

September 2024

The Sterling Aventura: assisted Living

Embrace the World Welcome to France

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>9:00am Welcome to France Introducing Fun Activities</p> <p>9:30am Trip to Church: St Lawrence Catholic, G</p> <p>10:00am Church Service (Spanish) Zoom, MR</p> <p>10:30am Morning Exercise Class Carolyn, 2</p> <p>11:00am Brain Fitness Games with Carolyn, AR</p> <p>11:15am Church Service (English) Zoom, MR</p> <p>11:30am Morning Meditation with Carolyn, G</p> <p>11:30am Pet Therapy with Our French Bulldog Bailey, G</p> <p>1:00pm Miniature Golf with Daniel, 2</p> <p>1:30pm Afternoon Mass Communion with Deacon Clyde</p> <p>2:00pm Blackjack with Daniel, AR</p> <p>3:00pm The Sterling Book Club, MR</p> <p>3:30pm Health & Wellness talk with Daniel, AR</p> <p>4:00pm World News & Currents Events with Daniel, AR</p> <p>6:00pm Evening Movie, MR</p> <p>6:30pm Resident Run Bingo, AR</p>	<p>9:15am Morning Walk with Claudia, G</p> <p>10:15am Light Weights Workout with Daniel, 2</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Fit Minds Brain Games & Dominoes Games</p> <p>11:00am The Sterling Knitting Club, AR</p> <p>11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, AR</p> <p>12:30pm Labor Day Barbeque with Live Music, PDR</p> <p>1:00pm Technology Class: iPhone & iPad with Claudia, 2</p> <p>1:30pm Chair Yoga & Zumba with Daniel, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club Coffee &</p> <p>3:30pm Basketball toss with Claudia, G</p> <p>3:30pm Crosswords & Sudoku Games, 2</p> <p>3:30pm Rummikub & Mahjong Games, AR</p> <p>6:00pm Evening Movie, MR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>9:30am Errands And Shopping Day with Eddie, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>10:40am Scenic Ride to Miami Beach with Daniel, G</p> <p>11:00am Exploring France : History, Language & Culture</p> <p>11:00am Fit Minds Brain Games, AR</p> <p>11:15am Dominoes Games, AR</p> <p>1:00pm Technology Class: iPhone & iPad with Claudia</p> <p>1:30pm Tai Chi with Claudia, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club</p> <p>3:00pm Aqua Painting, AR</p> <p>3:30pm Arts & Crafts With Daniel, AR</p> <p>3:30pm Happy Hour with Alan Cohen (Live Music), G</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>10:30am Morning Exercise & Light Weights Workout, 2</p> <p>11:00am Fit Minds Brain Games, AR</p> <p>11:15am Canvas Painting & Dominoes Games with Daniel</p> <p>11:30am French Painting Class with Daniel, AR</p> <p>1:00pm Blood Pressure Check, G</p> <p>1:00pm Facetime with family's 1:00pm -5:00pm, MR</p> <p>1:30pm Salsa Dancing with Daniel, 2</p> <p>2:00pm Bingo with Claudia, AR</p> <p>2:00pm Blackjack with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club Coffee & Conversation</p> <p>3:30pm Happy Hour with Grace Azar (Live Music), G</p> <p>3:30pm Health & Wellness talk with Daniel, AR</p> <p>4:00pm Achieving Your Goals Support Group with Daniel</p> <p>4:00pm World News & Currents Events with Daniel, AR</p> <p>6:00pm Evening Movie, MR</p>	<p>9:15am Morning Walk with Claudia, G</p> <p>9:30am-11:00am Errands Day & Trip to Walgreens, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Learn French: Basic Conversation & Phrases, AR</p> <p>11:15am Dominoes Games, AR</p> <p>11:15am Residents Lunch Outing: Flashback Diner (American Cuisine), G</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club, Coffee & Conversation</p> <p>2:30pm Happy Hour with Dragon D (Live Music), G</p> <p>3:00pm Aqua Painting Class, AR</p> <p>3:00pm Arts & Crafts with Daniel, AR</p> <p>3:00pm Zumba with Resident Nancy, G</p> <p>3:30pm Arts & Crafts with Daniel, AR</p> <p>3:30pm Basketball toss, AR</p> <p>6:00pm Evening Movie, MR</p>	<p>9:00am The art of French Cooking with Chef Daniel C.