

SUN

MON

TUE

WED

THUR

FRI

SAT

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)

1

Groundhog Day
9:00 Yoga (WC)
9:00 Podiatrist (WC)
9:30 SIT-AND-TONE (WC)
10:00 Monday Morning Meetup (CC)
11:00 Sterling Scholars (LAR)
1:30 Left Right Center Game (LAR)
2:00 WATER AEROBICS (WC)
2:00 Gadget Gal Explains! (HMR)
3:00 Stretch and Relaxation Class (WC)
4:00 Time Travel Trivia (LFL)

2

9:00 POWER UP (WC)
9:00 Water Aerobics (Pool)
9:00 Walking Group (CC)
9:30 SIT-AND-TONE (WC)
10:30 Catholic Communion Service (LAR)
11:00 Trivia Challenge (LFL)
1:30 Bingo (LAR)
3:00 Stretch and Relaxation Class (WC)
3:00 Word Game (LAR)
3:30 AL Mahjong Club (LAR)

3

9:00 Tai Chi class (WC)
9:30 SIT-AND-TONE (WC)
9:30 Shopping: Walmart (LFL)
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)

4

9:00 POWER UP (WC)
9:00 Water Aerobics (Pool)
9:30 SIT-AND-TONE (WC)
10:00 Letters to Loved Ones (LAR)
11:30 One-on-one Visits
1:00 Newsletter Committee Meeting (LAR)
1:00 Trivia (LFL)
3:00 Stretch and Relaxation Class (WC)
3:30 Happy Hour with Live Music (LFL)

5

9:00 Yoga (WC)
9:30 SIT-AND-TONE (WC)
11:00 Help Paint the Olympic Banner (LAR)
1:00 HISTORY CLUB (LAR)
2:30 Fashion Show with Tara Morris (LDR)
3:00 Stretch and Relaxation Class (WC)
3:00 Winter Olympics Shuffleboard Practice (SB)
4:00 Group Trivia (LFL)
5:45 Game Night (LDR)

6

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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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 Superbowl Tailgate (LAR)

8

9:00 Yoga (WC)
9:30 SIT-AND-TONE (WC)
10:00 Monday Morning Meetup (CC)
11:00 Sterling Scholars (LAR)
2:00 WATER AEROBICS (WC)
3:00 Olympic Opening Ceremony (LDR)
6:00 Line Dancing with Nurse Laura (SL)

9

9:00 POWER UP (WC)
9:00 Water Aerobics (Pool)
9:00 Walking Group (CC)
9:00 Facials in the Wellness Center (WC)
9:30 SIT-AND-TONE (WC)
10:00 Olympic Cross Country Skiing (WC)
1:00 AL Bible Study with Joel (LAR)
1:00 One-on-one Visits
2:00 Olympic Trivia!
3:30 AL Mahjong Club (LAR)
4:30 AL Dinner Club: Olive Garden (LFL)
7:00 Widow Support Group w/ Trudy Green (LAR)

10

9:00 Tai Chi class (WC)
9:30 SIT-AND-TONE (WC)
9:30 Shopping: Kroger (LFL)
10:00 Therapeutic Massage (WC)
10:00 Olympic Ping Pong (WC)
1:00 AL Bible Study with Joel (LAR)
1:00 One-on-one Visits
2:00 WATER AEROBICS (WC)
2:00 Olympic Shuffleboard (WC)
3:00 Olympic Craft! (LAR)
4:00 Hymns & Hope with Joel (LFL)

11

9:00 POWER UP (WC)
9:00 Water Aerobics (Pool)
9:30 SIT-AND-TONE (WC)
10:00 Olympic Snowboard Balance (WC)
11:00 Olympic Game Show! (LAR)
11:30 One-on-one Visits
2:00 Olympic Minute to Win It (WC)
3:30 Happy Hour with Live Music (LFL)

