

SUN	MON	TUE	WED	THUR	FRI	SAT
10:45 AM Sterling Church Service (LAR) 11:00 AM First Presbyterian Church of Marietta (HMR) 1:00 PM Sunday Matinee: Music by John Williams (LAR) 3:30 PM Music Bingo (LAR)	30 LOCATION KEY HAS - Hampton Art Studio HC - Hampton Club 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			1 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)
Daylight Savings Time Ends 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)	2 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Sterling Bible Study (HMR) 10:30 AM Joyful Singers to perform (LFL) 11:00 AM Sterling Scholars-Becky Koller (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 : Lost Treasures of Ancient Civilization (LAR) 3:00 PM Stretch and Relaxation Class (WC) 6:00 PM Line Dancing with Nurse Laura (SL)	3 9:00 AM POWER UP (WC) 9:00 AM Water Aerobics (Pool) 9:00 AM Facials in the Wellness Center (WC) 9:30 AM SIT-AND-TONE (WC) 10:30 AM Catholic Communion Service (LAR) 1:00 PM Rummikub (SL) 1:30 PM Bingo (LAR) 2:00 PM Drama Club Practice (HAS) 3:00 PM Stretch and Relaxation Class (WC)	4 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 9:30 AM Shopping: Walmart (LFL) 10:00 AM Support Group (SL) 10:00 AM Massage Therapy (WC) 11:00 AM Beginner Mahjong Class (HC) 11:00 AM Parkinson's Exercise Class (WC) 2:00 PM WATER AEROBICS (WC) 2:00 PM Art Club (HAS) 3:00 PM Needlework group (SL) 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Hymns & Hope with Joel (LFL)	5 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 Watch out for SCAMS (LAR) 11:00 AM Sterling Bridge Club (HMR) 2:00 PM Drama Club Practice (HAS) 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)	6 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Fun Friday Outing: The Battery! (LFL) 10:00 AM Relax & Paint with Taylor and Amy (LAR) 1:00 PM HISTORY CLUB (LAR) 2:30 PM Dominos (HMR) 3:00 PM Stretch and Relaxation Class (WC) 5:45 PM Game Night (LDR)	7 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) 2:00 PM Live Music in the Lobby with Charles Haraway (LFL) 3:00 PM Sunday Social with Refreshments (LAR) 3:30 PM Music Bingo (LAR)	9 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Sterling Bible Study (HMR) 11:00 AM Sterling Scholars-Greg Athnos (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 : Lost Treasures of Ancient Civilization (LAR) 3:00 PM Stretch and Relaxation Class (WC) 6:00 PM Line Dancing with Nurse Laura (SL)	10 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) 2:00 PM Drama Club Practice (HAS) 3:00 PM Meet Your Neighbor (LAR) 3:00 PM Stretch and Relaxation Class (WC) 3:00 PM Veterans Day Concert with Butch Reeves (LDR) 4:00 PM Team Trivia (SL) 7:00 PM Widow Support Group w/ Trudy Green (LAR)	11 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 9:30 AM Shopping: Kroger (LFL) 10:00 AM Support Group (SL) 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: Marshalls (LFL) 2:00 PM WATER AEROBICS (WC) 2:00 PM Art Club (HAS) 3:00 PM Needlework group (SL) 3:00 PM Stretch and Relaxation Class (WC) 3:00 PM Word Puzzles! (LAR) 4:00 PM Hymns & Hope with Joel (LFL) 5:00 PM Resident Art Show (LFL)	12 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) 10:30 AM Sweet Spirit Singers (LFL) 11:00 AM Sterling Bridge Club (HMR) 2:00 PM Drama Club Practice (HAS) 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)	13 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 11:00 AM Michelle's Magical Poodle Show (Landmark Lobby) 1:00 PM HISTORY CLUB (LAR) 2:00 PM Sterling Cinemas Presents: Downton Abbey Grand Finale (LAR) 2:30 PM Dominos (HMR) 3:00 PM Stretch and Relaxation Class (WC) 5:45 PM Game Night (LDR)	14 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 St. James Episcopal Church (LFL) 3:30 PM Music Bingo (LAR)	16 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Sterling Bible Study (HMR) 11:00 AM Sterling Scholars-Wellness talks about Diabetes (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 : Lost Treasures of Ancient Civilization (LAR) 3:00 PM Stretch and Relaxation Class (WC) 6:00 PM Line Dancing with Nurse Laura (SL)	17 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) 2:00 PM Drama Club Practice (HAS) 3:00 PM Stretch and Relaxation Class (WC) 5:00 PM Sterling Academy Awards Theme Dinner (HC)	18 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 9:30 AM Shopping: Walmart (LFL) 10:00 AM Support Group (SL) 10:00 AM Massage Therapy (WC) 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) 2:00 PM Silly Bean Auction (LAR) 2:00 PM Art Club (HAS) 3:00 PM Needlework group (SL) 3:00 PM Stretch and Relaxation Class (WC) 4:00 PM Hymns & Hope with Joel (LFL)	19 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 Magic Show featuring Magician Josh Farley (LFL) 11:00 AM Sterling Bridge Club (HMR) 1:00 PM November Birthday Party! (HC) 2:00 PM Drama Club Practice (HAS) 2:30 PM Hand & Foot Card Game (HMR) 3:00 PM Stretch and Relaxation Class (WC)	20 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Stick it to the Beat (LAR) 10:00 AM Fun Friday Outing: Cobb Co. Gem and Mineral Society Annual Show (LFL) 1:00 PM HISTORY CLUB (LAR) 2:30 PM Dominos (HMR) 3:00 PM Stretch and Relaxation Class (WC) 5:45 PM Game Night (LDR)	21 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)	23 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Sterling Bible Study (HMR) 11:00 AM Sterling Scholars-Kristy Serkedakis (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 : Lost Treasures of Ancient Civilization (LAR) 3:00 PM Stretch and Relaxation Class (WC) 6:00 PM Line Dancing with Nurse Laura (SL)	24 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 Piano Recital (LFL) 1:00 PM Rummikub (SL) 1:30 PM Bingo (LAR) 2:00 PM Drama Club Practice (HAS) 3:00 PM Meet Your Neighbor (LAR) 3:00 PM Stretch and Relaxation Class (WC) 4:30 PM Dinner Club Goes Out! (HC)	25 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 9:30 AM Shopping: Publix (LFL) 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) 3:00 PM Word Puzzles! (LAR) 4:00 PM Hymns & Hope with Joel (LFL)	26 Thanksgiving 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) 12:00 PM Thanksgiving Lunch Buffet (HC)	27 9:00 AM YOGA (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Relax & Paint with Taylor and Amy (LAR) 1:00 PM Sterling Cinemas: It's A Wonderful Life (LAR) 2:30 PM Dominos (HMR) 3:00 PM Stretch and Relaxation Class (WC) 5:45 PM Game Night (LDR)	28 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)



