












March 2025

The Sterling Aventura: assisted Living

Embrace the World: Welcome to Greece

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2	3	4	5	6	7	8
<ul style="list-style-type: none"> 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 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 3:30pm Health & Wellness talk with Daniel, AR 4:00pm World News & Currents Events with Daniel, AR 6:00pm Evening Movie, MR 	<ul style="list-style-type: none"> 9:00am Morning Walk with Claudia, G 10:30am Morning Exercise & Light Weights Workout, 2 11:00am Fit Minds Brain Games & Dominoes Games 11:15am The Sterling Reflection & Hot Topics Support Group with FAYANNE, Our Social Worker, FR-2 1:00pm Technology Class: iPhone & iPad with Claudia, 2 2:00pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation, 7 3:30pm Rummikub & Mahjong Games, AR 3:30pm World Renowned Ballerina Dance by Emily Ricca, G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 	<ul style="list-style-type: none"> 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 Greece: History, Language & Culture 11:00am Fit Minds Brain 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 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 	<ul style="list-style-type: none"> 9:00am Morning Walk with Claudia, G 10:30am Morning Exercise & Light Weights Workout 11:15am Canvas Painting & Fit Minds Brain Games, 5 11:30am Learn Spanish: Basic Conversation with Eddie, AR 1:00pm Blood Pressure Check, G 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation in Spanish, 7 3:30pm Happy Hour with Katharine Stark (Live Music), G 3:30pm Health & Wellness talk with Daniel, AR 4:00pm Achieving Your Goals Support Group with Daniel, AR 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 	<ul style="list-style-type: none"> 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 Greek: Basic Conversation & Phrases, AR 11:15am Lunch Outing : Child's (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 Team Members Appreciation Day, G 3:30pm Greek Arts & Crafts with Daniel, AR 3:30pm Happy Hour with Spookey Jones (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 	<ul style="list-style-type: none"> 9:00am Morning walk with Claudia, G 10:00am Errands Day & Trip to Publix Supermarket with Eddie 10:30am Morning Exercise & Light Weights Workout 11:00am Brain Fitness Games with Daniel, AR 11:15am Canvas Painting With Daniel, AR 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Greek Music by Singer Michael Bendoym - , G 4:00pm International Woman's Day Celebration with FAYANNE, Our Social Worker, MR 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 	<ul style="list-style-type: none"> 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 Daniel, AR 11:15am Exploring World Religions, MR 11:30am The Sterling Garden Club, G 2:00pm Bingo Game with Claudia, 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 Rummikub & Chess Games, AR
9	10	11	12	13	14	15
<ul style="list-style-type: none"> 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 Pet Therapy, G 1:30pm Afternoon Mass Communion with Deacon Clyde 2:00pm Bingo with Daniel, AR 3:00pm The Sterling Poetry Reading Club, AR 4:00pm Blackjack with Daniel, 7 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR 	<ul style="list-style-type: none"> 9:00am Morning Walk with Claudia, G 10:30am Morning Exercise & Light Weights Workout, 2 11:00am Arts & Crafts with Miami Jewish Fed, AR -5 11:15am The Sterling Reflection & Hot Topics Support Group with FAYANNE, Our Social Worker, AR 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation 3:30pm Basketball tosses with Eddie, G 3:30pm Happy Hour with Magdiel Madrigal (Live Music), G 3:30pm Rummikub & Mahjong Games, AR 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 	<ul style="list-style-type: none"> 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 Greece: History, Language & Culture 11:00am Fit Minds Brain Games, AR 11:00am 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 3:30pm Happy Hour with Danny Olilla (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 	<ul style="list-style-type: none"> 9:00am Morning walk with Claudia, G 10:30am Morning Exercise & Light Weights Workout 11:00am Fit Minds Brain Games & Dominoes Games , AR 11:00am Greek Arts & Crafts & Canvas Painting Making, 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 6:00pm Puzzles & Board Games, AR 	<ul style="list-style-type: none"> 9:00am