

SUN

MON

TUE

WED

THUR

FRI

SAT

**LOCATION KEY**

AR - Activity Room

CC - Casual Cafe

DR - Dining Room

LR - Living Room

WC - Wellness Center

10:00 Holy Family Catholic Communion (AR)  
 10:00 ONLINE: Johnson Ferry Baptist Church Live Service (CC)  
 11:00 Documentaries "Land of Ice and Snow" (AR)  
 1:00 Weekly Devotions with Jan (CC)  
 2:00 BINGO (AR)  
 4:00 Wheeler High School Glamour Girls Do Nails! (AR)  
 6:00 Evening Movie "The Fifth Quarter" (AR)

4

9:30 Sittercise (WC)  
 10:00 Water Aerobics with Christine (WC)  
 10:00 Monday Morning Coffee and Calendar Update (AR)  
 11:30 Wii Sports (WC)  
**12:45 Happy Tails (LR)**  
 2:30 Open Gym (WC)  
 3:00 Open Swim (WC)  
 3:45 BINGO (AR)  
 6:00 Evening Movie "Under the Tuscan Sun" (AR)

5

9:30 Zumba with Karla (WC)  
 10:15 Tuesday Trivia (AR)  
 11:00 Bible Study with Joel (AR)  
**1:15 Wellness Seminar: Improving Sleep Quality (AR)**  
 2:00 Open Gym (WC)  
 2:00 Pokeno & Prizes (AR)  
 2:30 Twisted Stitches (Casual Café)  
 3:00 Open Swim (WC)  
 4:00 Brain Games! (AR)  
 6:00 Evening Movie "Train Dreams" (AR)

6

9:30 Sittercise (WC)  
 10:00 Water Aerobics with Christine (WC)  
**10:00 Rummikub Game Time! (AR)**  
 10:00 Grocery Shopping (AR)  
 11:15 Focused Fitness (WC)  
**1:30 Massage Therapy (Appointment Required) (WC)**  
 2:00 Left, Right, Center Dice Game (AR)  
 2:00 Open Gym (WC)  
 3:00 Open Swim (WC)  
 3:00 Wii Bowling (WC)  
 4:00 Musical Bingo! (AR)  
 6:00 Evening Movie "Elvis" (AR)

7

**Elvis' 91st Birthday**  
 9:30 Yoga (WC)  
**10:00 Art Class with Scott (AR)**  
**1:00 Hymns & Hope with Joel (LR)**  
 1:00 Focused Fitness (WC)  
 2:00 Open Gym (WC)  
 2:00 BINGO (AR)  
 2:00 Open Swim (WC)  
**3:30 Happy Hour with a SPECIAL GUEST! (Front Lobby)**  
**7:30 Football On the Big Screen: The Fiesta Bowl (Semifinal) (AR)**

1

**New Year's Day**  
 9:30 Sittercise (WC)  
 10:00 Art Class with Scott (AR)  
**12:00 Football: Orange Bowl: #4 Texas Tech vs. #5 Oregon (AR)**  
 1:00 Open Gym (WC)  
 2:00 BINGO (AR)  
 2:00 Open Swim (WC)  
**3:30 Happy Hour with the Illi's! (DR)**  
**4:00 Football on the Big Screen: The Rose Bowl: #9 Alabama v #1 Indiana (AR)**  
 5:00 Boxed Dinner Delivery  
**8:00 Football on the Big Screen: The Sugar Bowl #3 UGA v #6 Ole Miss! (AR)**

2

**National Cream Puff Day!**  
 9:30 Sittercise (WC)  
**10:30 Crafts "Winter Scene with Northern Lights on Glass" (AR)**  
 11:15 Focused Fitness (WC)  
**1:15 Resident Council Meeting (AR)**  
 2:00 Open Gym (WC)  
 2:30 Current Events (AR)  
 3:00 Open Swim (WC)  
**4:00 Armchair Travels "12 Best Places to Visit in Finland" (AR)**  
**5:00 Boxed Dinner Delivery**  
**6:00 Evening Movie "Forrest Gump" Winner of 6 Oscars! (AR)**

3

9:30 Sittercise (WC)  
 10:00 Coffee and Conversation (CC)  
**11:00 "Musical Favorites from the Past" with Tom Parrott (AR)**  
 11:15 Open Gym (WC)  
 1:00 Open Gym / Open Swim (WC)  
**2:00 Saturday Snack Bar (AR)**  
 2:30 On the Big Screen: Season 2! "Man On The Inside" Episode 5 (AR)  
 4:00 Leigh Plays Guitar in the Living Room! (Front Lobby)  
 6:00 Evening Movie "About a Boy" (AR)