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 3 PM

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

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 PERFORM

11/13 - BRANDON CROCKER AT HAPPY HOUR

11/25 - WINDHORST PIANO RECITAL

STERLING ON THE GO!

11/7 - THE BATTERY! ATLANTA

11/21 - COBB COUNTY GEM AND

MINERAL ASSOCIATION ANNUAL SHOW

11/25 - DINNER CLUB GOES OUT!

"November is tied together with the
heartstrings of gratitude." – J. A. McIntosh

STERLING ACADEMY AWARDS THEME DINNER

JOIN US FOR A NEW
THEME DINNER!
THE STERLING ACADEMY
AWARDS WILL RECOGNIZE
AND CELEBRATE AWARD
WORTHY STERLING
RESIDENTS!

NOVEMBER 18TH AT 5 PM
IN THE HAMPTON CLUB

STERLING SCHOLARS SCHEDULE

JOIN US EVERY MONDAY AT 11 AM IN THE LANDMARK

NOVEMBER 3 - BECKY KOLLER PRESENTS

HER TRIP ACROSS EUROPE

NOVEMBER 10 - GREG ATHNOS WILL BE HERE

NOVEMBER 17TH - WELLNESS TEAM ON DIABETES

NOVEMBER 24TH - KRISTY SERKEDAKIS RETURNS:
HISTORY AND DEVELOPMENT OF COBB COUNTY!

DRAMA CLUB PRACTICE

Each week we will b rehearsing for our
holiday play! Join me in the Hampton
Art Studio each Tuesday and Thursday
at 2 PM in the Hampton Art Studio for
some practice! Show is set to be
December 12th!

STERLING CINEMAS

THIS MONTH, STERLING
CINEMAS PRESENTS:
THE HOLIDAY CLASSIC FILM
"IT'S A WONDERFUL LIFE".
COME KICK OFF THE
HOLIDAY SEASON WITH THIS
IN HOUSE MOVIE,
COMPLETE WITH MOVIE
TREATS!



FRIDAY NOVEMBER 28th AT 1 PM
IN THE LANDMARK ACTIVITY ROOM

NOVEMBER BIRTHDAYS:



11/1 - CAROLYN BURTON

11/1 - DIANE HOBSON

11/3 - NANCY MORRISON

11/5 - JENINE STEELE

11/6 - AL BAUMGARTNER

11/12 - MARY PETRY

11/18 - NANCY KUUSELA

11/19 - BARRY BIRCKHEAD

11/22 - JOYCE TIPPENS

11/25 - KIM KEFFER

11/27 - MARILYN EVANS

11/27 - KAY EADIE

11/27 - MARGE DEBENEDETTO

11/30 - LEE MATTHEWS

**Join us on November 20th at 1 PM for our
birthday party in the Hampton Club**