






April 2025

Embrace the World: Welcome to Thailand

The Sterling Aventura (assisted Living)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							
6	7	8	9	10	11	12	
<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, GR -2 3:00pm The Sterling Poetry Club, MR 3:30pm Blackjack with Daniel, AR 4:30pm World News & Currents Events with Daniel, AR 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 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, AR 1:00pm Technology Class: iPhone & iPad with Claudia 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, GR 2:00pm The Sterling Club Coffee & Conversation 3:30pm Happy Hour w/ Asy Alisade Violinist- Live music 3:30pm World Health Day Talk with Stacy RN, Our Health Director, MR 5:30pm Crosswords & Sudoku Games, AR 5:30pm 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 Exploring Thailand: History, Language & Culture 11:00am Fit Minds Brain Games, AR 11:00am Scenic Ride to Miami Beach, G 11:15am Dominoes Games, AR 1:00pm Technology Class: iPhone & iPad with Claudia, G 1:30pm Tai Chi with Eddie, 2 2:00pm Bingo with Eddie, GR 2:00pm Coffee & Conversation with Claudia, 2 3:00pm Arts & Crafts With Daniel, AR 3:30pm Happy Hour with Danny Ollila (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 6:00pm Rummikub & Mahjong Games, 5 	<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 11:00am Thai Arts & Crafts with Daniel, AR 11:15am Canvas Painting & Dominoes Games 11:30am Learn Spanish: Basic Conversation with Eddie, AR 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, GR 2:00pm The Sterling Club Coffee & Conversation in Spanish 3:30pm Happy Hour with Spookey Jones (Live Music), G 4:00pm Achieving Your Goals Support Group with Daniel 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 Thai: Basic Conversation & Phrases, AR 11:15am Dominoes Games, AR 11:15am Lunch Outing :King Palace (Chinese Cuisine), G 1:30pm Salsa Dancing with Claudia, 2 2:00pm Bingo with Eddie, GR 2:00pm Coffee & Conversation with Claudia, 2 3:00pm Aqua Painting, AR 3:30pm Arts & Crafts with Daniel, AR 3:30pm Basketball toss, AR 3:30pm Happy Hour with Roosevelt Baker (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 6:00pm Rummikub & Mahjong Games, 5 	<ul style="list-style-type: none"> 9:00am Morning Walk with Claudia, G 10:00am Errands Day & Trip to Publix Supermarket 10:30am Morning Exercise Class with Daniel, 2 11:00am Brain Fitness Games with Daniel, AR 11:15am Canvas Painting & Dominoes Games w/ Daniel 11:30am History of Thailand Fashion & Famous People,5 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, GR 2:00pm The History of Thailand Different Foods with Daniel Campbell., PDR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour with Victor Luis (Live Music), G 4:30pm Passover Service & Seder Dinner with Rabbi S, PDR 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, MR 11:15am Exploring World Religions, MR 11:30am Learn Thai: Alphabet & Writing w/ Daniel 2:00pm Bingo Game with Claudia, GR 3:30pm Book Review: "New Beginnings" by Charlotte Carter, MR 4:00pm Passover Service & Seder Dinner with Rabbi S., FDR 5:30pm Puzzles Games, 5 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR 	
13	14	15	16	17	18	19	
<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 11:15am 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 Bingo with Daniel, 2 3:00pm The Sterling Book Club, MR 3:30pm Blackjack with Daniel, AR 4:30pm World News & Currents Events with Daniel, AR 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR 	<ul style="list-style-type: none"> 9:00am Morning Walk with Claudia, G 10:15am Light Weights Workout with Daniel, G 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, AR 1:00pm Technology Class: iPhone & iPad With Eddie 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm Bingo with Eddie, GR 2:00pm The Sterling Club Coffee & Conversation 3:30pm Basketball toss with Eddie, G 3:30pm Crosswords & Sudoku Games, 5 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 Exploring Thailand: History, Language & Culture 11:00am Fit Minds Brain Game & Dominoes Games 11:00am Picnic in the park with Eddie, G 12:00pm Scenic Ride to Miami Beach, G 1:00pm Technology Class: iPhone & iPad with Claudia, G 1:15am Tai Chi with Eddie, 2 2:00pm Bingo with Eddie, GR 2:00pm Coffee & Conversation with Claudia, 2 2:00pm Poetry Reading with Daniel, MR 3:00pm Arts & Crafts With Daniel, AR 3:30pm Happy Hour with Danny Ollila (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 10:15am Light Weights Workout with Daniel, G 10:30am Morning Exercise Class with Daniel, 2 11:00am Fit Minds Brain Games, AR 11:00am Thai Arts & Crafts with Daniel, AR 11:15am Canvas Painting with Daniel, AR 11:15am Dominoes Games, AR 11:30am Learn Spanish: Basic Conversation with Eddie, AR 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, GR 2:00pm The Sterling Club Coffee & Conversation in Spanish 3:30pm Happy Hour with Javier Cascajo (Live Music), G 3:30pm Health & Wellness talk 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 Spanish: Basic Conversation & Phrases,5 11:15am Dominoes Games, AR 11:15am Lunch Outing :Red Lobster (Seafood Cuisine), G 1:30pm Salsa Dancing with Claudia, 2 2:00pm Bingo with Eddie, GR 2:00pm Coffee & Conversation with Claudia, 2 2:00pm Thai Wine & Food Tasting with our, ED Kristin L., 3:30pm Basketball toss, AR 3:30pm Happy Hour with Jennifer Mc Cain (Live Music), G 5:30pm Achieving Your Goals Support Group with Daniel, 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 6:00pm Rummikub & Mahjong Games, 5 	<ul style="list-style-type: none"> 9:00am Morning walk with Claudia, G 10:00am Errands Day & Trip to Publix Supermarket 10:30am Morning Exercise Class & Light Weights Workout 11:00am Brain Fitness Games with Daniel, AR 11:15am Canvas Painting & Dominoes Games 11:30am History of Thailand Fashion & Famous People,5 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, GR 2:30pm The Sterling Dining Club with Our Executive Chef Dan Campbell, FDR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour with Grace Azar (Live Music), 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, MR 11:15am Exploring World Religions, MR 2:00pm Bingo Game with Claudia, GR 3:00pm Bible Stories Class, AR 3:00pm The Sterling Garden Club (Earth Day), G 3:15pm Art Therapy, AR 3:30pm Current Events & World News Daniel, AR 5:30pm Puzzles Games, 5 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR 	
20	21	22	23	24	25	26	
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27	28	29	30			MEETING PLACES	
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							 <p>#1 IN CUSTOMER SATISFACTION WITH INDEPENDENT SENIOR LIVING COMMUNITIES 2 YEARS IN A ROW</p>

