

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 Mystery Trivia (LFL) 3:00 PM Sunday Social with Refreshments (LAR) 3:30 PM Music Bingo (LAR)	Groundhog Day 9:00 AM Yoga (WC) 9:00 AM Podiatrist (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Sterling Bible Study (HMR) 11:00 AM Sterling Scholars (LAR) 1:00 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 Stretch and Relaxation Class (WC)	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 Stretch and Relaxation Class (WC)	9:00 AM Tai Chi class (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)	9:00 AM POWER UP (WC) 9:00 AM Water Aerobics (Pool) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Letters to Loved Ones (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)	9:00 AM Yoga (WC) 9:30 AM SIT-AND-TONE (WC) 11:00 AM Help Paint the Olympic Banner (LAR) 1:00 PM HISTORY CLUB (LAR) 2:30 PM Dominos (HMR) 2:30 PM Fashion Show with Tara Morris (LDR) 3:00 PM Stretch and Relaxation Class (WC) 3:00 PM Winter Olympics Shuffleboard Practice (SB) 5:45 PM Game Night (LDR)	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) 3:00 PM Superbowl Tailgate (LAR)	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) 1:00 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HC) 2:00 PM WATER AEROBICS (WC) 3:00 PM Olympic Opening Ceremony (LDR) 6:00 PM Line Dancing with Nurse Laura (SL)	9:00 AM POWER UP (WC) 9:00 AM Water Aerobics (Pool) 9:00 AM Walking Group (CC) 9:00 AM Facials in the Wellness Center (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Olympic Cross Country Skiing (WC) 10:30 AM Catholic Communion Service (LAR) 1:00 PM Rummikub (SL) 2:00 PM Olympic Trivia! 7:00 PM Widow Support Group w/ Trudy Green (LAR)	9:00 AM Tai Chi class (WC) 9:30 AM SIT-AND-TONE (WC) 9:30 AM Shopping: Kroger (LFL) 10:00 AM Support Group (SL) 10:00 AM Therapeutic Massage (WC) 10:00 AM Olympic Ping Pong (WC) 11:00 AM Beginner Mahjong Class (HC) 2:00 PM WATER AEROBICS (WC) 2:00 PM Olympic Shuffleboard (WC) 3:00 PM Needlework group (SL) 3:00 PM Olympic Craffi! (LAR) 4:00 PM Hymns & Hope with Joel (LFL)	9:00 AM POWER UP (WC) 9:00 AM Water Aerobics (Pool) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Olympic Snowboard Balance (WC) 11:00 AM Olympic Game Show! (LAR) 11:00 AM Sterling Bridge Club (HMR) 2:00 PM Olympic Minute to Win It (WC) 2:30 PM Hand & Foot Card Game (HMR) 3:30 PM Happy Hour with Live Music (LFL)	9:00 AM Yoga (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Olympic Table Curl (WC) 11:00 AM Olympic Art (LAR) 1:00 PM HISTORY CLUB (LAR) 2:00 PM Olympic Snowball Toss (WC) 2:30 PM Dominos (HMR) 5:00 PM Fun Friday Night: Shakespeare Tavern (LFL) 5:45 PM Game Night (LDR)	Valentine's Day 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) 3:00 PM Valentine's Activity (LAR) 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) 3:00 PM St. James Episcopal Church (LFL) 3:30 PM Music Bingo (LAR)	President's Day 9:00 AM Yoga (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Olympic Meetup (CC) 10:00 AM Sterling Bible Study (HMR) 10:00 AM Olympic Table Curl (WC) 11:00 AM Sterling Scholars (LAR) 1:00 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) 2:00 PM Olympic Cross Country Biking (WC) 6:00 PM Line Dancing with Nurse Laura (SL)	Fat Tuesday 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) 10:00 AM Olympic Sled Push (WC) 10:30 AM Catholic Communion Service (LAR) 1:00 PM Rummikub (SL) 3:00 PM Olympic Game Make up Session-TBD (WC) 5:00 PM Bayou BBQ Theme Dinner (HC)	9:00 AM Tai Chi class (WC) 9:30 AM SIT-AND-TONE (WC) 9:30 AM Shopping: Walmart (LFL) 10:00 AM Olympic Ping Pong (WC) 10:00 AM Support Group (SL) 10:00 AM Massage Therapy (WC) 11:00 AM Beginner Mahjong Class (HC) 2:00 PM WATER AEROBICS (WC) 2:00 PM Page Turners' Book Club (HMR) 2:00 PM Olympic Shuffleboard (WC) 3:00 PM Needlework group (SL) 4:00 PM Hymns & Hope with Joel (LFL)	9:00 AM POWER UP (WC) 9:00 AM Water Aerobics (Pool) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Olympic Snowball Toss (WC) 11:00 AM Music Hour w/ Barry (LFL) 11:00 AM Sterling Bridge Club (HMR) 2:00 PM Olympic Pool Noodle Hockey (WC) 2:30 PM Hand & Foot Card Game (HMR)	9:00 AM Yoga (WC) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Olympic Game Make up Session-TBD (WC) 1:00 PM HISTORY CLUB (LAR) 2:00 PM Olympic Closing Ceremony (LDR) 2:30 PM Dominos (HMR) 5:45 PM Game Night (LDR)	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 Sunday Matinee: Cool Runnings (LAR) 3:30 PM Music Bingo (LAR)	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) 1:00 PM Let's Play Mahjong! (SL) 1:30 PM Poker Club (HC) 2:00 PM WATER AEROBICS (WC) 3:00 PM Stretch and Relaxation Class (WC) 6:00 PM Line Dancing with Nurse Laura (SL)	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 Stretch and Relaxation Class (WC)	9:00 AM Tai Chi class (WC) 9:30 AM SIT-AND-TONE (WC) 9:30 AM Shopping: Publix (LFL) 10:00 AM Support Group (SL) 10:00 AM Therapeutic Massage (WC) 11:00 AM Beginner Mahjong Class (HC) 11:00 AM Parkinson's Exercise Class (WC) 1:00 PM Afternoon Shopping: Aldi (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) 4:30 PM Dinner Club: Elevation Chophouse & Skybar	9:00 AM POWER UP (WC) 9:00 AM Water Aerobics (Pool) 9:30 AM SIT-AND-TONE (WC) 10:00 AM Letters to Loved Ones (LAR) 11:00 AM Sterling Bridge Club (HMR) 12:30 PM Wii Bowling Tournament (Sterling Estates East Cobb) 1:00 PM Birthday Party! (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)	9:00 AM Semi Annual Assesments - Assisted Living (WC) 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: Immersive Safari (LFL) 11:00 AM Music and Movement-New Activity (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)	9:00 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)
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 SB - Shuffleboard Court SL - Stratford Lounge	WC - Wellness Center Pool - Wellness Center Pool			

