January 2025

New Year's Resolution 2025! The Sterling Aventura (Assisted Living) **Tuesday Friday Monday Thursday Saturday** Wednesday Sunday MEETING PLACES G - GROUND FLOOR LOBBY AREA 9:00am Morning walk with Claudia, G 9:00am Morning walk with Claudia, G 9:00am Morning Walk with Claudia, G 10:00am Stretch & Strength with Claudia, 2 10:15am Light Weights Workout with Daniel, G 10:00am Errands Day & Trip to Walgreens, G 10:00am Errands Day & Trip to Publix Supermarket 2 - SECOND FLOOR LOBBY AREA 2 New Year's Resolution 10:30am Morning Exercise Class Claudia, 2 10:30am Morning Exercise Class with Daniel, 2 10:30am Morning Exercise Class with Daniel, 2 10:30am Morning Exercise & Light Weights Workout AR - ACTIVITIES ROOM -5 2025! 11:00am Aqua Painting Class, AR 11:00am Fit Minds Brain Games, AR 11:00am Learn Italian: Basic Conversation & Phrases, AR 11:00am Brain Fitness Games with Daniel, AR PDR - PEACOCK DINING ROOM (G) 11:00am Fun Facts & Trivia with Daniel, AR 11:15am Canvas Painting With Daniel, AR 11:00am Learn a New Language: & Hebrew. AR **MR** - MEDIA ROOM (G) 11:00am How to Create Your New Year's Re 11:15am Dominoes Games, AR 11:15am Dominoes Games, AR If you asked me for my New with Motivational Speaker (Zoom Call), MR 11:15am Canvas Painting with Daniel, AR **G** - PATIO - P (G) 11:30am Learn Spanish: Basic Conversation with Claudia, AR 11:15am Lunch Outing :Olive Garden (Italian Cuisine), G 11:00am The Sterling Horse Racing Club with Daniel, MR Year Resolution, it would be 2 - FITNESS ROOM 12:30pm New Year's Day Celebration with Asy A, -1:30pm Salsa Dancing with Claudia, 2 11:15am Dominoes Games, AR 11:15am Exploring World Religions, MR to find out who I am 1:30pm Chair Yoga & Zumba with Claudia, 2 1:00pm Facetime with family's 1:00pm -5:00pm, MR 2:00pm Bingo with Eddie, AR 11:30am The Sterling Garden Club, G 1:30pm Residents Social Spotlight Club With Daniel 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Coffee & Conversation with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm Bingo Game with Claudia. AR 2:00pm Bingo with Eddie. AR 3:00pm Aqua Painting & Arts & Crafts, AR 3:00pm Bible Stories Class. AR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 2:00pm The Sterling Club Coffee & Conversation in Spanish 3:30pm Basketball toss with Eddie. AR 3:30pm Current Events & World News Daniel. AR HAPPY NEW YEAR 3:30pm Health & Wellness talk with Daniel, AR 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour with Roos 5:30pm Puzzles Games. MR 3:30pm Resident Happy Hour: Meet & Mingle, G 4:00pm World News & Currents Events with Daniel, AR 6:00pm Evening Movie. MR 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games. AR 6:00pm Evening Movie, MR 6:00pm Evening Movie. MR 6:30pm Rummikub & Chess Games, AR 6:00pm Puzzles & Board Games, AR 6:00pm Puzzles & Board Games. AR 6:00pm Rummikub & Mahiong Games. 