(Crepes Station), PDR</p> <p>9:15am Morning walk with Claudia, G</p> <p>10:00am Errands Day & Trip to Publix Supermarket</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Brain Fitness Games with Daniel, AR</p> <p>11:15am Canvas Painting & Dominoes Games</p> <p>1:30pm Chair Yoga & Zumba with Daniel, 2</p> <p>1:30pm Famous People From France with Daniel</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club Coffee &</p> <p>3:00pm Shabbat Service with Rabbi Zoom Call, MR</p> <p>3:30pm Crosswords & Sudoku Games, 2</p> <p>3:30pm Happy Hour w/ Andree Acevedo (Live Music), G</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p>	<p>10:00am Stretch & Strength with Carolyn, 2</p> <p>10:30am Morning Exercise Class Carolyn, 2</p> <p>11:00am Aqua Painting Class, AR</p> <p>11:00am Fun Facts & Trivia with Daniel, AR</p> <p>11:00am The Sterling Horse Racing Club with Daniel, MR</p> <p>11:15am Exploring World Religions, MR</p> <p>11:30am The Sterling Garden Club, G</p> <p>1:00pm Technology Class: iPhone & iPad, 2</p> <p>1:30pm France Travel Video: (Eiffel Tower France), AR</p> <p>2:00pm Bingo Game with Carolyn, AR</p> <p>3:00pm Bible Stories Class, AR</p> <p>3:15pm Art Therapy, AR</p> <p>3:30pm Current Events & World News Carolyn, AR</p> <p>5:30pm Puzzles Games, MR</p> <p>6:00pm Evening Movie, MR</p> <p>6:30pm Resident Run Bingo, AR</p>
<p>9:30am Trip to Church: St Lawrence Catholic, G</p> <p>10:00am Church Service (Spanish) Zoom, MR</p> <p>10:30am Morning Exercise Class Carolyn, 2</p> <p>11:00am Brain Fitness Games with Carolyn, AR</p> <p>11:15am Church Service (English) Zoom, MR</p> <p>11:30am Morning Meditation with Carolyn, G</p> <p>11:30am Pet Therapy with Our French Bulldog Bailey, G</p> <p>1:00pm Miniature Golf with Daniel, 2</p> <p>1:30pm Afternoon Mass Communion with Deacon Clyde</p> <p>2:00pm Blackjack with Daniel, AR</p> <p>2:00pm National Assisted Living Week: Fun Activities Sept 8 to Sept 14, G</p> <p>3:00pm The Sterling Book Club, MR</p> <p>3:30pm Health & Wellness talk with Daniel, AR</p> <p>4:00pm World News & Currents Events with Carolyn, AR</p> <p>6:00pm Evening Movie, MR</p>	<p>9:15am Morning Walk with Claudia, G</p> <p>10:30am Morning Exercise & Light Weights Workout</p> <p>11:00am Fit Minds Brain Games, AR</p> <p>11:00am The Sterling Knitting Club & Dominoes Games</p> <p>11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, AR</p> <p>1:00pm Technology Class: iPhone & iPad with Claudia, 2</p> <p>1:30pm Chair Yoga & Zumba with Daniel, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club</p> <p>3:30pm Basketball toss with Claudia, G</p> <p>3:30pm Crosswords & Sudoku Games, 2</p> <p>3:30pm Happy Hour with Magdiel Madrigal (Live Music), G</p> <p>3:30pm Rummikub & Mahjong Games, AR</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>9:30am Errands And Shopping Day with Daniel, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>10:40am Scenic Ride to Miami Beach, G</p> <p>11:00am Exploring France : History, Language & Culture</p> <p>11:00am