## September 2024

The Sterling Aventura: (Memory Care Neighborhood)

The Sterling Aventura: (	Memory Care Neighborhood)					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
1            ö Breakfast, MC         ☆ Morning Exercise Class         Brain Games         Music and Movement         ô Lunch, MC         Art         ① Puzzles & Board Games         Music and Sing Along         ô Dinner Time         Movies         ASMR             b Breakfast, MC         ☆ Morning Exercise Class         Brain Games         Music and Movement         ô Dinner Time         Movies         ASMR             b Breakfast, MC         ☆ Morning Exercise Class         Brain Games         Music and Movement         ô Lunch         Art         ① Puzzles & Board Games         Music and Sing Along	2	3 i Breakfast, MC i Morning Exercise Class Brain Games Music and Movement i Lunch i Lunch i Lunch i Lunch i Lunch i Dinner Son Day: Nails Art i Dinner Time Movies ASMR 10 i Breakfast, MC i Breakfast, MC i Dinner Son Days Music and Movement Lunch, MC i Lunch, MC i Latin Music and Dancing i Puzzles & Board Games i Son Days Nails Art	<sup>i</sup> Breakfast <sup>i</sup> Morning Exercise Class             Brain Games             Music and Movement <sup>i</sup> Lunch             Art <sup>i</sup> Puzzles & Board Games <sup>i</sup> Spa Day: Nails Art <sup>i</sup> Dinner Time             Music Therapy             ASMR <sup>i</sup> Breakfast, <i>MC</i> <sup>i</sup> Morning Exercise Class             Brain Games             Music Therapy             ASMR <sup>i</sup> Breakfast, <i>MC</i> <sup>i</sup> Morning Exercise Class             Brain Games             Music and Movement <sup>i</sup> Lunch, <i>MC</i> Art <sup>i</sup> Puzzles & Board Games <sup>i</sup> Spa Day: Nails Art	<ul> <li>5</li> <li>i Breakfast, MC</li> <li>☆ Morning Exercise Class Brain Games Music and Movement</li> <li>i Lunch, MC</li> <li>I Scenic Ride to Miami Beach</li> <li>Puzzles &amp; Board Games Music and Sing -Along,</li> <li>i Dinner Time Movies ASMR</li> </ul> 12 i Breakfast, MC <ul> <li>☆ Morning Exercise Class Brain Games Music and Movement</li> <li>i Lunch, MC</li> <li>I Scenic Ride to Miami Beach</li> <li>Puzzles &amp; Board Games Music and Sing Along</li> </ul>	6 ở Breakfast, MC ☆ Morning Exercise Class Brain Games Music and Movement ở Lunch, MC ☆ Sunshine Club on The Patio ① Puzzles & Board Games Music and Sing -Along ở Dinner Time, 3 Music Therapy ASMR 13 ở Breakfast, MC ☆ Morning Exercise Class Brain Games Music and Movement ở Lunch, MC ☆ Sunshine Club on The Patio ① Puzzles & Board Games Music and Sing -Along	7 ở Breakfast, <i>MC</i> ☆ Morning Exercise Class Brain Games Music and Movement ở Lunch, <i>MC</i> Art ① Puzzles & Board Games Music and Sing -Along ở Dinner Time Movies ASMR 14 ở Breakfast, <i>MC</i> ☆ Morning Exercise Class Brain Games Music and Movement ở Lunch, <i>MC</i> Art ① Puzzles & Board Games Music and Sing - Along
Music and Sing Along Dinner Time Movies ASMR	<ul> <li>a Dance Time</li> <li>b Dinner Time</li> <li>Music Therapy</li> <li>ASMR</li> </ul>	<ul> <li>Ö Spa Day: Nails Art</li> <li>Ö Dinner Time Movies ASMR</li> </ul>	<ul> <li>Spa Day: Nails Art</li> <li>Dinner Time, 3</li> <li>Music Therapy ASMR</li> </ul>	Music and Sing Along Dinner Time, 3 Movies ASMR	Music and Sing -Along Dinner Time Music Therapy ASMR	Music and Sing - Along Dinner Time Movies ASMR
15	16	17	18	19	20	21