10:00 ONLINE: Catholic Service (AR)  
 10:00 ONLINE: Johnson Ferry Baptist Church Live Service (CC)  
 11:00 Documentaries "Secrets of Denali National Park" (AR)  
 1:00 Weekly Devotions with Jan (CC)  
 2:00 BINGO (AR)  
**3:30 Presentation: Recognizing SCAMS and FRAUD (AR)**  
 6:00 Evening Movie "Everybody's Fine" (AR)

11

9:30 Sittercise (WC)  
 10:00 Water Aerobics with Christine (WC)  
 10:00 Monday Morning Coffee and Calendar Update (AR)  
 11:30 Wii Sports (WC)  
 2:30 Open Gym (WC)  
 3:00 Chef Chat (AR)  
 3:00 Open Swim (WC)  
 3:45 BINGO (AR)  
 6:00 Evening Movie "Cover-Up" A Documentary! (AR)

12

9:30 Sittercise (WC)  
 10:15 Tuesday Trivia (AR)  
 11:00 Bible Study with Joel (AR)  
 10:00 Rummikub Game Time! (AR)  
 2:00 Open Gym (WC)  
 2:30 Pokeno & Prizes (AR)  
 2:30 Twisted Stitches (Casual Café)  
 3:00 Open Swim (WC)  
 4:00 Brain Games! (AR)  
 6:00 Evening Movie "Cover-Up" A Documentary! (AR)

13

9:30 Sittercise (WC)  
 10:00 Water Aerobics with Christine (WC)  
**10:00 Rummikub Game Time! (AR)**  
 10:00 Grocery Shopping (AR)  
 11:15 Focused Fitness (WC)  
**1:00 Hymns & Hope with Joel (LR)**  
 1:00 Open Gym (WC)  
 2:00 BINGO (AR)  
 2:00 Open Swim (WC)  
**3:30 Happy Hour with Randy Barnes on the Piano! (Front Lobby)**  
**4:00 Candy Dice Game (AR)**  
 6:00 Evening Movie "The Last Word" (AR)

14

9:30 Sittercise (WC)  
**10:00 Art Class with Scott (AR)**  
**1:00 Hymns & Hope with Joel (LR)**  
 1:00 Focused Fitness (WC)  
 2:00 Open Gym (WC)  
 2:00 BINGO (AR)  
 2:00 Open Swim (WC)  
**3:30 Happy Hour with Randy Barnes on the Piano! (Front Lobby)**  
**4:00 Candy Dice Game (AR)**  
 6:00 Evening Movie "Lonesome Dove" Part 1 (7 Primetime Emmys!) (AR)

15

9:30 Sittercise (WC)  
**10:30 Crafts with Serene of Willowbrook Hospice (AR)**  
 11:15 Focused Fitness (WC)  
**1:15 OUTING: Movie - "Song Sung Blue" (Front Lobby)**  
 1:00 Open Gym (WC)  
 2:00 BINGO (AR)  
 2:00 Open Swim (WC)  
**3:30 Happy Hour with Randy Barnes on the Piano! (Front Lobby)**  
**4:00 Candy Dice Game (AR)**  
 6:00 Evening Movie "Lonesome Dove" Part 1 (7 Primetime Emmys!) (AR)

16

**Betty White's Birthday**  
 9:30 Sittercise (WC)  
 10:00 Coffee and Conversation (CC)  
**11:00 Sterling Music Series with Thayer! (AR)**  
 11:15 Open Gym (WC)  
 1:00 Open Gym / Open Swim (WC)  
**2:30 Golden Girls Social! (AR)**  
 4:00 Leigh Plays Guitar in the Living Room! (Front Lobby)  
 6:00 Evening Movie "Jay Kelly" (AR)

17

**Cary Grant's Birthday**  
 10:00 Holy Family Catholic Communion (AR)  
 10:00 ONLINE: Johnson Ferry Baptist Church Live Service (CC)  
 11:00 Documentaries "Life in Color with David Attenborough - Hiding in Color" (AR)  
 1:00 Weekly Devotions with Jan (CC)  
 2:00 BINGO (AR)  
**4:00 Karaoke Group Sing-a-Long (AR)**  
 6:00 Evening Movie "Selma" (AR)

