

August 2024

Embrace the World Welcome to Italy

The Sterling Aventura: assisted Living

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
DIMENSIONS OF WELLNESS		MEETING PLACES						1		2		3	
		AR - ACTIVITIES ROOM -5 G - GROUND FLOOR LOBBY AREA 2 - SECOND FLOOR LOBBY AREA 2 AR - ACTIVITIES ROOM 2 MR - MEDIA ROOM (G) G - PATIO - P (G) PDR - PEACOCK DINING ROOM (G)						♣ 8:30am Welcome to Italy Introducing Fun Activities, AR ♣ 9:15am Morning walk with Eddie, G ♣ 10:00am Errands Day & Trip to Walgreens, G ♣ 10:30am Morning Exercise Class with Daniel, 2 ♣ 11:00am Learn Spanish: Basic Conversation & Phrases ♣ 11:15am Canvas Painting & Dominoes Games ♣ 11:15am Lunch Outing: Sicilian Oven (Italian Cuisine), G ♣ 2:00pm Bingo with Eddie, AR ♣ 2:00pm The Sterling Spanish Club, Coffee & Conversation ♣ 3:00pm Aqua Painting, AR ♣ 3:00pm Zumba with Resident Nancy, G ♣ 3:30pm Italian Arts & Crafts with Daniel, AR ♣ 3:30pm Basketball toss, 2 ♣ 3:30pm Happy Hour with Alan Cohen(Live Music), G ♣ 6:00pm Puzzles & Board Games, AR ♣ 6:00pm Rummikub & Mahjong Games. 2		♣ 9:15am Morning walk with Eddie, G ♣ 10:00am Errands Day & Trip to Publix Supermarket ♣ 10:15am Light Weights Workout with Daniel, G ♣ 11:00am Morning Exercise Class with Daniel, 2 ♣ 11:00am Brain Fitness Games with Daniel, AR ♣ 11:15am Canvas Painting & Dominoes Games ♣ 11:45am Trip to Gulfstream Park, G ♣ 1:30pm Chair Yoga & Zumba with Daniel, 2 ♣ 1:30pm Residents Social Spotlight Club With Daniel ♣ 2:00pm Bingo with Eddie, AR ♣ 2:00pm Blackjack with Daniel, AR ♣ 2:00pm The Sterling Spanish Club ♣ 3:00pm Shabbat Service with Rabbi Zoom Call, MR ♣ 3:30pm Crosswords & Sudoku Games, 2 ♣ 3:30pm Resident Happy Hour: Meet & Mingle, G ♣ 6:00pm Puzzles & Board Games. AR		♣ 10:00am Stretch & Strength with Carolyn, 2 ♣ 10:30am Morning Exercise Class Carolyn, 2 ♣ 11:00am Aqua Painting Class, AR ♣ 11:00am Fun Facts & Trivia with Daniel, AR ♣ 11:00am The Sterling Horse Racing Club with Daniel, MR ♣ 11:15am Exploring the Religions of Italy: Worship Connection ♣ 11:30am The Sterling Garden Club, G ♣ 1:00pm Technology Class: iPhone & iPad, 2 ♣ 1:30pm Italy Travel Destination (Video) Rome, G ♣ 2:00pm Bingo Game with Carolyn, AR ♣ 3:00pm Bible Stories Class, AR ♣ 3:15pm Art Therapy, AR ♣ 3:30pm Current Events & World News Daniel, AR ♣ 5:30pm Puzzles Games, MR ♣ 6:00pm Evening Movie, MR ♣ 6:30pm Resident Run Bingo. AR	
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♣ 9:30am Trip to Church: St Lawrence Catholic, G ♣ 10:00am Church Service (Spanish) Zoom, MR ♣ 10:30am Morning Exercise Class Carolyn, 2 ♣ 11:00am Brain Fitness Games with Carolyn, AR ♣ 11:15am Church Service (English) Zoom, MR ♣ 11:15am The Sterling Walking Club, G ♣ 11:30am Morning Meditation with Carolyn, G ♣ 11:30am Pet Therapy with Our French Bulldog Bailey, G ♣ 1:00pm Miniature Golf with Daniel, 2 ♣ 1:30pm Afternoon Mass Communion with Deacon Clyde ♣ 2:00pm Blackjack with Daniel, AR ♣ 3:00pm The Sterling Book Club, MR ♣ 3:30pm Health & Wellness talk with