Fit Minds Brain Games, AR</p> <p>11:15am Dominoes Games, AR</p> <p>1:00pm Technology Class: iPhone & iPad with Claudia</p> <p>1:30pm Tai Chi with Claudia, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm Fresh Smoothies Sponsor by Sobe Rehab, G</p> <p>3:00pm Aqua Painting & Arts & Crafts with Daniel</p> <p>3:30pm Happy Hour with Wes Anthony (Live Music), G</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p> <p>6:00pm Rummikub & Mahjong Games, 2</p>	<p>9:15am Morning walk with Claudia, G</p> <p>10:15am Light Weights Workout with Daniel, 2</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Fit Minds Brain Games, AR</p> <p>11:00am September 11th Remembrance, AR</p> <p>11:15am Canvas Painting & Dominoes Games</p> <p>11:30am Learn Spanish: Basic Conversation with Claudia, AR</p> <p>1:00pm Facetime with family's 1:00pm -5:00pm, MR</p> <p>1:30pm Salsa Dancing with Claudia, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club Coffee & Conversation</p> <p>3:30pm Happy Hour with Ralph Roberts (Live Music), G</p> <p>3:30pm Health & Wellness talk with Daniel, AR</p> <p>4:00pm Achieving Your Goals Support Group with Daniel</p> <p>4:00pm World News & Currents Events with Daniel, AR</p> <p>6:00pm Evening Movie, MR</p>	<p>9:15am Morning Walk with Claudia, G</p> <p>10:00am Errands Day & Trip to Walgreens, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Learn French: Basic Conversation & Phrases, AR</p> <p>11:15am Residents Lunch Outing: P.F. Chang's (Chinese Cuisine), G</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm How to Safely Transfer w/ Robert from Sobe Rehab</p> <p>3:30pm French Arts & Crafts with Daniel, AR</p> <p>3:30pm Basketball toss, AR</p> <p>3:30pm Happy Hour with Danny Olalla (Live Music), G</p> <p>3:30pm The Art of Living Health & Happiness, AR</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p> <p>6:00pm Rummikub & Mahjong Games, 2</p>	<p>9:15am Morning walk with Claudia, G</p> <p>10:00am Errands Day & Trip to Publix Supermarket</p> <p>10:30am Morning Exercise & Light Weights Workout</p> <p>11:00am Brain Fitness Games with Daniel, AR</p> <p>11:15am Canvas Painting & Dominoes Games</p> <p>11:45am Trip to Gulfstream Park, G</p> <p>1:30pm Chair Yoga & Zumba with Claudia, 2</p> <p>1:30pm France Famous Foods with Daniel</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club</p> <p>3:00pm Shabbat Service with Rabbi Zoom Call, MR</p> <p>3:30pm Aromatherapy with Daniel, AR</p> <p>3:30pm Crosswords & Sudoku Games, 2</p> <p>3:30pm Resident Happy Hour: Meet & Mingle, G</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p>	<p>10:00am Stretch & Strength with Carolyn, 2</p> <p>10:30am Morning Exercise Class Carolyn, 2</p> <p>11:00am Aqua Painting Class, AR</p> <p>11:00am Fun Facts & Trivia with Daniel, AR</p> <p>11:00am The Sterling Horse Racing Club with Claudia, MR</p> <p>11:15am Exploring World Religions, MR</p> <p>11:30am The Sterling Garden Club, G</p> <p>1:00pm Technology Class: iPhone & iPad, 2</p> <p>1:30pm France Travel Video: (Louvre Museum), AR</p> <p>2:00pm Bingo Game with Carolyn, AR</p> <p>3:00pm Bible Stories Class, AR</p> <p>3:15pm Art Therapy, AR</p> <p>3:30pm Current Events & World News Daniel, AR</p> <p>5:30pm Puzzles Games, MR</p> <p>6:00pm Evening Movie, MR</p> <p>6:30pm Resident Run Bingo, AR</p>