Morning Walk with Claudia, G 10:00am Errands Day & Trip to Walgreens, G 10:30am Morning Exercise Class with Daniel, 2 11:15am Lunch Outing: Padrino's (Cuban Cuisine), G 1:30pm Salsa Dancing with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 2 2:00pm Greek Wine, Cheese & Desserts Tasting with our, ED Kristin L. 3:30pm Happy Hour with Roosevelt Baker (Live Music) 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 6:00pm Rummikub & Mahjong Games, 2 	<ul style="list-style-type: none"> 9:00am Morning Walk with Claudia, G 10:00am Errands Day & Trip to Publix Supermarket with Eddie 10:30am Morning Exercise Class with Daniel, 2 11:00am Brain Fitness Games with Daniel, AR 11:15am Canvas Painting & Dominoes Games, 5 1:30pm Purim Celebration with Rabbi Smith & Miami Jewish Federation 2:00pm Bingo with Eddie, AR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour with (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 	<ul style="list-style-type: none"> 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 Daniel, AR 11:00am The Sterling Horse Racing Club with Daniel 11:15am Exploring World Religions, MR 2:00pm Bingo Game with Claudia, AR 3:30pm Current Events & World News Daniel, AR 5:30pm Puzzles Games, MR 6:00pm Evening Movie, MR 6:30pm Greece Travel Destinations: Athens Beach, 2 6:30pm Rummikub & Chess Games, AR
16	17	18	19	20	21	22
<ul style="list-style-type: none"> 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 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 Bingo with Daniel, AR 3:30pm Health & Wellness talk with Daniel, AR 4:00pm Blackjack with Daniel, 7 6:00pm Evening Movie, MR 	<ul style="list-style-type: none"> 9:00am Morning Walk with Claudia, G 10:30am Morning Exercise & Light Weights Workout, 2 11:00am Fit Minds Brain Games & Dominoes Games, 5 11:15am The Sterling Reflection & Hot Topics Support Group with FAYANNE, Our Social Worker, AR 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm The Sterling Club Coffee & Conversation 3:30pm Crosswords & Sudoku Games, 2 3:30pm Rummikub & Mahjong Games, AR 3:30pm St. Patrick's Day Celebration by Jamie Khan, G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 	<ul style="list-style-type: none"> 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 Greece: History, Language & Culture 11:00am Fit Minds Brain Games, AR 11:00am Scenic Ride to Hollywood Beach, G 12:30pm Scenic Ride to Miami Beach, G 1:30pm Tai Chi with Eddie, 2 2:00pm Bingo with Eddie, AR 2:00pm Arts & Crafts With Daniel, AR 3:30pm Happy Hour with Dragan Djordjevic (Live Music) 4:00pm Exploring the Religions of Greece 6:00pm Evening Movie, MR 	<ul style="list-style-type: none"> 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 Resident Council Meeting with our ED Kristin L., FR 11:15am Canvas Painting & Dominoes Games, 5 11:30am Learn Spanish: Basic Conversation with Eddie, AR 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 Jennifer Mc Cain (Live Music), G 4:00pm Achieving Your Goals Support Group with Daniel, AR 4:00pm World News & Currents Events with Daniel, AR 6:00pm Evening Movie, MR 	<ul style="list-style-type: none"> 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 Lunch Outing : Thai House II (Thai 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 Spookey Jones (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 	<ul style="list-style-type: none"> 9:00am Morning walk with Claudia, G 10:00am Errands Day & Trip to Publix Supermarket with Eddie 10:30am Morning Exercise & Light Weights Workout 11:00am Brain Fitness Games & Canvas Painting 11:30am Learn Greek Basic Conversation in Greek, AR 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Residents Social Spotlight Club With Daniel, MR 3:00pm Bingo with Eddie, AR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour with Jun & Sandy Brook (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 	<ul style="list-style-type: none"> 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 Daniel, AR 11:30am The Sterling Garden Club, G 2:00pm Bingo Game with Claudia, AR 3:00pm Bible Stories Class, AR 3:30pm Current Events & World News with Daniel, AR 5:30pm Puzzles Games, MR 6:00pm Evening Movie, MR 6:30pm Greece Travel Destinations: Church of the Holy Apostles, 2
23	24	25	26	27	28	29