18

Martin Luther King Jr. Day  
 9:30 Sittercise (WC)  
 10:00 Water Aerobics with Christine (WC)  
 10:00 Monday Morning Coffee and Calendar Update (AR)  
 11:15 Alliance of Therapy Dogs - Georgia and Iggy! (Front Lobby)  
 11:30 Wii Sports (WC)  
 2:30 Open Gym (WC)  
 3:00 Open Swim (WC)  
 3:45 BINGO (AR)  
**7:30 On the Big Screen: National College Football Championship (AR)**

19

9:30 Zumba with Karla (WC)  
 10:15 Tuesday Trivia (AR)  
 11:00 Bible Study with Joel (AR)  
**11:00 OUTING: Landmark Building Ladies Lunch Brooklyn Café (Front Lobby)**  
 1:30 Sterling Staff Event: CPR Training (AR)  
 2:00 Open Gym (WC)  
 2:30 Twisted Stitches (Casual Café)  
 3:00 Open Swim (WC)  
 4:00 Brain Games! (AR)  
 6:00 Evening Movie "Memoirs of a Geisha" (AR)

20

9:30 Sittercise (WC)  
 10:00 Water Aerobics with Christine (WC)  
**10:00 Rummikub Game Time! (AR)**  
 10:00 Grocery Shopping (AR)  
 11:15 Focused Fitness (WC)  
**1:30 Massage Therapy (Appointment Required) (WC)**  
 2:00 Left, Right, Center Dice Game (AR)  
 2:00 Open Gym (WC)  
 3:00 Open Swim (WC)  
 3:00 Wii Bowling (WC)  
 4:00 Music and Lyrics! (AR)  
 6:00 Evening Movie "Lilly" (AR)

21

9:30 Yoga (WC)  
**10:00 Art Class with Scott (AR)**  
**1:00 Hymns & Hope with Joel (LR)**  
 1:00 Focused Fitness (WC)  
 2:00 BINGO (AR)  
 2:00 Open Swim (WC)  
**3:30 Happy Hour with Brandon Crocker (Front Lobby)**  
**6:00 Evening Movie "Viva Las Vegas" (AR)**

22

9:30 Sittercise (WC)  
**10:30 Crossword on the Big Screen (AR)**  
 11:15 Focused Fitness (WC)  
 2:00 Open Gym (WC)  
 2:30 Current Events (AR)  
 3:00 Open Swim (WC)  
**4:00 Armchair Travels "San Diego Travel Guide 2025" (AR)**  
 6:00 Evening Movie "As Good As It Gets" (AR)

23

9:30 Sittercise (WC)  
 10:00 Coffee and Conversation (CC)  
**11:15 Open Gym (WC)**  
 1:00 Open Gym / Open Swim (WC)  
**2:00 Saturday Snack Bar (AR)**  
 2:30 On the Big Screen: Season 2! "Man On The Inside" Episode 7 (AR)  
 4:00 Watercolor Painting (AR)  
 6:00 Evening Movie "Darkest Hour" (AR)

24

10:00 ONLINE: Catholic Service (AR)  
 10:00 ONLINE: Johnson Ferry Baptist Church Live Service (CC)  
 11:00 Documentaries "Tricky Dick and the Man in Black - A Johnny Cash Story" (AR)  
 1:00 Weekly Devotions with Jan (CC)  
 2:00 BINGO (AR)  
**4:15 Walton High School Quartet (LR)**  
 6:00 Evening Movie "Downton Abbey" (AR)

25

9:30 Sittercise (WC)  
 10:00 Water Aerobics with Christine (WC)  
 10:00 Monday Morning Coffee and Calendar Update (AR)  
 11:30 Wii Sports (WC)  
 2:30 Open Gym (WC)  
 3:00 Open Swim (WC)  
 3:45 BINGO (AR)  
**4:00 New Resident Social (AR)**  
 6:00 Evening Movie "How to Lose a Guy in 10 Days" (AR)

26

**Holocaust Remembrance Day**  
 9:30 Sittercise (WC)  
 10:15 Tuesday Trivia (AR)  
 11:00 Bible Study with Joel (AR)  
 2:00 Open Gym (WC)  
 2:00 Pokeno & Prizes (AR)  
 2:30 Twisted Stitches (Casual Café)  
 3:00 Open Swim (WC)  
 4:00 Brain Games! (AR)  
 6:00 Evening Movie "The Pianist" (AR)