<p>9:30am Trip to Church: St Lawrence Catholic, G</p> <p>10:00am Church Service (Spanish) Zoom, MR</p> <p>10:30am Morning Exercise Class Carolyn, 2</p> <p>11:00am Brain Fitness Games with Carolyn, AR</p> <p>11:15am Church Service (English) Zoom, MR</p> <p>11:30am Morning Meditation with Carolyn, G</p> <p>11:30am Pet Therapy with Our French Bulldog Bailey, G</p> <p>1:00pm Miniature Golf with Daniel, 2</p> <p>1:30pm Afternoon Mass Communion with Deacon Clyde</p> <p>2:00pm Blackjack with Daniel, AR</p> <p>3:00pm The Sterling Book Club, MR</p> <p>3:30pm Health & Wellness talk with Daniel, AR</p> <p>4:00pm World News & Currents Events with Daniel, AR</p> <p>6:00pm Evening Movie, MR</p> <p>6:30pm Resident Run Bingo, AR</p>	<p>9:15am Morning Walk with Claudia, G</p> <p>10:30am Morning Exercise & Light Weights Workout</p> <p>11:00am Fit Minds Brain Games, AR</p> <p>11:00am The Sterling Knitting Club, AR</p> <p>11:15am Dominoes Games, AR</p> <p>11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, AR</p> <p>1:00pm Technology Class: iPhone & iPad w/ Claudia, 2</p> <p>1:30pm Chair Yoga & Zumba with Daniel, 2</p> <p>2:00pm Bingo with Eddie, AR</p> <p>2:00pm The Sterling Spanish Club</p> <p>3:30pm Basketball toss with Daniel, G</p> <p>3:30pm Crosswords & Sudoku Games, 2</p> <p>3:30pm Happy Hour with Victor Luis (Live Music), G</p> <p>3:30pm Rummikub & Mahjong Games, AR</p> <p>6:00pm Evening Movie, MR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>9:30am Errands And Shopping Day with Daniel, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Exploring France : History, Language & Culture</p> <p>11:00am Fit Minds Brain Games, AR</p> <p>11:00am Picnic in The Park with Daniel, G</p> <p>11:15am Dominoes Games, AR</p> <p>11:30am French Accessories Making with Daniel, AR</p> <p>12:30pm Scenic Ride to Miami Beach, G</p> <p>1:00pm Technology Class: iPhone & iPad with Claudia, G</p> <p>1:30pm Tai Chi with Claudia, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>3:00pm Aqua Painting, AR</p> <p>3:30pm Happy Hour with Spookey Jones (Live Music), G</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>10:15am Light Weights Workout with Daniel, 2</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Fit Minds Brain Games, AR</p> <p>11:00am Resident Council Meeting with Kristin Our ED, AR</p> <p>11:15am Dominoes Games, AR</p> <p>1:00pm Blood Pressure Check, G</p> <p>1:00pm Facetime with family's 1:00pm -5:00pm, MR</p> <p>1:30pm Salsa Dancing with Claudia, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:30pm The art of French Cooking with Chef Daniel C., PDR</p> <p>3:30pm Happy Hour with Javier Cascajo (Live Music), G</p> <p>3:30pm Health & Wellness talk with Daniel, AR</p> <p>4:00pm Achieving Your Goals Support Group with Daniel</p> <p>4:00pm World News & Currents Events with Daniel, AR</p> <p>6:00pm Evening Movie, MR</p>	<p>9:15am Morning Walk with Claudia, G</p> <p>10:00am Errands Day & Trip to Walgreens, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am French Manicure & Aromatherapy with Daniel</p> <p>11:00am Learn French: Basic Conversation & Phrases, AR</p> <p>11:15am Residents Lunch Outing: Olive Garden (Italian Cuisine), G</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club, Coffee & Conversation</p> <p>3:00pm Aqua Painting, AR</p> <p>3:00pm Zumba with Resident Nancy, 2</p> <p>3:30pm Arts & Crafts with Daniel, AR</p> <p>3:30pm Basketball toss, AR-5</p> <p>3:30pm Happy Hour with Danny Olalla (Live