Landmark Activity Room LDR - Landmark Dining Room LFL - Landmark Front Lobby	SL - Stratford Lounge WC - Wellness Center Pool - Wellness Center Pool			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)	2 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 10:00 Monday Morning Meetup (CC) 10:30 Joyful Singers to perform (LFL) 11:00 Sterling Scholars-Becky Koller (LAR) 1:30 Left Right Center Game (LAR) 2:00 WATER AEROBICS (WC) 2:00 Gadget Gal Explains! (HMR) 3:00 Documentary Series : Lost Treasures of Ancient Civilization (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	3 9:00 POWER UP (WC) 9:00 Water Aerobics (Pool) 9:00 Facials in the Wellness Center (WC) 9:30 SIT-AND-TONE (WC) 10:30 Catholic Communion Service (LAR) 11:00 Trivia Challenge (LFL) 1:30 Bingo (LAR) 2:00 Drama Club Practice (HAS) 3:00 Stretch and Relaxation Class (WC) 3:00 Word Game (LAR) 3:30 AL Rummikub Club (LAR) 5:00 Girl Scout Troop to Perform at Dinner (LDR)	4 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 9:30 Shopping: Walmart (LFL) 10:00 The Color Lab (LAR) 10:00 Massage Therapy (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 with Joel (LFL)	5 9:00 POWER UP (WC) 9:00 Water Aerobics (Pool) 9:30 SIT-AND-TONE (WC) 10:00 Word Puzzles! (LAR) 11:00 Watch out for SCAMS (LAR) 11:30 One-on-one Visits 1:00 Trivia (LFL) 2:00 Drama Club Practice (HAS) 3:00 Stretch and Relaxation Class (WC) 3:30 Happy Hour with Live Music (LFL)	6 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 10:00 Fun Friday Outing: The Battery! (LFL) 10:00 Relax & Paint with Taylor and Amy (LAR) 1:00 HISTORY CLUB (LAR) 2:00 Autumn Social (LAR) 2:30 Aces in the Pot (LAR) 2:30 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	7 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) 2:00 Live Music in the Lobby with Charles Haraway (LFL) 3:00 Sunday Social with Refreshments (LAR) 3:30 Music Bingo (LAR)	9 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 10:00 Monday Morning Meetup (CC) 11:00 Sterling Scholars-Greg Athnos (LAR) 1:30 Left Right Center Game (LAR) 2:00 WATER AEROBICS (WC) 3:00 Documentary Series : Lost Treasures of Ancient Civilization (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	10 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) 2:00 Drama Club Practice (HAS) 3:00 Meet Your Neighbor (LAR) 3:00 Stretch and Relaxation Class (WC) 3:00 Veterans Day Concert with Butch Reeves (LDR) 3:30 AL Rummikub Club (LAR) 4:30 Dinner Club: Texas Roadhouse (LFL) 7:00 Widow Support Group w/ Trudy Green (LAR)	11 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 9:30 Shopping: Kroger (LFL) 10:00 The Color Lab (LAR) 10:30 On-site Jewelry Repair (LFL) 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 Stretch and Relaxation Class (WC) 3:00 Word Puzzles! (LAR) 3:30 Practice for Wii Bowling 4:00 Hymns & Hope with Joel (LFL) 5:00 Resident Art Show (LFL)	12 9:00 POWER UP (WC) 9:00 Water Aerobics (Pool) 9:30 SIT-AND-TONE (WC) 10:00 Word Puzzles! (LAR) 10:30 Sweet Spirit Singers (LFL) 11:00 Newsletter Committee Meeting (LAR) 11:30 One-on-one Visits 1:00 Trivia (LFL) 2:00 Drama Club Practice (HAS) 3:00 Stretch and Relaxation Class (WC) 3:30 Happy Hour with Live Music (LFL)	13 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 11:00 Michelle's Magical Poodle Show (Landmark Lobby) 1:00 HISTORY CLUB (LAR) 2:00 Sterling Cinemas Presents: Downton Abbey Grand Finale (LAR) 2:30 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	14 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)	16 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 10:00 Monday Morning Meetup (CC) 11:00 Sterling Scholars-Wellness talks about Diabetes (LAR) 1:30 Left Right Center Game (LAR) 2:00 WATER AEROBICS (WC) 2:00 Gadget Gal Workshop (HMR) 3:00 Documentary Series : Lost Treasures of Ancient Civilization (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	17 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) 2:00 Drama Club Practice (HAS) 3:00 Stretch and Relaxation Class (WC) 3:00 Word Game (LAR) 3:30 AL Rummikub Club (LAR) 4:00 Special Activity w/ Student Visitors (LFL)	18 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 9:30 Shopping: Walmart (LFL) 10:00 The Color Lab (LAR) 10:00 Massage Therapy (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 Silly Bean Auction (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 Practice for Wii Bowling 4:00 Hymns & Hope with Joel (LFL)	19 9:00 POWER UP (WC) 9:00 Water Aerobics (Pool) 9:30 SIT-AND-TONE (WC) 10:00 Word Puzzles! (LAR) 11:00 Magic Show featuring Magician Josh Farley (LFL) 11:30 One-on-one Visits 1:00 November Birthday Party! (LAR) 1:00 Trivia (LFL) 2:00 Drama Club Practice (HAS) 3:00 Stretch and Relaxation Class (WC)	20 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 10:00 Stick it to the Beat (LAR) 10:00 Fun Friday Outing: Cobb Co. Gem and Mineral Society Annual Show (LFL) 1:00 HISTORY CLUB (LAR) 2:00 Autumn Social (LAR) 2:30 Aces in the Pot (LAR) 2:30 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	21 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)	23 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 10:00 Monday Morning Meetup (CC) 11:00 Sterling Scholars-Kristy Serkedakis (LAR) 1:30 Left Right Center Game (LAR) 2:00 WATER AEROBICS (WC) 3:00 Documentary Series : Lost Treasures of Ancient Civilization (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Time Travel Trivia (LFL) 6:00 Line Dancing with Nurse Laura (SL)	24 9:00 POWER UP (WC) 9:00 Water Aerobics (Pool) 9:30 SIT-AND-TONE (WC) 10:30 Catholic Communion Service (LAR) 11:00 Piano Recital (LFL) 1:30 Bingo (LAR) 2:00 Drama Club Practice (HAS) 3:00 Meet Your Neighbor (LAR) 3:00 Stretch and Relaxation Class (WC) 3:30 AL Rummikub Club (LAR)	25 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 9:30 Shopping: Publix (LFL) 10:00 The Color Lab (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) 3:00 Stretch and Relaxation Class (WC) 3:00 Word Puzzles! (LAR) 3:30 Practice for Wii Bowling 4:00 Hymns & Hope with Joel (LFL)	26 Thanksgiving 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)	27 9:00 YOGA (WC) 9:30 SIT-AND-TONE (WC) 10:00 Relax & Paint with Taylor and Amy (LAR) 1:00 Sterling Cinemas: It's A Wonderful Life (LAR) 2:30 AL Bridge Club (LAR) 3:00 Stretch and Relaxation Class (WC) 4:00 Group Trivia (LFL) 5:45 Game Night (LDR)	28 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)
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11/4 Wayne Miller 11/21 Ken Burris
11/6 Martha Davis 11/22 Linda Barnes
11/10 Cy Zienert 11/23 Al Vulcano
11/10 Bill Tatum 11/23 Mary Sanford
11/12 Hazel Windham 11/27 Jerri Trepke
11/15 Irv Lanquist 11/30 Stephen Van Scoyk