<ul> <li>i Breakfast, MC</li> <li>☆ Morning Exercise Class Brain Games Music and Movement</li> <li>i Lunch, MC Art</li> <li>i Puzzles &amp; Board Games Music and Sing Along</li> <li>i Dinner Time Movies ASMR</li> </ul>	<ul> <li>Breakfast, <i>MC</i></li> <li>Morning Exercise Class Brain Games Music and Movement</li> <li>Lunch, <i>MC</i></li> <li>Sunshine Club on The Patio</li> <li>Puzzles &amp; Board Games</li> <li>Happy Hour: Music &amp; Dance Time</li> <li>Dinner Time Music Therapy ASMR</li> </ul>	<ul> <li>iii Breakfast, MC</li> <li>☆ Morning Exercise Class Brain Games Music and Movement</li> <li>iiii Lunch, MC</li> <li>☆ Latin Music and Dancing</li> <li>① Puzzles &amp; Board Games</li> <li>iiiiii Spa Day: Nails Art</li> <li>iiiiiiiii Dinner Time Movies ASMR</li> </ul>	<ul> <li>Breakfast, MC</li> <li>Morning Exercise Class Brain Games</li> <li>Music and Movement</li> <li>Lunch, MC Art</li> <li>Puzzles &amp; Board Games</li> <li>Spa Day: Nails Art</li> <li>Dinner Time Music Therapy ASMR</li> </ul>	<ul> <li>Breakfast, <i>MC</i></li> <li>Morning Exercise Class Brain Games Music and Movement</li> <li>Lunch, <i>MC</i></li> <li>Scenic Ride to Miami Beach</li> <li>Puzzles &amp; Board Games Music and Sing Along</li> <li>Dinner Time Movies ASMR</li> </ul>	<ul> <li>iii Breakfast, MC</li> <li>☆ Morning Exercise Class Brain Games Music and Movement</li> <li>iiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii</li></ul>	<ul> <li>ö Breakfast, MC</li> <li>☆ Morning Exercise Class Brain Games Music and Movement</li> <li>ô Lunch Art</li> <li>ô Puzzles &amp; Board Games Music and Sing- Along</li> <li>ô Dinner Time Movies ASMR</li> </ul>
22	23	24	25	26	27	28
<ul> <li>ö Breakfast, MC</li> <li>☆ Morning Exercise Class Brain Games Music and Movement</li> <li>ö Lunch, MC Art</li> <li>① Puzzles &amp; Board Games Music and Sing Along</li> <li>ö Dinner Time Movies ASMR</li> </ul>	<ul> <li>ö Breakfast, MC</li> <li>☆ Morning Exercise Class Brain Games Music and Movement</li> <li>ö Lunch, MC</li> <li>☆ Sunshine Club on The Patio</li> <li>① Puzzles &amp; Board Games</li> <li>ö Happy Hour: Music &amp; Dance Time</li> <li>ŏ Dinner Time Music Therapy ASMR</li> </ul>	<ul> <li>ö Breakfast, MC</li> <li>☆ Morning Exercise Class Brain Games</li> <li>Music and Movement</li> <li>o Lunch, MC</li> <li>☆ Latin Music and Dancing</li> <li>① Puzzles &amp; Board Games</li> <li>ö Spa Day: Nails Art</li> <li>ö Dinner Time Movies ASMR</li> </ul>	<ul> <li>Breakfast, <i>MC</i></li> <li>Morning Exercise Class Brain Games Music and Movement</li> <li>Lunch, <i>MC</i> Art</li> <li>Puzzles &amp; Board Games</li> <li>Spa Day: Nails Art</li> <li>Dinner Time Music Therapy ASMR</li> </ul>	<ul> <li>Breakfast, <i>MC</i></li> <li>Morning Exercise Class Brain Games, <i>MC</i></li> <li>Music and Movement</li> <li>Lunch, <i>MC</i></li> <li>Scenic Ride to Miami Beach</li> <li>Puzzles &amp; Board Games Music and Sing -Along</li> <li>Dinner Time Movies ASMR</li> </ul>	<ul> <li>Breakfast, MC</li> <li>Morning Exercise Class Brain Games Music and Movement</li> <li>Lunch, MC</li> <li>Sunshine Club on The Patio</li> <li>Puzzles &amp; Board Games Music and Sing -Along</li> <li>Dinner Time Music Therapy ASMR</li> </ul>	<ul> <li>Ö Breakfast, MC</li> <li>☆ Morning Exercise Class Brain Games</li> <li>Music and Movement</li> <li>Ö Lunch, MC Art</li> <li>① Puzzles &amp; Board Games</li> <li>Music and Sing- Along</li> <li>Ö Dinner Time Movies</li> <li>ASMR</li> </ul>
29	30					DIMENSIONS OF
<ul> <li>Breakfast, MC</li> <li>Morning Exercise Class Brain Games Music and Movement</li> <li>Lunch, MC Art</li> <li>Puzzles &amp; Board Games Music and Sing Along</li> <li>Dinner Time Movies ASMR</li> </ul>	<ul> <li>ö Breakfast, <i>MC</i></li> <li>☆ Morning Exercise Class Brain Games Music and Movement</li> <li>ö Lunch, <i>MC</i></li> <li>☆ Sunshine Club on The Patio</li> <li>① Puzzles &amp; Board Games</li> <li>ö Happy Hour: Music &amp; Dance</li> <li>Time</li> <li>ö Dinner Time Music Therapy ASMR</li> </ul>	TheSterling	<b>Heartfelt Connections</b> A Memory Care Program™ An LC⊆ Signature Experience	Life Care Services Just - With IN CUSTOMER SATISFACTION WITH INDEPENDENT SENIOR LIVING COMMUNITIES 2 YEARS IN A ROW Por JD FORTE NOW ARKAD DOTOMATION VIET ZAPOVER COMMANDES	Achieve your goals through engagement and connection.	<ul> <li>Physical</li> <li>Spiritual</li> <li>Spiritual</li> <li>Environmental</li> <li>Vocational</li> <li>Intellectual</li> <li>Health Services</li> </ul>