Music), G</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>10:00am Errands Day & Trip to Publix Supermarket</p> <p>10:15am Light Weights Workout with Daniel, 2</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Brain Fitness Games with Daniel, AR</p> <p>11:15am Canvas Painting & Dominoes Games</p> <p>11:45am Trip to Gulfstream Park, G</p> <p>1:30pm Chair Yoga & Zumba with Daniel, 2</p> <p>1:30pm Residents Social Spotlight Club With Daniel,</p> <p>2:00pm Bingo with Claudia, AR</p> <p>2:30pm Food Committee Meeting with Chef Daniel Campbell, PDR</p> <p>3:00pm Shabbat Service with Rabbi Zoom Call, MR</p> <p>3:30pm Crosswords & Sudoku Games, 2</p> <p>3:30pm Resident Happy Hour: Meet & Mingle, G</p> <p>6:00pm Evening Movie, MR</p>	<p>10:00am Stretch & Strength with Carolyn, 2</p> <p>10:30am Morning Exercise Class Carolyn, 2</p> <p>11:00am Aqua Painting Class, AR</p> <p>11:00am Fun Facts & Trivia with Daniel, AR</p> <p>11:00am The Sterling Horse Racing Club with Daniel, MR</p> <p>11:15am Berree French SDA Church, Music & Worship Connection, MR</p> <p>11:15am Exploring World Religions, MR</p> <p>11:30am The Sterling Garden Club, G</p> <p>1:00pm Technology Class: iPhone & iPad, 2</p> <p>1:30pm France Travel Video: (French Riviera France), AR</p> <p>2:00pm Bingo Game with Carolyn, AR</p> <p>3:00pm Bible Stories Class, AR</p> <p>3:15pm Art Therapy, AR</p> <p>3:30pm Current Events & World News Daniel, AR</p> <p>5:30pm Puzzles Games, MR</p>
<p>9:30am Trip to Church: St Lawrence Catholic, G</p> <p>10:00am Church Service (Spanish) Zoom, MR</p> <p>10:30am Morning Exercise Class Carolyn, 2</p> <p>11:00am Brain Fitness Games with Carolyn, AR</p> <p>11:15am Church Service (English) Zoom, MR</p> <p>11:30am Morning Meditation with Carolyn, G</p> <p>11:30am Pet Therapy with Our French Bulldog Bailey, G</p> <p>1:00pm Miniature Golf with Daniel, 2</p> <p>1:30pm Afternoon Mass Communion with Deacon Clyde</p> <p>2:00pm Blackjack with Daniel, AR</p> <p>3:00pm Jewish Views & Values with Rabbi Smith, MR</p> <p>4:00pm Book Review: The Eiffel Tower Prophecy by, D.B Gilles, MR</p> <p>4:00pm World News & Currents Events with Daniel, AR</p> <p>6:00pm Evening Movie, MR</p> <p>6:30pm Resident Run Bingo, AR</p>	<p>9:15am Morning Walk with Claudia, G</p> <p>10:15am Light Weights Workout with Daniel, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Fit Minds Brain Games, AR</p> <p>11:00am France Fun Facts & Trivia with Daniel, AR</p> <p>11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, AR</p> <p>1:00pm Technology Class: iPhone & iPad w/ Claudia, 2</p> <p>1:30pm Chair Yoga & Zumba with Daniel, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club</p> <p>2:00pm Basketball toss with Claudia, G</p> <p>3:30pm Crosswords & Sudoku Games, 2</p> <p>3:30pm Happy Hour with Grace Azar (Live Music), G</p> <p>3:30pm Rummikub & Mahjong Games, AR</p> <p>6:00pm Evening Movie, MR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>9:30am Errands And Shopping Day with Daniel, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Exploring France : History, Language & Culture</p> <p>11:00am Fit Minds Brain & Dominoes Games</p> <p>11:00am Scenic Ride to Hollywood Beach with Daniel, G</p> <p>1:00pm Technology Class: iPhone & iPad with Claudia, G</p> <p>1:30pm Tai Chi with Claudia, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club, Coffee &</p> <p>3:00pm Aqua Painting, AR</p> <p>3:00pm