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.



11/5 Walmart



11/12 Kroger & Marshalls



11/19 Walmart

11/26 Publix & Barnes and Noble

AL Dinner Club

Goes to:



Come with us to a night out to Texas Roadhouse on November 11th at 4:30pm! Sign up in the Activity Room!

LIVE ENTERTAINMENT

11/3 - THE JOYFUL SINGERS PERFORM
11/4 - GIRL SCOUTS TROOPS CHORUS
11/6 - LOOSE SHOES AT HAPPY HOUR
11/11 - BUTCH REEVES FOR VETERANS DAY
11/13 Sweet Spirit Singers
11/13 - BRANDON CROCKER AT HAPPY HOUR
11/25 - WINDHURST PIANO RECITAL



Sterling Academy Awards Theme Dinner

Step onto the red carpet and join us for an unforgettable theme dinner! Dress to impress in your Hollywood best and prepare for an evening of cinematic dining, golden moments, and star-worthy surprises!

Thursday, November 20th
Landmark Dinning Room

VETERANS DAY SALUTE

Join us on the Landmark Front Porch for a special Veterans Day Patriotic salute and performance from Butch Reeves!
Tuesday, November 11th at 3pm

STERLING ON THE GO!

11/7 - THE BATTERY! ATLANTA
11/11 - DINNER CLUB GOES OUT!
11/21 - COBB COUNTY GEM AND MINERAL ASSOCIATION ANNUAL SHOW

MONTH OF MAGIC!

Come get a look at Michelle's Magnificent Magic Poodle Show
- **NOV 14TH AT 11 AM**

Then! Josh Farley Returns with his stunning Magic Show for a second time, don't miss out!
- **NOV 20TH AT 11**

IN THE LANDMARK FRONT LOBBY

Sterling Scholars Schedule

Join us every Monday in the Landmark Activity Room at 11am

November 3 - Becky Koller Presents her trip across Europe

November 10 - Greg Athnos will enlighten us about music history
November 17th - The Wellness Team will lead us in a discussion about Diabetes

November 24th - Kristy Serkedakis will teach us about the History of the Development of Cobb County!