<ul style="list-style-type: none"> 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 Morning Meditation with Daniel, G 1:30pm Afternoon Mass Communion with Father Paul 2:00pm Bingo with Daniel, AR 3:00pm The Sterling Book Club: Short Stories, MR 4:00pm Blackjack with Daniel, 7 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR 	<ul style="list-style-type: none"> 9:00am Morning Walk with Claudia, G 10:30am Morning Exercise & Light Weights Workout, 2 11:00am Fit Minds Brain Games, AR 11:15am The Sterling Reflection & Hot Topics Support Group with FAYANNE, Our Social Worker, AR 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm Teatime with our Health Service Director RN Stacy H. 2:00pm The Sterling Club Coffee & Conversation 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour with Magdiel Madrigal (Live Music), G 3:30pm Rummikub & Mahjong Games, AR 6:00pm Evening Movie, MR 	<ul style="list-style-type: none"> 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 Scenic Ride to Hollywood Beach, G 11:00am Exploring Greece: History, Language & Culture 11:00am Fit Minds Brain Games, AR 1:30pm Tai Chi with Eddie, 2 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 2 3:00pm Residents Birthdays Celebration In March, G 3:30pm Happy Hour with (Live Music), G 4:00pm Exploring the Religions of Greece: 6:00pm Evening Movie, MR 	<ul style="list-style-type: none"> 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 Canvas Painting & Dominoes Games 11:30am Greece Fun Facts & Trivia with Daniel, AR 1:00pm Blood Pressure Check, G 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 4:00pm World News & Currents Events with Daniel, AR 6:00pm Evening Movie, MR 	<ul style="list-style-type: none"> 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 Lunch Outing -Olive Garden (Italian Cuisine), G 1:30pm Salsa Dancing with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm Cooking Class with Claudia, 2 3:00pm Arts & Crafts, AR 3:30pm Happy Hour with Victor Luis (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 6:00pm Rummikub & Mahjong Games, 2 	<ul style="list-style-type: none"> 9:00am Morning walk with Claudia, G 10:00am Errands Day & Trip to Publix Supermarket with Eddie 10:30am Morning Exercise Class with Daniel, 2 11:00am Brain Fitness Games with Daniel, AR 11:15am Canvas Painting & Dominoes Games, 5 11:45am Trip to Gulfstream Park, G 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Residents Social Spotlight Club With Daniel, MR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Crosswords & Sudoku Games, 3:30pm Resident Happy Hour: Meet & Mingle, G 6:00pm Evening Movie, MR 	<ul style="list-style-type: none"> 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 Daniel, AR 11:00am The Sterling Horse Racing Club with Daniel, 11:15am Exploring World Religions, MR 2:00pm Bingo Game with Claudia, AR 3:00pm Bible Stories Class, AR 3:30pm Current Events & World News with Daniel, AR 5:30pm Puzzles Games, MR 6:00pm Evening Movie, MR 6:30pm GREECE TRAVEL DESTINATIONS:
30	31				MEETING PLACES	DIMENSIONS OF WELLNESS
<ul style="list-style-type: none"> 9:30am Trip to Church: St Lawrence Catholic, G 10:30am Morning Exercise Class Claudia, 2 11:00am Brain Fitness Games with Claudia, AR 11:00am Pet Therapy with Our French Bulldog Bailey Room Visits, G 11:15am Church Service (English) Zoom, MR 11:30am Spring Flowers Arrangement with Daniel, AR 1:30pm Afternoon Mass Communion with Deacon Clyde 2:00pm Blackjack with Daniel, AR 3:30pm The Sterling Poetry Reading Club, MR 3:30pm Health & Wellness talk with Daniel, AR 4:00pm World News & Currents Events with Daniel, AR 6:00pm Evening Movie, MR 	<ul style="list-style-type: none"> 9:00am Morning walk with Claudia, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Fit Minds Brain Games & Dominoes Games 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 3:00pm Greek Jewelry Making with Daniel, AR 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour with Magdiel Madrigal (Live Music), G 3:30pm Rummikub & Mahjong Games, AR 6:00pm Evening Movie, MR 	<p style="text-align: center;"></p>	<p style="text-align: center;"></p>	<p style="text-align: center;"></p>	<p>2 - Second Floor Lobby Area</p> <p>AR – Activities Room -5</p> <p>MR – Media Room- (G)</p> <p>G - Patio (G)</p> <p>G - Ground Floor Lobby Area</p> <p>2 - Fitness Room</p> <p>PFDR – Pink Flamingo Dining Room (G)</p>	<p>Physical</p> <p>Spiritual</p> <p>Vocational</p> <p>Intellectual</p> <p>Emotional</p> <p>Environmental</p> <p>Social</p> <p>Health Services</p>
					<p></p> <p>#1 IN CUSTOMER SATISFACTION WITH INDEPENDENT SENIOR LIVING COMMUNITIES 2 YEARS IN A ROW</p>	

