

February 2025

Embrace The World: Welcome to China

The Sterling Aventura (Assisted Living)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEETING PLACES 6 - Library -6 AR - Activities Room -5 MR - Media Room - (G) G - Patio (G) G - Ground Floor Lobby Area PFD - Pink Flamingo Dining Room (G) 2 - Fitness Room						1
2	3	4	5	6	7	8
9:30am Trip to Church: St Lawrence Catholic, G 10:00am Church Service (Spanish) Zoom, MR 10:30am Morning Exercise Class Claudia, 2 11:00am Brain Fitness Games with Claudia, AR 11:15am Church Service (English) Zoom, MR 11:15am The Sterling Walking Club, 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, G 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 Rummikub & Chess Games, AR	9:00am Morning Walk with Claudia, 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 Dominoes Games, AR 11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, 2 1:00pm Technology Class: iPhone & iPad with Claudia, 2 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation time, 7 3:30pm Basketball toss with Eddie, 5 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour with Jamie Khan- Live Music, G 3:30pm Rummikub & Mahjong Games, AR 6:00pm Evening Movie, MR	9:00am Errands And Shopping Day with Eddie, G 9:00am Morning walk with Claudia, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Fit Minds Brain Games, AR 11:00am Scenic Tour to China Online, 2 11:00am The History of China & It's Culture with Daniel, 5 11:15am Dominoes Games, AR 1:00pm Technology Class: iPhone & iPad with Claudia, 2 1:30pm Tai Chi with Daniel, 2 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 7 3:00pm Aqua Painting, AR 3:30pm Arts & Crafts With Daniel, AR 3:30pm Happy Hour with Katharine Stark (Live Music) 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR	9:00am Morning walk with Claudia, G 10:15am Light Weights Workout with Daniel, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Exploring China It's fashion, AR 11:00am Fit Minds Brain Games, AR 11:00am Healthy Heart Awareness Talk with Dr. Dave, MR 11:15am Canvas Painting with Daniel, AR 11:15am Dominoes Games, AR 1:00pm Facetime with Family's 1:00pm -5:00pm, MR 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation in Spanish 3:30pm Happy Hour with Spookey Jones (Live Music), G 3:30pm Health & Wellness talk with Daniel, AR 4:00pm Achieving Your Goals Support Group with Daniel, MR 6:00pm Evening Movie, MR	9:00am Morning walk with Claudia, G 10:00am Errands Day & Trip to Walgreens, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Canvas Painting, Black History Art, AR 11:00am Learn Italian: Basic Conversation & Phrases, AR 11:15am Dominoes Games, AR 11:15am Lunch Outing :P.F Chang's (Chinese Cuisine), G 1:30pm Salsa Dancing with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 7 3:00pm Aqua Painting, AR 3:30pm Basketball toss, AR 3:30pm Chinese Arts & Crafts with Daniel, AR 3:30pm Happy Hour with Roosevelt Baker (Live Music) 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR	9:00am Morning Walk with Claudia, G 10:00am Errands Day & Trip to Publix Supermarket 10:30am Morning Exercise & Light Weights Workout, 2 11:00am Brain Fitness Games with Daniel, AR 11:15am Canvas Painting & Dominoes Games w/ Daniel 11:45am Trip to Gulfstream Park, G 1:30pm Chair Yoga & Zumba with Claudia, 2 1:30pm Residents Social Spotlight Club With Daniel, MR 2:00pm Bingo with Eddie, AR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:00pm Cooking with Claudia Journey Through China Story & Cooking Class, AR 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour: with Michael Bendoyan -Violinist 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR	10:00am Stretch & Strength with Claudia, 2 10:30am Morning Exercise Class Claudia, 2 11:00am Aqua Painting Class, AR 11:00am Fun Facts & Trivia, AR 11:00am The Sterling Horse Racing Club with Claudia, MR 11:15am Exploring World Religions, MR 11:30am The Sterling Garden Club, G 2:00pm Bingo Game with Claudia, AR 3:00pm Bible Stories Class, AR 3:15pm Art Therapy, AR 3:30pm Current Events & World News with Claudia 5:30pm Puzzles Games, MR 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR
9	10	11	12	13	14	15
9:30am Trip to Church: St Lawrence Catholic, G 10:00am Church Service (Spanish) Zoom, MR 10:30am Morning Exercise Class Claudia, 2 11:00am Brain Fitness Games with Claudia, AR 11:15am Church Service (English) Zoom, MR 11:15am The Sterling Walking Club, 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 1:30pm Exploring the Religions of China, MR 2:00pm Blackjack with Daniel, AR 3:30pm World News & Currents Events with Daniel, AR 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR 6:30pm The Sterling Super Bowl LIX Party, MR	9:00am Morning Walk with Claudia, G 10:15am Light Weights Workout with Daniel, 2 10:30am Morning Exercise Class with Daniel, 2 11:00am Fit Minds Brain Games & Dominoes Games 11:00am The Sterling Knitting Club, AR 11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, 2 1:00pm Technology Class: iPhone & iPad with Claudia, 2 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation 3:30pm Basketball toss with Eddie, 5 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	9:00am Errands And Shopping Day with Eddie, G 9:00am Morning walk with Claudia, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Dominoes Games, AR 11:00am Fit Minds Brain Games, AR 11:00am The History of China & It's Culture w/ Daniel, AR 11:05am Picnic in The Park with Eddie, G 12:00pm Scenic Ride to Miami Beach, G 1:00pm Technology Class: iPhone & iPad with Claudia, 2 1:30pm Tai Chi with Eddie, 2 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 2 3:00pm Aqua Painting, AR 3:30pm Arts & Crafts With Daniel, AR 3:30pm Happy Hour with Danny Olilla (Live Music), G 6:00pm Evening Movie, MR	9:00am Morning walk with Claudia, G 10:15am Light Weights Workout with Daniel, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Exploring China It's Language & Foods, AR 11:00am Fit Minds Brain Games, AR 11:00am Valentine's Day Arts & Crafts with Daniel, AR 11:15am Canvas Painting & Dominoes Games with Daniel 1:00pm Blood Pressure Check, G 1:00pm Facetime with Family's 1:00pm -5:00pm, MR 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation 3:30pm Happy Hour with Javier Cascago- Live Music, G 3:30pm Health & Wellness talk with Daniel, AR 4:00pm Achieving Your Goals Support Group with Daniel, MR 6:00pm Evening Movie, MR	9:00am Morning Walk with Claudia, G 10:00am Errands Day & Trip to Walgreens, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Learn Chinese: Basic Conversation & Phrases, 5 11:00am Canvas Painting, Black History Art, AR 11:15am Dominoes Games, AR 11:15am Lunch Outing: Sicilian Oven (Italian Cuisine), G 1:30pm Salsa Dancing with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 2 3:00pm Aqua Painting & Arts & Crafts 3:30pm Basketball toss, AR 3:30pm Happy Hour with Grace Azar (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 6:00pm Rummikub & Mahjong Games, 2	9:00am Morning walk with Claudia, G 10:00am Errands Day & Trip to Publix Supermarket 10:15am Light Weights Workout with Daniel, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Brain Fitness Games with Daniel, AR 11:00am Canvas Painting with Daniel, AR 11:15am Dominoes Games, AR 11:45am Trip to Gulfstream Park, G 1:30pm Chair Yoga & Zumba with Claudia, 2 1:30pm Residents Social Spotlight Club with Daniel, MR 2:00pm Bingo with Eddie, AR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Crosswords & Sudoku Games, 2 4:00pm Valentine's Day Lover Ball with DJ, Brandon + Poison Ivy, PDR 6:00pm Evening Movie, MR	10:00am Stretch & Strength with Claudia, 2 10:30am Morning Exercise Class Claudia, 2 11:00am Aqua Painting Class, AR 11:00am Fun Facts & Trivia, AR 11:00am The Sterling Horse Racing Club with Daniel, MR 11:15am Exploring World Religions, MR 11:30am The Sterling Garden Club, G 2:00pm Bingo Game with Claudia, AR 3:00pm Bible Stories Class, AR 3:15pm Art Therapy, AR 3:30pm Chinese Fun Facts & Trivia with Daniel, AR 4:30pm Current Events & World News with Daniel, AR 5:30pm Puzzles Games, MR 6:00pm Evening Movie, MR