Daniel, AR ♣ 4:00pm World News & Currents Events with Daniel, AR ♣ 6:30pm Resident Run Bingo, AR ♣ 6:30pm Rummikub & Chess Games. AR		♣ 9:15am Morning Walk with Eddie, G ♣ 10:30am Morning Exercise & Light Weights Workout ♣ 11:00am Fit Minds Brain Games ♣ 11:00am The Sterling Knitting Club & Dominoes Games ♣ 11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, AR ♣ 1:00pm Technology Class: iPhone & iPad with Eddie, 2 ♣ 1:30pm Chair Yoga & Zumba with Daniel, 2 ♣ 2:00pm Bingo with Eddie, AR ♣ 2:00pm Blackjack with Daniel, AR ♣ 3:00pm Italian Fun Fact & Trivia with Daniel, AR ♣ 3:30pm Basketball toss with Eddie, G ♣ 3:30pm Crosswords & Sudoku Games, 2 ♣ 3:30pm Happy Hour with Magdiel Madrigal (Live Music) ♣ 3:30pm Rummikub & Mahjong Games, AR ♣ 6:00pm Evening Movie, MR		♣ 9:15am Morning walk with Eddie, G ♣ 9:30am Errands And Shopping Day with Eddie, G ♣ 10:30am Morning Exercise Class with Daniel, 2 ♣ 10:40am Scenic Ride to Miami Beach, G ♣ 11:00am Exploring Italy: History, Language & Culture, AR ♣ 11:00am Fit Minds Brain Games & Dominoes Games ♣ 1:00pm Technology Class: iPhone & iPad, G ♣ 1:30pm Tai Chi with Eddie, 2 ♣ 2:00pm The Sterling Spanish Club ♣ 2:00pm Bingo with Eddie, AR ♣ 3:00pm Aqua Painting, AR ♣ 3:30pm Arts & Crafts With Daniel, AR ♣ 3:30pm Happy Hour with Javier Cascajo (Live Music), G ♣ 6:00pm Puzzles & Board Games, AR ♣ 6:00pm Rummikub & Mahjong Games, 2 ♣ 6:30pm Resident Run Bingo. AR		♣ 9:15am Morning walk with Eddie, G ♣ 10:15am Light Weights Workout with Daniel, G ♣ 10:30am Morning Exercise Class with Daniel, 2 ♣ 11:00am Fit Minds Brain Games, AR ♣ 11:15am Canvas Painting & Dominoes Games ♣ 11:30am Learn Spanish: Basic Conversation with Eddie, AR ♣ 1:00pm Blood Pressure Check, G ♣ 1:00pm Facetime with family's 1:00pm -5:00pm, MR ♣ 1:30pm Chair Yoga & Zumba with Daniel, 2 ♣ 2:00pm Bingo with Eddie, AR ♣ 2:00pm The Sterling Spanish Club Coffee & Conversation ♣ 3:30pm Happy Hour with Ralph Roberts (Live Music), G ♣ 3:30pm Health & Wellness talk with Daniel, AR ♣ 4:00pm Achieving Your Goals Support Group with Daniel, ♣ 4:00pm World News & Currents Events with Daniel, AR ♣ 6:00pm Puzzles & Board Games. AR		♣ 9:15am Morning walk with Eddie, G ♣ 10:00am Errands Day & Trip to Walgreens, G ♣ 10:30am Morning Exercise Class with Daniel, 2 ♣ 11:00am Learn Italian: Basic Conversation & Phrases, AR ♣ 11:15am Dominoes Games, AR ♣ 11:15am Lunch Outing: Mr. Chef's (Chinese Cuisine), G ♣ 2:00pm Bingo with Eddie, AR ♣ 2:00pm The Sterling Spanish Club, Coffee & Conversation ♣ 3:00pm Aqua Painting, AR ♣ 3:00pm Arts & Crafts, AR ♣ 3:00pm Zumba with Resident Nancy, G ♣ 3:30pm Italian Arts & Crafts with Daniel, AR ♣ 3:30pm Basketball toss, 2 ♣ 3:30pm Happy Hour with Grace Azar (Live Music), G ♣ 6:00pm Evening Movie, MR ♣ 6:00pm Puzzles & Board Games. AR		♣ 9:15am Morning walk with Eddie, G ♣ 10:00am Errands Day & Trip to Publix Supermarket ♣ 10:15am Light Weights Workout with Daniel, G ♣ 11:00am Morning Exercise Class with Daniel, 2 ♣ 11:00am Brain Fitness Games