2 8 9 10 11 9:00am Morning Walk with Claudia, G 9:00am Morning walk with Claudia, G 10:00am Stretch & Strength with Claudia, 2 9:30am Trip to Church: St Lawrence Catholic, G 9:00am Errands And Shopping Day with Eddie, G 9:00am Morning walk with Claudia, G 9:00am Morning walk with Claudia, G 10:00am Errands Day & Trip to Walgreens, G 10:00am Church Service (Spanish) Zoom, MR 10:30am Morning Exercise & Light Weights Workout 9:00am Morning walk with Claudia, G 10:30am Morning Exercise & Light Weights Workout 10:00am Errands Day & Trip to Publix Supermarket 10:30am Morning Exercise Class Claudia, 2 10:30am Morning Exercise Class Claudia, 2 11:00am Fit Minds Brain Games, AR 10:30am Morning Exercise Class with Daniel, 2 11:00am Fit Minds Brain Games, AR 10:30am Morning Exercise Class with Daniel, 2 10:30am Morning Exercise & Light Weights Workout 11:00am Aqua Painting Class. AR 11:15am The Sterling Reflection & Hot Topics
Support Group with Fayanne, Our Social Worker, AR 11:00am World News & Currents Events with Daniel ,2 11:00am Brain Fitness Games with Claudia, AR 11:00am Exploring Spain: History, Language & Culture 11:00am Learn Italian: Basic Conversation & Phrases, 5 11:00am Brain Fitness Games with Daniel, AR 11:00am Fun Facts & Trivia with Daniel, AR 11:15am Church Service (English) Zoom. MR 11:00am Fit Minds Brain Games. AR 11:15am Canvas Painting & Dominoes Games, 5 11:15am Dominoes Games. AR 11:15am Canvas Painting with Daniel, AR 11:00am Morning Meditation with Daniel, MR 11:30am How to Maintain a Healthy Re 11:15am Lunch Outing :Mr. Chef's (Chinese Cuisine), G 11:00am The Sterling Horse Racing Club with Daniel, MR 11:15am The Sterling Walking Club, G 11:00am Scenic Ride to Miami Beach, G 11:30am Learn Spanish: Basic Conversation with Claudia, AR 11:15am Dominoes Games, AR with Dr. Dave (Zoom), MR 11:30am Morning Meditation with Daniel . G 11:15am Dominoes Games. AR 1:00pm Blood Pressure Check. G 11:30am Inter-Faith D 11:45am Trip to Gulfstream Park. G 11:15am Exploring World Religions, MR 1:00pm Technology Class: iPhone & iPad w/ Claudia,2 1:30pm Salsa Dancing with Claudia. 2 1:00pm Technology Class: iPhone & iPad with Claudia,2 11:30am Pet Therapy with Our French Bulldog Bailey. 1:00pm Facetime with family's 1:00pm -5:00pm. MR 1:30pm Chair Yoga & Zumba with Claudia, 2 11:30am The Sterling Garden Club, G 1:30pm Chair Yoga & Zumba with Claudia, 2 1:00pm Miniature Golf with Daniel. 2 1:30pm Aromatherapy with Daniel, MR 1:30pm Chair Yoga & Zumba with Claudia, 2 1:30pm Residents Social Spotlight Club With Daniel 2:00pm Bingo Game with Claudia, AR 2:00pm Bingo with Eddie. AR 1:30pm Afternoon Mass Communion with Deacon Clyde 2:00pm Bingo with Eddie. AR 1:30pm Tai Chi with Eddie. 2 2:00pm Bingo with Eddie. AR 2:00pm Coffee & Conversation with Claudia, 2 2:00pm Bingo with Eddie, AR 3:00pm Bible Stories Class, AR 2:00pm Blackjack with Daniel, AR 2:00pm The Sterling Club Coffee & Conversation 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation in Spanish 3:00pm Arts & Crafts, AR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:15pm Art Therapy, AR 3:30pm Crosswords & Sudoku Games. 