

SUN

MON

TUE

WED

THUR

FRI

SAT

LOCATION KEY

CC - Casual Cafe

HAS - Hampton Art Studio

HC - Hampton Club

HMR - Hampton Media Room

LAR - Landmark Activity Room

LDR - Landmark Dining Room

LFL - Landmark Front Lobby

GR - Sterling Grill

SL - Stratford Lounge

WC - Wellness Center

Pool - Wellness Center Pool

New Year's Day

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)
 12:00 PM New Year's Day Buffet (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)

1

9:00 AM YOGA (WC)
 9:00 AM Audiologist (WC)
 9:30 AM SIT-AND-TONE (WC)
 10:00 AM Relax & Paint with Julia and Amy (LAR)
 10:00 AM Stick it to the Beat (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)

2

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)

3

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)

4

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)
 2:00 PM Gadget Gal Explains! (HMR)
 3:00 PM Chef's Table: Documentary Series (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
 6:00 PM Line Dancing with Nurse Laura (SL)

5

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
 9:30 AM Shopping: Walmart (LFL)
 9:00 AM Walking group (CC)
 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)
 4:30 PM AL Dinner Club: Fish Thyme (LFL)
 7:00 PM Widow Support Group w/ Trudy Green (LAR)

6

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)

7

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)

8

9:00 AM YOGA (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Relax & Paint with Julia and Amy (LAR)
12:30 PM Fun Friday Outing: Bowling (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)

9

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

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)

11

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 Chef's Table: Documentary Series (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
 6:00 PM Line Dancing with Nurse Laura (SL)

12

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
 9:00 AM Walking group (CC)
 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)
 4:30 PM AL Dinner Club: Fish Thyme (LFL)
 7:00 PM Widow Support Group w/ Trudy Green (LAR)

13

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)
 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 Word Puzzles! (LAR)
 4:00 PM Hymns & Hope with Joel (LFL)

14

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 Music Hour w/ Barry (LFL)
11:00 AM Sterling Bridge Club (HMR)
1:00 PM DIY Birdfeeders with Barbara Lewis (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)

15

9:00 AM YOGA (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Relax & Paint with Julia and Amy (LAR)
10:00 AM Fun Friday Outing: Center for Human and Civil Rights (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)

16

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)

17

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)

18

Martin Luther King Jr. Day
 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)
 2:00 PM Gadget Gal Workshop (HMR)
 3:00 PM Chef's Table: Documentary Series (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
 6:00 PM Line Dancing with Nurse Laura (SL)

19

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
 9:00 AM Walking group (CC)
 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 Winter Wonderland Theme Dinner (HC)
 3:00 PM Stretch and Relaxation Class (WC)
 5:00 PM Winter Wonderland Theme Dinner (HC)

20

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)

21

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)
4:00 PM Hymns & Hope with Joel (LFL)

22

9:00 AM YOGA (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Relax & Paint with Julia and Amy (LAR)
10:00 AM Stick it to the Beat (LAR)
11:00 AM Fun Friday Outing: The Mable House Arts Center (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)

23

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)

24

10:45 AM Sterling Church Service (LAR)
11:00 AM First Presbyterian Church of Marietta (HMR)
1:00 PM Sunday Matinee: Miracle (LAR)
3:30 PM Music Bingo (LAR)

25

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 Chef's Table: Documentary Series (LAR)
 3:00 PM Stretch and Relaxation Class (WC)
 6:00 PM Line Dancing with Nurse Laura (SL)

26

9:00 AM POWER UP (WC)
 9:00 AM Water Aerobics (Pool)
9:00 AM Men's Breakfast (HC)
 9:00 AM Walking group (CC)
 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)
4:30 PM Dinner Club Goes Out! (HC)

27

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)
 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)

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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)

29

9:00 AM YOGA (WC)
 9:30 AM SIT-AND-TONE (WC)
10:00 AM Relax & Paint with Julia and Amy (LAR)
11:00 AM Fun Friday Outing: Lunch at Casa Grande (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)

30

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)

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January 2026
Cottage & Apartment Special Events
 3165 Dallas Hwy, Marietta, GA 30064 770-255-7000



WALKING GROUP

Looking for a new way to stay active?
Join Sterling's Walking Group!

Each Tuesday, starting Jan 6th, join your Wellness Team and neighbors for a stroll around campus. Meet weekly for good exercise and even better company!

Tuesdays at 9 AM
Meet in Casual Cafe

HAPPY HOUR ENTERTAINMENT

- 1/1 - LOOSE SHOES AT HAPPY HOUR
- 1/8 - HAROLD "JUKEBOX" ROBINSON
- 1/15 - ROBERT HOLYFIELD
- 1/29 - BILL GLEASON

OFF CAMPUS OUTINGS:

- 1/7 - Shopping trip to Walmart
- 1/9 - Outing to the Bowling Alley
- 1/14 - Grocery Trip to Kroger
- 1/16 - National Center for Human and Civil Rights
- 1/21 - Shopping trip to Walmart
- 1/23 - Mable House Arts Center
- 1/27 - Dinner Club goes to Olive Garden
- 1/28 - Grocery trip to Publix
- 1/30 - Lunch Outing to Casa Grande

"The best time for new beginnings is now."

Winter WONDERLAND

Join us in the Hampton Club
for a whimsical winter feast

January 20th at 5 PM

SIGN UP IN THE HAMPTON MEDIA ROOM



STERLING SCHOLARS

Join us each Monday for an interesting presentation. Come thing a thing or two about a wide variety of things!

- 1/5 - Dick Clark and American Bandstand
- 1/12 - Greg Athnos: School of Music
- 1/19 - Dr. Martin Luther King Jr. Day
- 1-26 - Wellness Team Presents: Glaucoma National Awareness Month

MONDAYS AT 11 AM IN THE LANDMARK ACTIVITY ROOM

IL RESIDENT COUNCIL MEETING

Join your neighbors for the discussion! Come get the most recent campus updates. Submit your questions and concerns to Harry Hargrove to be added to the agenda.

Tuesday, January 20th at 2 PM
in the Sterling Grill

PAGE TURNER'S BOOK CLUB

Grab the book and join the chat! This month, Book Club is meeting to talk about William Kent Krueger's:

"ORDINARY GRACE"

Come to the Hampton Media Room on January 21st at 2 PM to discuss

JANUARY BIRTHDAYS:

- 01/06 - Joe Zolkowski
- 01/06 - Freya Neil
- 01/11 - Beverly Earley
- 01/11 - Malcolm Biedekapp
- 01/11 - Ron Lewis
- 01/14 - Tommy Turner
- 01/26 - Corrine Finnegan
- 01/27 - Ron Coleman

Join us on January 29th at 1 PM for our birthday party in the Hampton Club