French Wine & Cheese Tasting with Kristin , Our Executive Director, G</p> <p>3:30pm Happy Hour with Ralph Roberts (Live Music), G</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>10:15am Light Weights Workout with Daniel, 2</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Fit Minds Brain Games, AR</p> <p>11:15am Canvas Painting & Dominoes Games, AR</p> <p>11:15am Learn to Speak French with Daniel, AR</p> <p>11:30am Learn Spanish: Basic Conversation with Claudia</p> <p>1:00pm Facetime with family's 1:00pm -5:00pm, MR</p> <p>1:30pm Salsa Dancing with Claudia, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club Coffee & Conversation</p> <p>3:30pm Happy Hour with Javier Cascajo (Live Music), G</p> <p>3:30pm Health & Wellness talk with Daniel, AR</p> <p>4:00pm Achieving Your Goals Support Group with Daniel</p> <p>4:00pm World News & Currents Events with Daniel, AR</p> <p>6:00pm Evening Movie, MR</p>	<p>9:15am Morning Walk with Claudia, G</p> <p>10:00am Errands Day & Trip to Walgreens, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Learn Italian: Basic Conversation & Phrases, AR</p> <p>11:15am Dominoes Games, AR</p> <p>11:15am Residents Lunch Outing: Flanigan's Seafood & Bar & Grill (American Cuisine), G</p> <p>2:00pm Bingo with Claudia, AR</p> <p>3:00pm Residents Birthdays in September Celebration, G</p> <p>3:00pm Zumba with Resident Nancy, G</p> <p>3:30pm Arts & Crafts with Daniel, AR</p> <p>3:30pm Basketball toss, AR</p> <p>3:30pm Happy Hour with Magdiel Madrigal (Live Music), G</p> <p>3:30pm The Sterling Teatime with our Managers, G</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>10:00am Errands Day & Trip to Publix Supermarket</p> <p>10:15am Light Weights Workout with Daniel, 2</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Brain Fitness Games with Daniel, AR</p> <p>11:15am Canvas Painting With Daniel, AR</p> <p>11:15am Dominoes Games, AR</p> <p>11:45am Trip to Gulfstream Park, G</p> <p>1:30pm Chair Yoga & Zumba with Daniel, 2</p> <p>1:30pm Residents Social Spotlight Club With Daniel</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm Blackjack with Daniel, AR</p> <p>3:00pm Shabbat Service with Rabbi Zoom Call, MR</p> <p>3:30pm Crosswords & Sudoku Games, 2</p> <p>3:30pm Resident Happy Hour: Meet & Mingle, G</p> <p>6:00pm Evening Movie, MR</p>	<p>10:00am Stretch & Strength with Carolyn, 2</p> <p>10:30am Morning Exercise Class Carolyn, 2</p> <p>11:00am Aqua Painting Class, AR</p> <p>11:00am Fun Facts & Trivia with Daniel, AR</p> <p>11:00am The Sterling Horse Racing Club with Daniel, MR</p> <p>11:15am Exploring World Religions, MR</p> <p>11:30am The Sterling Garden Club, G</p> <p>1:00pm Technology Class: iPhone & iPad, 2</p> <p>1:30pm France Travel Video: (Cathedrale Notre- Dame de Paris France) AR</p> <p>2:00pm Bingo Game with Carolyn, AR</p> <p>3:00pm Bible Stories Class, AR</p> <p>3:15pm Art Therapy, AR</p> <p>3:30pm Current Events & World News with Daniel, AR</p> <p>5:30pm Puzzles Games, MR</p> <p>6:00pm Evening Movie, MR</p>