12

9:00 Yoga (WC)
9:30 SIT-AND-TONE (WC)
10:00 Olympic Table Curl (WC)
11:00 Olympic Art (LAR)
1:00 HISTORY CLUB (LAR)
2:00 Olympic Snowball Toss (WC)
5:00 Fun Friday Night: Shakespeare Tavern (LFL)
5:45 Game Night (LDR)

13

Valentine's Day
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 Valentine's Activity (LAR)
3:30 Golden Oldies Music Hour (LAR)
6:00 Game Night (LAR)

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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)

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President's Day
9:00 Yoga (WC)
9:30 SIT-AND-TONE (WC)
10:00 Olympic Meetup (CC)
10:00 Olympic Table Curl (WC)
11:00 Sterling Scholars (LAR)
2:00 WATER AEROBICS (WC)
2:00 Gadget Gal Workshop (HMR)
2:00 Olympic Cross Country Biking (WC)
6:00 Line Dancing with Nurse Laura (SL)

16

Chinese New Year
9:00 POWER UP (WC)
9:00 Water Aerobics (Pool)
9:00 Walking Group (CC)
9:30 SIT-AND-TONE (WC)
10:00 Olympic Sled Push (WC)
1:00 AL Bible Study with Joel (LAR)
1:00 One-on-one Visits
3:00 Olympic Game Make up Session-TBD (WC)
3:30 AL Mahjong Club (LAR)
5:00 Bayou BBQ Theme Dinner (HC)

17

9:00 Tai Chi class (WC)
9:30 SIT-AND-TONE (WC)
9:30 Shopping: Walmart (LFL)
10:00 Olympic Ping Pong (WC)
10:00 Massage Therapy (WC)
1:00 AL Bible Study with Joel (LAR)
1:00 One-on-one Visits
2:00 WATER AEROBICS (WC)
2:00 Olympic Shuffleboard (WC)
4:00 Hymns & Hope with Joel (LFL)

18

9:00 POWER UP (WC)
9:00 Water Aerobics (Pool)
9:30 SIT-AND-TONE (WC)
10:00 Olympic Snowball Toss (WC)
11:00 Music Hour w/ Barry (LFL)
11:30 One-on-one Visits
2:00 Olympic Pool Noodle Hockey (WC)
5:00 Bayou BBQ Theme Dinner (LDR)

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9:00 Yoga (WC)
9:30 SIT-AND-TONE (WC)
10:00 Olympic Game Make up Session-TBD (WC)
1:00 HISTORY CLUB (LAR)
2:00 Olympic Closing Ceremony (LDR)
4:00 Group Trivia (LFL)
5:45 Game Night (LDR)

20

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)

21

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

22

9:00 Yoga (WC)
9:30 SIT-AND-TONE (WC)
10:00 Monday Morning Meetup (CC)
11:00 Sterling Scholars (LAR)
1:30 Left Right Center Game (LAR)
2:00 WATER AEROBICS (WC)
3:00 Stretch and Relaxation Class (WC)
4:00 Time Travel Trivia (LFL)
6:00 Line Dancing with Nurse Laura (SL)

23

9:00 POWER UP (WC)
9:00 Water Aerobics (Pool)
9:00 Walking Group (CC)
9:30 SIT-AND-TONE (WC)
10:30 Catholic Communion Service (LAR)
11:00 Trivia Challenge (LFL)
1:30 Bingo (LAR)
3:00 Stretch and Relaxation Class (WC)
3:30 AL Mahjong Club (LAR)
4:00 Special Activity w/ Student Visitors (LFL)

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9:00 Tai Chi class (WC)
9:30 SIT-AND-TONE (WC)
9:30 Shopping: Publix (LFL)
10:00 The Color Lab (LAR)
10:00 Therapeutic Massage (WC)
11:00 Parkinson's Exercise Class (WC)
1:00 Afternoon Shopping: Aldi (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)