with Daniel, AR ♣ 11:15am Canvas Painting & Dominoes Games ♣ 11:45am Trip to Gulfstream Park, G ♣ 1:30pm Chair Yoga & Zumba with Daniel, 2 ♣ 1:30pm Residents Social Spotlight Club with Daniel ♣ 2:00pm Bingo with Eddie, AR ♣ 3:00pm Shabbat Service with Rabbi Zoom Call, MR ♣ 3:30pm Crosswords & Sudoku Games, 2 ♣ 3:30pm Italian Music with Debbie T., G ♣ 3:30pm Resident Happy Hour: Meet & Mingle, G ♣ 6:00pm Evening Movie, MR ♣ 6:00pm Puzzles & Board Games. AR		♣ 10:00am Stretch & Strength with Carolyn, 2 ♣ 10:30am Morning Exercise Class Carolyn, 2 ♣ 11:00am Aqua Painting Class, AR ♣ 11:00am Fun Facts & Trivia with Daniel, AR ♣ 11:00am The Sterling Horse Racing Club with Daniel, MR ♣ 11:15am Exploring the Religions of Italy: Worship Connection ♣ 11:30am The Sterling Garden Club, G ♣ 1:00pm Technology Class: iPhone & iPad, 2 ♣ 1:30pm Italy Travel Destination (Video) Vatican Museum, 2 ♣ 2:00pm Bingo Game with Carolyn, AR ♣ 3:00pm Bible Stories Class, AR ♣ 3:15pm Art Therapy, AR ♣ 3:30pm Current Events & World News Daniel, AR ♣ 3:30pm Italian Sweets Treats & Live Italian Music, G ♣ 5:30pm Puzzles Games, MR ♣ 6:00pm Evening Movie. MR	
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♣ 9:30am Trip to Church: St Lawrence Catholic, G ♣ 10:00am Church Service (Spanish) Zoom, MR ♣ 10:30am Morning Exercise Class Carolyn, 2 ♣ 11:00am Brain Fitness Games with Carolyn, AR ♣ 11:15am Church Service (English) Zoom, MR ♣ 11:15am The Sterling Walking Club, G ♣ 11:30am Morning Meditation with Carolyn, G ♣ 11:30am Pet Therapy with Our French Bulldog Bailey, G ♣ 1:00pm Miniature Golf with Daniel, 2 ♣ 1:30pm Afternoon Mass Communion with Deacon Clyde ♣ 2:00pm Blackjack with Daniel, AR ♣ 3:00pm The Sterling Book Club, MR ♣ 3:30pm Health & Wellness talk with Daniel, AR ♣ 4:00pm World News & Currents Events with Daniel, AR ♣ 6:00pm Evening Movie, MR ♣ 6:30pm Resident Run Bingo. AR		♣ 9:15am Morning Walk with Eddie, G ♣ 10:15am Light Weights Workout with Daniel, G ♣ 10:30am Morning Exercise Class with Daniel, 2 ♣ 11:00am Fit Minds Brain Games & Dominoes Games ♣ 11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, AR ♣ 1:00pm Technology Class: iPhone & iPad with Eddie, 2 ♣ 1:30pm Chair Yoga & Zumba with Daniel, 2 ♣ 2:00pm Blackjack with Daniel, AR ♣ 3:00pm Italian Fun Fact & Trivia with Daniel, AR ♣ 3:30pm Basketball toss with Eddie, G ♣ 3:30pm Crosswords & Sudoku Games, 2 ♣ 3:30pm Happy Hour with Victor Luis (Live Music), G ♣ 3:30pm Rummikub & Mahjong Games, AR ♣ 6:00pm Evening Movie, MR ♣ 6:00pm Puzzles & Board Games. AR		♣ 9:15am Morning walk with Eddie, G ♣ 9:30am Errands And Shopping Day with Eddie, G ♣ 10:30am Morning Exercise Class with Daniel, 2 ♣ 11:00am Exploring Italy: History, Language & Culture, AR ♣ 11:00am Fit Minds Brain Games, AR ♣ 11:00am Picnic in the Park with Eddie, G ♣ 11:15am Scenic Ride to Miami Beach, G ♣ 1:00pm Technology Class: iPhone & iPad, G ♣ 1:30pm Tai Chi with Eddie, 2 ♣ 2:00pm Bingo with Eddie, AR ♣ 2:00pm Professional Ballet Performance Featuring Emily ♣ 2:00pm The Sterling Spanish Club ♣ 3:00pm Aqua Painting, AR ♣ 3:30pm Happy Hour with Spokekey Jones (Live Music), G ♣ 6:00pm Puzzles & Board Games, AR ♣ 6:00pm Rummikub & Mahjong Games. 