<p>9:30am Trip to Church: St Lawrence Catholic, G</p> <p>10:00am Church Service (Spanish) Zoom, MR</p> <p>10:30am Morning Exercise Class Carolyn, 2</p> <p>11:00am Brain Fitness Games with Carolyn, AR</p> <p>11:15am Church Service (English) Zoom, MR</p> <p>11:30am Morning Meditation with Carolyn, G</p> <p>11:30am Pet Therapy with Max, G</p> <p>1:00pm Miniature Golf with Daniel, 2</p> <p>1:30pm Afternoon Mass Communion with Deacon Clyde</p> <p>2:00pm Blackjack with Daniel, AR</p> <p>3:00pm The Sterling Book Club, MR</p> <p>3:30pm Health & Wellness talk with Daniel, AR</p> <p>4:00pm World News & Currents Events with Daniel, AR</p> <p>6:00pm Evening Movie, MR</p> <p>6:30pm Resident Run Bingo, AR</p>	<p>9:15am Morning Walk with Eddie, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Fit Minds Brain Games & Dominoes Games</p> <p>11:00am The Sterling Knitting Club, AR</p> <p>11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, AR</p> <p>1:00pm Technology Class: iPhone & iPad w/ Claudia, 2</p> <p>1:30pm Chair Yoga & Zumba with Daniel, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club</p> <p>3:30pm Basketball toss with Eddie, G</p> <p>3:30pm Crosswords & Sudoku Games, 2</p> <p>3:30pm Happy Hour with Victor Luis (Live Music), G</p> <p>3:30pm Rummikub & Mahjong Games, AR</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>9:30am Errands And Shopping Day with Daniel, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Exploring France : History, Language & Culture</p> <p>11:00am Fit Minds Brain & Dominoes Games</p> <p>11:00am Scenic Ride to Hollywood Beach with Daniel, G</p> <p>1:00pm Technology Class: iPhone & iPad with Claudia, G</p> <p>1:30pm Tai Chi with Claudia, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club, Coffee &</p> <p>3:00pm Aqua Painting, AR</p> <p>3:00pm French Wine & Cheese Tasting with Kristin , Our Executive Director, G</p> <p>3:30pm Happy Hour with Ralph Roberts (Live Music), G</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>10:15am Light Weights Workout with Daniel, 2</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Fit Minds Brain Games, AR</p> <p>11:15am Canvas Painting & Dominoes Games, AR</p> <p>11:15am Learn to Speak French with Daniel, AR</p> <p>11:30am Learn Spanish: Basic Conversation with Claudia</p> <p>1:00pm Facetime with family's 1:00pm -5:00pm, MR</p> <p>1:30pm Salsa Dancing with Claudia, 2</p> <p>2:00pm Bingo with Daniel, AR</p> <p>2:00pm The Sterling Spanish Club Coffee & Conversation</p> <p>3:30pm Happy Hour with Javier Cascajo (Live Music), G</p> <p>3:30pm Health & Wellness talk with Daniel, AR</p> <p>4:00pm Achieving Your Goals Support Group with Daniel</p> <p>4:00pm World News & Currents Events with Daniel, AR</p> <p>6:00pm Evening Movie, MR</p>	<p>9:15am Morning Walk with Claudia, G</p> <p>10:00am Errands Day & Trip to Walgreens, G</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Learn Italian: Basic Conversation & Phrases, AR</p> <p>11:15am Dominoes Games, AR</p> <p>11:15am Residents Lunch Outing: Flanigan's Seafood & Bar & Grill (American Cuisine), G</p> <p>2:00pm Bingo with Claudia, AR</p> <p>3:00pm Residents Birthdays in September Celebration, G</p> <p>3:00pm Zumba with Resident Nancy, G</p> <p>3:30pm Arts & Crafts with Daniel, AR</p> <p>3:30pm Basketball toss, AR</p> <p>3:30pm Happy Hour with Magdiel Madrigal (Live Music), G</p> <p>3:30pm The Sterling Teatime with our Managers, G</p> <p>6:00pm Evening Movie, MR</p> <p>6:00pm Puzzles & Board Games, AR</p>	<p>9:15am Morning walk with Claudia, G</p> <p>10:00am Errands Day & Trip to Publix Supermarket</p> <p>10:15am Light Weights Workout with Daniel, 2</p> <p>10:30am Morning Exercise Class with Daniel, 2</p> <p>11:00am Brain Fitness 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