2 3:00pm The Sterling Book Club, MR 2:00pm Coffee & Conversation with Claudia, 2 3:30pm Happy with Spookey Jones (Live Music), G 3:30pm Basketball toss, AR 3:30pm Crosswords & Sudoku Games, 2 3:30pm Current Events & World News Daniel, AR 3:30nm Happy Hour with Magdiel Mag 3:30pm Health & Wellness talk with Daniel, AR 3:30pm Health & Wellness talk with Daniel, AR 3:00pm New Year's Tree Planting with Claudia, G 3:30pm Happy Happy with Peter Filippi (Live Music), G 3:30pm Resident Happy Hour: Meet & Mingle, G 5:30pm Puzzles Games, MR 3:30pm Rummikub & Mahiong Games. AR 6:00pm Evening Movie, MR 4:00pm World News & Currents Events with Daniel, AF 4:00pm Achieving Your Goals Support Group with Daniel, 6:00pm Evening Movie, MR 6:00pm Evening Movie, MR 3:30pm Happy Hour with Danny Olilla (Live Music), G 6:00pm Evening Movie. MR 6:30pm Rummikub & Chess Games, AR 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 6:00pm Evening Movie, MR 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 6:00pm Puzzles & Board Games, AR 6:30pm Rummikub & Chess Games. AR 6:00pm Puzzles & Board Games. AR 6:00pm Puzzles & Board Games. AR 6:00pm Rummikub & Mahiong Games. 2 13 16 17 12 14 15 18 9:00am Morning Walk with Claudia, G 9:00am Morning walk with Claudia, G 9:30am Trip to Church: St Lawrence Catholic, G 9:00am Errands And Shopping Day with Eddie, G 9:00am Morning walk with Claudia, G 9:00am Morning Walk with Claudia, G 10:00am Stretch & Strength with Claudia, 2 10:00am Church Service (Spanish) Zoom, MR 10:15am Light Weights Workout with Daniel, G 10:30am Morning Exercise & Light Weights Workout 10:00am Frrands Day & Trip to Walgreens, G 10:00am Frrands Day & Trip to Publix Supermarket 9:00am Morning walk with Claudia, G 10:30am Morning Exercise Class Claudia, 2 10:30am Morning Exercise Class with Daniel, 2 11:00am Fit Minds Brain Games. AR 10:30am Morning Exercise Class with Daniel. 2 10:30am Morning Exercise Class Claudia, 2 10:30am Morning Exercise Class with Daniel, 2 10:30am Morning Exercise & Light Weights Workout 11:00am Aqua Painting Class, AR 11:00am Exploring Spain: History, Language & Culture. 5 11:15am Canvas Painting & Dominoes Games 11:00am Brain Fitness Games with Claudia. AR 11:00am Fit Minds Brain Games & Dominoes Games 11:00am Learn French: Basic Conversation & Phrases, 5 11:00am Brain Fitness Games with Daniel. AR 11:00am Fun Facts & Trivia with Daniel, AR 11:15am The Sterling Reflection & Hot Topics 11:00am Fit Minds Brain Games, AR 11:30am Learn Spanish: Basic Conversation with Eddie, AR 11:15am Dominoes Games, AR 11:15am Canvas Painting with Daniel, AR 11:15am Church Service (English) Zoom, MR 11:00am The Sterling Horse Racing Club with Daniel, MR Support Group with Fayanne, Our Social Worker, AR 11:15am Lunch Outing: Cilantro Asian Bistro 11:15am The Sterling Walking Club, G 11:00am Picnic in The Park with Eddie, G 1:00pm Blood Pressure Check, G 11:15am Dominoes Games, AR 11:15am Exploring World Religions, MR 1:00pm Technology Class: iPhone & iPad With Eddie, 12:30pm Scenic Ride to Miami Beach, G (Thai Cuisine), G 11:30am Morning Meditation with Carolyn, G 1:00pm Facetime with family's 1:00pm -5:00pm, MR 11:45am Trip to Gulfstream Park, G 11:30am The Sterling Garden Club, G 1:30pm Salsa Dancing with Claudia, 2 11:30am Pet Therapy with Our French Bulldog Bailey, 0 1:30pm Chair Yoga & Zumba with Claudia, 2 1:00pm Technology Class: iPhone & iPad with Claudia, 2 1:30pm Chair Yoga & Zumba with Claudia, 2 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo Game with Claudia, AR 1:00pm Miniature Golf with Daniel, 2 2:00pm Bingo with Eddie, AR 1:30pm Aromatherapy with Daniel, MR 