27

9:30 Sittercise (WC)  
 10:00 Water Aerobics with Christine (WC)  
**10:00 Rummikub Game Time! (AR)**  
 10:00 Grocery Shopping (AR)  
 11:15 Focused Fitness (WC)  
**2:00 Left, Right, Center Dice Game (AR)**  
 2:00 Open Gym (WC)  
 3:00 Open Swim (WC)  
 3:00 Wii Bowling (WC)  
 4:00 Line Dancing! (AR)  
 6:00 Evening Movie "Downton Abbey-A New Era" (AR)

28

9:30 Sittercise (WC)  
**10:00 Art Class with Scott (AR)**  
**1:00 Hymns & Hope with Joel (LR)**  
 1:00 Focused Fitness (WC)  
 2:00 BINGO (AR)  
 2:00 Open Swim (WC)  
**3:30 Happy Hour with Music with Charles Haraway (Front Lobby)**  
**6:00 Evening Movie "The Great Escape" (AR)**

29

9:30 Sittercise (WC)  
**10:30 Crafts "Snowflakes for Your Windows" (AR)**  
 11:15 Focused Fitness (WC)  
**1:15 OUTING: The Atlanta History Center / Cyclorama (Front Lobby)**  
 2:00 Open Gym (WC)  
 2:30 Current Events (AR)  
 3:00 Open Swim (WC)  
**4:00 Armchair Travels "Royal Secrets - Highclere Castle | British Royal Documentary" (AR)**  
 6:00 Evening Movie "Downton Abbey - The Grand Finale" (AR)

30

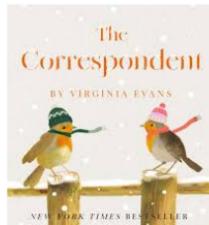
9:30 Sittercise (WC)  
 10:00 Coffee and Conversation (CC)  
**11:00 "Musical Favorites from the Past" with Tom Parrott (AR)**  
 11:15 Open Gym (WC)  
 1:00 Open Gym / Open Swim (WC)  
**2:00 Saturday Snack Bar (AR)**  
 2:30 On the Big Screen: Season 2! "Man On The Inside" Episode 8 (AR)  
 4:00 Leigh Plays Guitar in the Living Room (LR)  
 6:00 Evening Movie "The Talented Mr. Ripley" (AR)

31

**January 2026**  
**Activity and Social Calendar**



The Sterling Book Club,  
"The Bibliophiles"  
January Book Selection!



Rated 4.6  
stars  
by over 130K  
people!



# JANUARY

Landmark Building Residents

## College Football Playoffs! January 1st

\*The Orange Bowl\*

#4 Texas Tech v #5 Oregon  
Noon

\*The Rose Bowl\*

#9 Alabama v #1 Indiana  
4:00pm

\*The Sugar Bowl\*

#3 UGA v #6 Ole Miss  
8:00pm



Jan 8 The Fiesta Bowl  
7:30pm Teams TBD



Jan 9 The Peach Bowl  
7:30pm Teams TBD

All Games Shown on the  
Big Screen in the Activity Room

- 1/6 Wellness Seminar: Improving Sleep Quality
- 1/10 Sterling Music Series with Thayer
- 1/10 "The Swinging 'Gates" Choral Group
- 1/11 Presentation: "Recognizing SCAMS & FRAUD"
- 1/16 OUTING: Movie "Song Sung Blue"
- 1/17 Celebrating Betty White! "Golden Girls Social"
- 1/20 OUTING: Ladies Lunch Brooklyn Cafe
- 1/25 Walton High School Quartet
- 1/30 OUTING: Atlanta History Center/Cyclorama



## Happy Hour Entertainment

Jan 1 - The Illis

Jan 8 - Surprise Guest!



Jan 15 - Randy Barnes on Piano

Jan 22 - Brandon Crocker

Jan 29 Charles Haraway



## National Championship Game!

Monday, January 19<sup>th</sup> 7:30PM

In the Activity Room

*Who will be the final two?!*



## Resident Birthdays

Evelyn Sholota 1/2

Sally Slaton 1/3

Mary Lee Beal 1/13

Elaine Bourdeaux 1/13

Sandy Reiss 1/18

Scott Fantz 1/22

Marie Schmidt 1/25

John McKelvey 1/25

Marjorie Phelps 1/29

Sandy Fantz 1/29



## Employee Birthdays

Dior Sylla 1/1

Tedar Fall 1/3

Dana Draughon 1/14

Brianna Carroll 1/30



Don't Miss our **Downton Abbey**  
Movie Trilogy! All 3 movies in  
the last week of the month!