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9:00 POWER UP (WC)
9:00 Water Aerobics (Pool)
9:30 SIT-AND-TONE (WC)
10:00 Letters to Loved Ones (LAR)
11:00 Newsletter Committee Meeting (LAR)
11:30 One-on-one Visits
12:30 Wii Bowling Tournament (Sterling Estates East Cobb)
1:00 AL Birthday Party! (LAR)
2:00 Trivia (LFL)
3:00 Stretch and Relaxation Class (WC)
3:30 Happy Hour with Live Music (LFL)

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9:00 Semi Annual Assessments - Assisted Living (WC)
9:00 Yoga (WC)
9:30 SIT-AND-TONE (WC)
10:00 Relax & Paint with Julia and Amy (LAR)
10:00 Fun Friday Outing: Immersive Safari (LFL)
11:00 Music and Movement-New Activity (LFL)
1:00 HISTORY CLUB (LAR)
2:00 Winter Social (LAR)
2:30 AL Bridge Club (LAR)
2:30 Left Right Center (LAR)
3:00 Stretch and Relaxation Class (WC)
4:00 Group Trivia (LFL)
5:45 Game Night (LDR)

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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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LOCATION KEY
CC - Casual Cafe
HC - Hampton Club
HMR - Hampton Media Room
LDR - Landmark Dining Room
LFL - Landmark Front Lobby
LAR - Landmark Activity Room
SL - Stratford Lounge
WC - Wellness Center
Pool - Wellness Center Pool

February 2026

Campus Events & Outings

3165 Dallas Hwy, Marietta, GA 30064 770-255-7000





HAPPY BIRTHDAY

2/2 Marie Reilly
2/6 Biff Petty
2/17 Barbara Bontempi
2/18 Nancy White
2/27 Nancy Pulley-Stallings
2/28 Mary Anne Landers



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.

2/4 Walmart
2/11 Kroger
2/18 Walmart
2/25 Publix & Aldi



Dinner Club is going to...

Join us for a fun evening out to Olive Garden!

Tuesday, February 10th

We will leave from the Landmark Front Lobby at 4:30pm

LIVE ENTERTAINMENT

2/5 Loose Shoes at Happy Hour
2/12 Brandon Crocker at Happy Hour
2/14 Jim Coots on Valentine's Day
2/26 Charles Haraway at Happy Hour

STERLING ON THE GO!

Mark your calendar for this month's Fun Friday Outings! Excitement awaits!

FEBRUARY 13TH

Evening outing to Shakespeare Tavern for Romeo and Juliet

FEBRUARY 27TH

"WILD" - Immersive Safari at the ATL Illuminarium

Bayou BBQ Theme Dinner

Masquerade with us through the bayous of Louisiana as we celebrate

Mardi Gras!

Thursday, February 19th
Landmark Dining Room



OLYMPIC CENTER



Throughout the Olympics your Life Enrichment Team will be hosting Olympic-related events for all to enjoy! In between events, before and after games... join us to fill your down time with interactive games, art, crafts, refreshments, and much more!

STERLING WINTER OLYMPICS

So many neighbors, so much competition!

Join us as competitors or spectators for our Winter Olympic Games!

Stop by the Wellness Center for a complete schedule of games!

Join us February 9th at 3 PM for our opening ceremonies in the Landmark Dining Room

Spiritual Needs and Support

EACH WEEK WE HAVE A VARIETY OF DIFFERENT WAYS FOR YOU TO MEET WITH A PASTOR OR OUR SPIRITUAL DIRECTOR, JOEL LANIER!

REV. FREDDIE KNOX HOSTS A CHURCH SERVICE AT 10:45AM EVERY SUNDAY.

ON THE THIRD SUNDAY OF EVERY MONTH, ST. JAMES EPISCOPAL CHURCH HOSTS A SERVICE AT 3PM.

A CATHOLIC MASS IS HELD BY A DEACON FROM ST. JOSEPHS ON TUESDAYS AT 10:45AM

JOEL LANIER HOSTS A BIBLE STUDY AT 1PM ON WEDNESDAYS AS WELL AS 4PM HYMNS AND HOPE IN THE LOBBY!