2:00pm Bingo with Eddie, AR 2:00pm Bingo with Eddie, AR 1:30pm Residents Social Spotlight Club With Daniel 3:00pm Bible Stories Class. AR 1:30pm Afternoon Mass Communion with Deacon Clyde 2:00pm The Sterling Club Coffee & Conversation 1:30pm Tai Chi with Eddie, 2 2:00pm Coffee & Conversation with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm Cooking with Claudia,2 3:15pm Art Therapy, AR 3:30pm Happy Hour with Jamie Khan- Live Music, G 3:30pm Basketball toss with Eddie, G 3:00pm Aqua Painting & Arts & Crafts, AR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 2:00pm Bingo with Eddie, AR 3:30pm Current Events & World News Daniel. AR 2:00pm Blackjack with Daniel, AR 3:30pm Crosswords & Sudoku Games, 2 2:00pm Coffee & Conversation with Claudia, 2 3:30pm Health & Wellness talk with Daniel, AR 3:30pm Basketball toss. AR 3:30pm Crosswords & Sudoku Games, 2 5:30pm Puzzles Games. MR 3:00pm The Sterling Book Club, MR 3:30pm Happy Hour with Javier Cascajo- (L 3:00pm Aqua Painting, AR 4:00pm Achieving Your Goals Support Group with Daniel, 3:30pm Happy Hour with Jen 3:30pm Happy Hour with Mago 6:00pm Evening Movie, MR 3:30pm Rummikub & Mahiong Games, AR 6:00pm Evening Movie. MR 6:00pm Evening Movie, MR 3:30pm Health & Wellness talk with Daniel, AR 3:30pm Happy Hour with D 4:00pm World News & Currents Events with Daniel, AR 6:00pm Puzzles & Board Games. AR 6:30pm Rummikub & Chess Games, AR 6:00pm Evening Movie. MR 4:00pm World News & Currents Events with Daniel, AR 6:00pm Evening Movie, MR 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games. AR 6:00pm Puzzles & Board Games. AR 6:00pm Puzzles & Board Games. AR 6:00pm Evening Movie. MR 6:00pm Puzzles & Board Games. AR 6:00pm Rummikub & Mahiong Games, 2 25 19 20 21 22 23 9:30am Trip to Church: St Lawrence Catholic, G 9:00am Errands And Shopping Day with Eddie, G 9:00am Morning walk with Claudia, G 10:00am Stretch & Strength with Claudia, 2 10:00am Errands Day & Trip to Publix Supermarket 10:00am Church Service (Spanish) Zoom, MR 10:30am Morning Exercise & Light Weights Workout,2 9:00am Morning walk with Claudia, G 10:30am Morning Exercise & Light Weights Workout 10:00am Errands Day & Trip to Walgreens, G 10:30am Morning Exercise Class Claudia, 2 10:30am Morning Exercise Class Claudia, 2 11:00am Fit Minds Brain Games, AR 10:30am Morning Exercise Class with Daniel, 2 11:00am Fit Minds Brain Games, AR 10:30am Morning Exercise Class with Daniel, 2 10:15am Light Weights Workout with Daniel, G 11:00am Aqua Painting Class, AR 11:00am The Sterling Knitting Club, AR 11:15am Canvas Painting & Dominoes Games 10:30am Morning Exercise Class with Daniel, 2 11:00am Fun Facts & Trivia with Daniel, AR 11:00am Brain Fitness Games with Claudia, AR 11:00am Exploring Spain: History, Language & Culture 11:00am Learn Italian: Basic Conversation & Phrases. 5 11:00am Fit Minds Brain Games, AR 11:15am Church Service (English) Zoom, MR 11:15am Martin Luther King Jr. Day C 11:00am Learn Spanish: Basic Conversation with Claudia, 5 11:15am Dominoes Games, AR 11:00am Brain Fitness Games with Daniel, AR 11:00am The Sterling Horse Racing Club with Daniel, MR 11:00am Scenic Ride to Hollywood Beach, G