2		♣ 9:15am Morning walk with Eddie, G ♣ 10:15am Light Weights Workout with Daniel, G ♣ 10:30am Morning Exercise Class with Daniel, 2 ♣ 11:00am Fit Minds Brain Games & Dominoes Games ♣ 11:15am Canvas Painting ♣ 11:30am Learn Spanish: Basic Conversation with Eddie, AR ♣ 1:00pm Blood Pressure Check, G ♣ 1:00pm Facetime with family's 1:00pm -5:00pm, MR ♣ 1:30pm Chair Yoga & Zumba with Daniel, 2 ♣ 2:00pm Bingo with Eddie, AR ♣ 3:30pm Happy Hour with Andree Acevedo (Live Music), G ♣ 3:30pm Health & Wellness talk with Daniel, AR ♣ 4:00pm Achieving Your Goals Support Group with Daniel ♣ 4:00pm World News & Currents Events with Daniel, AR ♣ 6:00pm Evening Movie, MR ♣ 6:00pm Puzzles & Board Games. AR		♣ 9:15am Morning Walk with Eddie, G ♣ 10:00am Errands Day & Trip to Walgreens, G ♣ 10:30am Morning Exercise Class with Daniel, 2 ♣ 11:00am Learn Italian: Basic Conversation & Phrases, AR ♣ 11:15am Dominoes Games, AR ♣ 11:15am Lunch Outing: The Cheesecake Factory (American Cuisine), G ♣ 1:30pm Chair Yoga & Zumba with Daniel ♣ 2:00pm Bingo with Eddie, AR ♣ 3:00pm Aqua Painting with Daniel, AR ♣ 3:00pm Arts & Crafts with Daniel, AR ♣ 3:30pm Basketball toss, 2 ♣ 3:30pm Happy Hour with Danny Olalla (Live Music), G ♣ 3:30pm Italian Jewelry Making with Daniel, AR ♣ 6:00pm Evening Movie, MR ♣ 6:00pm Puzzles & Board Games, AR ♣ 6:00pm Rummikub & Mahjong Games. 2		♣ 9:15am Morning walk with Eddie, G ♣ 10:00am Errands Day & Trip to Publix Supermarket ♣ 10:15am Light Weights Workout with Daniel, G ♣ 11:00am Morning Exercise Class with Daniel, 2 ♣ 11:00am Brain Fitness Games with Daniel, AR ♣ 11:15am Canvas Painting & Dominoes Games ♣ 11:45am Trip to Gulfstream Park, G ♣ 1:30pm Chair Yoga & Zumba with Daniel, 2 ♣ 1:30pm Residents Social Spotlight Club with Daniel ♣ 2:00pm Bingo with Eddie, AR ♣ 2:00pm Blackjack with Daniel, AR ♣ 3:00pm Shabbat Service with Rabbi Zoom Call, MR ♣ 3:30pm Crosswords & Sudoku Games, 2 ♣ 3:30pm Happy Hour with Jennifer McClain (Live Music) ♣ 3:30pm Italian Music & Wine Tasting with Daniel, G ♣ 3:30pm Resident Happy Hour: Meet & Mingle, G ♣ 6:00pm Puzzles & Board Games, AR ♣ 6:30pm Resident Run Bingo. AR		♣ 10:00am Stretch & Strength with Carolyn, 2 ♣ 10:30am Morning Exercise Class Carolyn, 2 ♣ 11:00am Aqua Painting Class, AR ♣ 11:00am Fun Facts & Trivia with Daniel, AR ♣ 11:00am The Sterling Horse Racing Club with Daniel, MR ♣ 11:15am Exploring World Religions, MR ♣ 11:30am The Sterling Garden Club, G ♣ 1:00pm Technology Class: iPhone & iPad, 2 ♣ 1:30pm Italy Travel Destination (Video) Naples, 2 ♣ 2:00pm Bingo Game with Carolyn, AR ♣ 3:00pm Bible Stories Class, AR ♣ 3:15pm Art Therapy, AR ♣ 3:30pm Current Events & World News Daniel, AR ♣ 5:30pm Puzzles Games, MR ♣ 6:00pm Evening Movie, MR ♣ 6:30pm Resident Run Bingo. AR	
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