February 2026

Cottage & Apartment Special Events

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



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

"The most important thing... is not winning
but taking part; the essential thing in life
is not conquering but fighting well."

-Baron Pierre de Coubertin

OLYMPICS CENTER

Throughout the Olympics your Life
Enrichment Team will be hosting Olympic-
themed events for all to enjoy!



Fill your down time with interactive games,
prizes, art, crafts, refreshments,
and much more! Pick your fun and mark
your calendars!

AGELESS BEAUTY FASHION SHOW

Join us for our Ageless Beauty Fashion Show!
Your neighbors are hitting the runway to show
off their style and spirit!
Come cheer them on and enjoy an afternoon
of fun, fashion, and community flair.

FEBRUARY 6TH AT 2:30 PM
IN THE LANDMARK DINING ROOM



FEBRUARY DINNER CLUB

This month's dinner club will take us to
Elevation Chophouse & Skybar!
Where flavor takes flight!



Enjoy a wonderful meal, handmade
cocktail, and views of the runway!

SIGN UP IN THE HAMPTON MEDIA ROOM

WEDNESDAY, FEB. 25TH AT 4:30 PM

FUN FRIDAY OUTINGS:

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

SUPERBOWL SUNDAY

Get together with your neighbors
and tailgate for the big game!

Food, friends, and football!
Join in the festivities leading up to kick off
and stay for the game!



FEB 8th, 3 PM in the Landmark Activity Room

FEBRUARY BIRTHDAYS:

2/2 - Judy Shaw
2/4 - Sandra Seagraves
2/6 - Marilyn Moyle
2/6 - Donna Mills
2/10 - Sally Cole
2/11 - Carolyn Scott
2/17 - David Strand
2/23 - Joan Beil
2/26 - Jerry Boone
2/28 - Lee Lovvorn



Join us on
FEBRUARY 26TH AT 1 PM
for our
BIRTHDAY PARTY
in the Hampton Club