16	17	18	19	20	21	22
9:30am Trip to Church: St Lawrence Catholic, G 10:00am Church Service (Spanish) Zoom, MR 10:30am Morning Exercise Class Claudia, 2 11:00am Brain Fitness Games with Claudia, AR 11:15am Church Service (English) Zoom, MR 11:30am Black History, Journey & Reflecting with Miami Church of God, Music & Celebration of Life Lived, MR 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 1:30pm Exploring the Religions of China, MR 2:00pm Blackjack with Daniel, AR 3:00pm The Sterling Book Club, MR 4:00pm World News & Currents Events with Daniel, AR 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR	9:00am Morning Walk with Claudia, G 10:30am Morning Exercise & Light Weights Workout 11:00am Fit Minds Brain Games, AR 11:00am Presidents' Day Trivia with Daniel, AR 11:15am Dominoes Games, AR 11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, 2 1:00pm Technology Class: iPhone & iPad With Eddie, 2 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation in Spanish with Claudia, 2 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour with Jennifer Mc Cain (Live Music) 3:30pm Rummikub & Mahjong Games, AR 6:00pm Evening Movie, MR	9:00am Errands And Shopping Day with Eddie, G 9:00am Morning walk with Claudia, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Exploring Spain: History, Language & Culture, 5 11:00am Fit Minds Brain Games, AR 11:00am Scenic Tour to China Online, 2 11:00am The History of China & It's Culture with Daniel, 5 11:15am Dominoes Games, AR 1:00pm Technology Class: iPhone & iPad with Claudia, 2 1:30pm Tai Chi with Eddie, 2 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 2 3:00pm Aqua Painting, AR 3:30pm Arts & Crafts With Daniel, AR 3:30pm Happy Hour with Danny Olilla (Live Music), G 6:00pm Evening Movie, MR	9:00am Morning walk with Claudia, G 10:15am Light Weights Workout with Daniel, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Exploring China It's Famous People, AR 11:00am Fit Minds Brain Games, AR 11:15am Canvas Painting & Dominoes Games with Daniel, 5 1:00pm Facetime with Family's 1:00pm -5:00pm, MR 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation in Spanish 3:30pm Happy Hour with Javier Cascago- Live Music, G 3:30pm Health & Wellness talk with Daniel, AR 4:00pm World News & Currents Events with Daniel, AR 6:00pm Evening Movie, MR	9:00am Morning Walk with Claudia, 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 & painting Class with Daniel, 5 11:15am Lunch Outing: Duffy's Sports Grill (American Cuisine), G 1:30pm Salsa Dancing with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 2 2:00pm Wine, Champagne & Cheese Tasting with Our ED Kristin L., 2 3:00pm Residents Birthdays Celebration in February, G 3:30pm Happy Hour with Spookey Jones (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR	9:00am Morning walk with Claudia, G 10:00am Errands Day & Trip to Publix Supermarket 10:30am Morning Exercise & Light Weights Workout 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 Claudia, 2 1:30pm Residents Social Spotlight Club With Daniel, MR 2:00pm Bingo with Eddie, AR 2:00pm Food Committee Meeting with Our ED, Kristin 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Chinese Jewelry Making Class with Daniel, 5 3:30pm Crosswords & Sudoku Games, 5 3:30pm Happy Hour with Jamie Khan (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR	10:00am Stretch & Strength with Claudia, 2 10:30am Morning Exercise Class Claudia, 2 11:00am Aqua Painting Class, AR 11:00am Fun Facts & Trivia with Claudia, AR 11:00am The Sterling Horse Racing Club with Daniel, MR 11:15am Exploring World Religions, MR 11:30am The Sterling Garden Club, G 2:00pm Bingo Game with Claudia, AR 3:00pm Bible Stories Class, AR 3:15pm Art Therapy, AR 3:30pm Chinese Fun Facts & Trivia with Claudia, AR 4:00pm Current Events & World News with Claudia, AR 5:30pm Puzzles Games, MR 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR
23	24	25	26	27	28	DIMENSIONS OF WELLNESS
9:30am Trip to Church: St Lawrence Catholic, G 10:00am Church Service (Spanish) Zoom, MR 10:30am Morning Exercise Class Claudia, 2 11:00am Brain Fitness Games with Claudia, AR 11:15am Church Service (English) Zoom, MR 11:15am The Sterling Walking Club, G 11:30am Morning Meditation with Daniel, 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 Rummikub & Chess Games, AR	9:00am Morning Walk with Claudia, 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 Dominoes Games, AR 11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, 2 1:00pm Technology Class: iPhone & iPad With Eddie, 2 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation 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	9:00am Errands And Shopping Day with Eddie, G 9:00am Morning walk with Claudia, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Exploring Spain: History, Language & Culture 11:00am Fit Minds Brain & Dominoes Games with Daniel 11:00am Scenic Ride to Hollywood Beach - Online, 2 11:00am The History of China & It's Culture with Daniel, 5 1:00pm Technology Class: iPhone & iPad with Claudia, 2 1:30pm Tai Chi with Eddie, 2 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 2 3:00pm Aqua Painting, AR 3:30pm Arts & Crafts With Daniel, AR 3:30pm Happy Hour with Danny Olilla (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR	9:00am Morning walk with Claudia, G 10:30am Morning Exercise & Light Weights Workout, 2 11:00am Exploring China It's Famous People, AR 11:00am Fit Minds Brain Games, AR 11:15am Canvas Painting & Dominoes Games with Daniel, 5 1:00pm Facetime with Family's 1:00pm -5:00pm, MR 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation in Spanish 3:30pm Happy Hour with Javier Cascago- Live Music, G 3:30pm Health & Wellness talk with Daniel, AR 4:00pm Achieving Your Goals Support Group with Daniel, MR 4:30pm Executive Chef's Daniel Campbell, Grand Chinese Dinner, AR 6:00pm Evening Movie, MR	9:00am Morning Walk with Claudia, 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: Red Lobster (American Cuisine), G 1:30pm Salsa Dancing with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 2 3:00pm Aqua Painting, AR 3:00pm Arts & Crafts, AR 3:30pm Basketball toss, AR 3:30pm Happy Hour with (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR	9:00am Morning walk with Claudia, G 10:00am Errands Day & Trip to Publix Supermarket 10:15am Light Weights Workout with Daniel, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Brain Fitness Games with Daniel, AR 11:15am Canvas Painting with Daniel, AR 11:15am Dominoes Games, AR 1:30pm Chair Yoga & Zumba with Claudia, 2 1:30pm Residents Social Spotlight Club With Daniel, 5 2:00pm Bingo with Eddie, AR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Chinese Jewelry Making Class with Daniel, 5 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour: with Grace Azar, G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR	PHYSICAL 10:00am Light Weights Workout with Daniel, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Brain Fitness Games with Daniel, AR 11:15am Canvas Painting with Daniel, AR 11:15am Dominoes Games, AR 1:30pm Chair Yoga & Zumba with Claudia, 2 1:30pm Residents Social Spotlight Club With Daniel, 5 2:00pm Bingo with Eddie, AR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Chinese Jewelry Making Class with Daniel, 5 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour: with Grace Azar, G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR

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