11:15am Dominoes Games, AR 11:15am The Sterling Walking Club, G 11:15am The Sterling Reflection & Hot Topics 11:00am Resident Council Me 1:30pm Salsa Dancing with Claudia, 2 11:15am Canvas Painting with Daniel, AR 11:15am Exploring World Religions, MR 11:30am Morning Meditation with Daniel, G Support Group with Fayanne, Our Social Worker, AR 1:00pm Facetime with family's 1:00pm -5:00pm, MR 2:00pm Bingo with Eddie, AR 11:15am Dominoes Games, AR 11:30am The Sterling Garden Club, G 1:00pm Technology Class: iPhone & iPad With Eddie, 11:30am Pet Therapy with Our French Bulldog Bailey, 1:00pm Technology Class: iPhone & iPad with Claudia,2 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Coffee & Conversation with Claudia, 2 11:45am Trip to Gulfstream Park, G 2:00pm Bingo Game with Claudia, AR 1:30pm Chair Yoga & Zumba with Claudia, 2 1:00pm Miniature Golf with Daniel. 2 1:30pm Tai Chi with Eddie. 2 2:00pm Bingo with Eddie, AR 3:00pm Aqua Painting, AR 1:30pm Chair Yoga & Zumba with Claudia, 2 3:00pm Bible Stories Class, AR 2:00pm Bingo with Eddie. AR 1:30pm Afternoon Mass Communion with Deacon Clyde 2:00pm Bingo with Eddie, AR 2:00pm Smoothie's Making with Claudia ,2 3:00pm Arts & Crafts, AR 1:30pm Residents Social Spotlight Club With Daniel 3:15pm Art Therapy, AR 2:00pm The Sterling Club Coffee & Conversation 2:00pm Coffee & Conversation with Claudia. 2 2:00pm Blackjack with Daniel, AR 3:30pm Health & Wellness talk with Daniel, AR 3:30pm Basketball toss. AR 2:00pm Bingo with Eddie. AR 3:30pm Current Events & World News Daniel. AR 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour with Roosevelt Baker, G 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm New Year's Reading Club: "The Resolution of the Mind" by Dennis Stephens, MR 3:00pm The Sterling Book Club, MR 3:00pm Aqua Painting, AR 3:30pm 3:30pm 6:00pm Evening Movie. MR 3:30pm Health & Wellness talk with Daniel. AR Happy Hour with Wes Anthony- (Live Music 4:00pm Achieving Your Goals Support Group with Daniel, 3:30pm Happy Hour with Dar 3:30pm Crosswords & Sudoku Games, 2 3:30pm Rummikub & Mahjong Games, AR 5:30pm Puzzles Games, MR 6:00pm Evening Movie. MR 4:00pm World News & Currents Events with Daniel. AR 6:00pm Puzzles & Board Games, AR 4:00pm World News & Currents Events with Daniel, AR 3:30pm Resident Happy Hour: Meet & Mingle, G 6:00pm Evening Movie, MR 6:00pm Evening Movie, MR 6:00pm Evening Movie, MR 6:00pm Evening Movie. MR 6:00pm Puzzles & Board Games. AR 6:00pm Rummikub & Mahjong Games, 2 6:00pm Evening Movie. MR 6:30pm Rummikub & Chess G 6:00pm Puzzles & Board Games, AR 6:00pm Puzzles & Board Games. AR 6:00pm Puzzles & Board Games 6:30pm Rummikub & Chess Games, AR 6:00pm Rummikub & Mahiong Games. 26 27 28 29 30 31 DIMENSIONS OF WELLNESS 9:00am Morning Walk with Claudia, G 9:00am Morning walk with Claudia, G 9:30am Trip to Church: St Lawrence Catholic, G 9:00am Errands And Shopping Day with Eddie, G 9:00am Morning walk with Claudia, G 9:00am Morning walk with Claudia, G **Physical** 10:00am Church Service (Spanish) Zoom, MR 10:15am Light Weights Workout with Daniel, G 9:00am Morning walk with Claudia, G 10:15am Light Weights Workout with Daniel, G 10:00am Errands Day & Trip to Walgreens, G 10:00am Errands Day & Trip to Publix Supermarket 10:30am Morning Exercise Class Claudia, 2 10:30am Morning Exercise Class with Daniel, 2 10:15am Light Weights Workout with Daniel, G Environmental Spiritual 11:00am Brain Fitness Games with Claudia, AR 11:00am Fit Minds Brain Games, AR 11:00am Exploring Spain: History, Language & Culture,5 11:00am Fit Minds Brain Games, AR 11:00am Learn German: Basic Conversation & Phrases, 5 10:30am Morning Exercise Class with Daniel, 2 11:15am Church Service (English) Zoom. MR 11:15am Dominoes Games. AR 11:00am Fit Minds Brain Games. AR 11:15am Canvas Painting With Daniel. AR 11:15am Dominoes Games. AR 11:00am Brain Fitness Games with Daniel. AR Social Vocational 11:15am The Sterling Reflection & Hot Tonics 11:15am Lunch Outing : Red Lobster (American Cuisine), 11:15am The Sterling Walking Club, G 11:15am Dominoes Games, AR 11:15am Dominoes Games, AR 11:15am Canvas Painting With Daniel, AR Support Group with Fayanne, Our Social Worker, AR 1:30pm Salsa Dancing with Claudia, 2 1:00pm Technology Class: iPhone & iPad with Claudia,2 1:00pm Blood Pressure Check, G 11:15am Dominoes Games, AR 11:30am Morning Meditation with Carolyn. G Health Services 11:30am Pet Therapy with Our French Bulldog Bailey, 0 1:00pm Technology Class: iPhone & iPad With Eddie, 1:00pm Facetime with family's 1:00pm -5:00pm, MR 2:00pm Bingo with Eddie. AR 11:45am Trip to Gulfstream Park. G 1:30pm Aromatherapy with Daniel, MR Intellectual 1:30pm Chair Yoga & Zumba with Claudia, 2 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Coffee & Conversation with Claudia, 2 1:30pm Chair Yoga & Zumba with Claudia, 2 1:00pm Miniature Golf with Daniel. 2 1:30pm Tai Chi with Eddie. 2 1:30nm Afternoon Mass Communion with Deacon Clvd 2:00pm Bingo with Eddie. AR 2:00pm Bingo with Eddie. AR 1:30pm Residents Social Spotlight Club w/ Daniel. MR 2:00pm Bingo with Eddie. AR 3:00pm Agua Painting, AR 2:00pm The Sterling Club Coffee & Conversation 2:00pm Blackjack with Daniel, AR 2:00pm Coffee & Conversation with Claudia, 2 2:00pm The Sterling Club Coffee & Conversation in Spanish 3:00pm Arts & Crafts, AR 2:00pm Bingo with Eddie, AR 3:00pm The Sterling Book Club, MR 3:30pm 3:00pm New Year : How to Deal with Loss, MR 3:00pm Alzheimer's Support Connection with Daniel, MR 3:30pm Basketball toss, AR 3:00pm Let's Dance Salsa & Tango, G Life Care Services #1 IN CUSTOMER SATISFACT 3:30pm Crosswords & Sudoku Games, 2 3:30pm Health & Wellness talk with Daniel, AR Mitch's Traveling Zoo -3:30pm Happy Hour with Peter Filippi (Live Music), G 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30p Happy Hour with Javier Cascaio- (Live Music), G 3:30pm INDEPENDENT SENIOR LIVIN COMMUNITIES 2 YEARS IN A 4:00pm World News & Currents Events with Daniel, AR 3:30pm Spain Arts & Crafts with Daniel, AR 4:00pm World News & Currents Events with Daniel, AF 3:30pm Happy Hour with Magdiel Madrig 3:30pm Crosswords & Sudoku Games, 2 3:30pm Rummikub & Mahjong Games, AR 6:00pm Evening Movie, MR 6:00pm Evening Movie, MR 6:00pm Evening Movie, MR 6:00pm Evening Movie, MR 3:30pm Resident Happy Hour: Meet & Mingle, G 6:30pm Rummikub & Chess Games. AR 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games. AR 6:00pm Puzzles & Board Games. AR 6:00pm Puzzles & Board Games. AR