The Sterling Aventura (assisted Living)

May 2025 Embrace the World: Welcome to Mexico

The Sterling Aventura (assisted Living) Embrace the World: Welcome to Mexico						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIMENSIONS OF WELLNESS	MEETING PLACES			1	2	3
 Physical Spiritual Spiritual Vocational Vocational Intellectual Intellectual Intellectual Health Services Life Care Life Care	G - GROUND FLOOR LOBBY AREA MR - MEDIA ROOM (G) AR - ACTIVITIES ROOM -5 2 - SECOND FLOOR LOBBY AREA 2 AR - ACTIVITIES ROOM 2 G - PATIO - P (G) PDR - PEACOCK DINING ROOM (G) The Sterring AVENTURA	WELCOME TO MEXICO	HAPPY Mother's Day	 ★ 9:00am Morning walk with Claudia, G ★ 10:00am Errands Day & Trip to Walgreens, G ★ 10:30am Morning Exercise Class with Daniel, MR ① 11:00am Learn Italian: Basic Conversation & Phrases, AR-5 ① 11:15am Dominoes Games, AR-5 ① 11:15am Lunch Outing : Duffy's Sports Grill (American Cuisine) ★ 1:30pm Salsa Dancing with Claudia, 2 ∅ 2:00pm Bingo with Eddie, AR ๗ 3:00pm Aqua Painting, AR ฬ 3:30pm Basketball toss, AR ฬ 3:30pm Happy Hour with Danny Olilla (Live Music), G ថ 6:00pm Puzzles & Board Games, 5 	 ☆ 9:00am Morning walk with Claudia, G ☆ 10:00am Errands Day &Trip to Publix Supermarket w/Eddie ☆ 10:15am Light Weights Workout with Daniel, G ☆ 10:30am Morning Exercise Class with Daniel, MR ① 11:00am Brain Fitness Games with Daniel, AR ① 11:15am Canvas Painting & Dominoes Games with Daniel ♥ 11:15am Trip to Gulfstream Park, G ☞ 1:30pm Chair Yoga & Zumba with Claudia, 2 ŵ 1:30pm Residents Social Spotlight Club with Daniel, MR ŵ 2:00pm Bingo with Eddie, GR © 3:00pm Crosswords & Sudoku Games, 2 ŵ 3:30pm Evening Movie, MR ŵ 6:00pm Puzzles & Board Games, AR 	 ☆ 10:00am Stretch & Strength with Claudia, MR ☆ 10:30am Morning Exercise Class Claudia, MR ① 11:00am Aqua Painting Class, AR ① 11:00am Mexico Fun Facts & Trivia with Daniel, AR ※ 11:15am Exploring World Religions, MR ☆ 11:30am The Sterling Kentucky Derby Games with Daniel, ※ 2:00pm Bingo Game with Claudia, AR ※ 3:00pm Bible Stories Class, AR ŵ 3:15pm Art Therapy, AR ŵ 5:30pm Puzzles Games, 5 ŵ 6:00pm Rummikub & Chess Games, AR
4	5	6	7	8	9	10
 9:00am Trip to Church: St Lawrence Catholic, G 9:30am Church Service (Spanish) Zoom, MR 10:00am Church Service (English) Zoom, MR 10:30am Morning Exercise Class Claudia, 2 11:00am Current Events & World News Daniel, MR 11:30am Morning Meditation with Daniel, G 11:30pm Miniature Golf with Daniel, 2 1:30pm Afternoon Mass Communion with Deacon Clyde, MR 3:00pm Exploring the Religions of Mexico Worship Connection 3:30pm Blackjack with Daniel, GR 4:30pm Health & Wellness talk 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 ① 11:10am Fit Minds Brain Games, AR ① 11:15am Dominoes Games, AR ◎ 11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, MR ① 1:00pm Technology Class: iPhone & iPad w/ Claudia, 2 ◎ 2:00pm Bingo with Eddie, AR ◎ 2:00pm The Sterling Coffee & Conversation Club,5 ≈ 3:30pm Cinco de Mayo Celebration by Mexican Singer Magdiel M., G ◎ 4:30pm Crosswords & Sudoku Games, 5 ◎ 5:30pm 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, MR ∲ 11:00am Scenic Ride to Hollywood Beach with Eddie, G ① 11:00am Exploring Mexico: History, Language & Culture ① 11:00am Fit Minds Brain Games, AR ① 11:15am Dominoes Games, AR ① 11:00pm Technology Class: iPhone & iPad with Claudia ☞ 1:30pm Tai Chi with Eddie, A ŵ 2:00pm Coffee & Conversation with Claudia, 5 ŵ 3:30pm Happy Hour with Jennifer Mc Cain (Live Music) ŵ 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, MR ① 11:00am Creative Coloring Therapy with Daniel, AR ① 11:00am Creative Coloring Therapy with Daniel, AR ① 11:30am Learn Spanish: Basic Conversation w/ Claudia ⑨ 1:00pm Blood Pressure Check, G ᅇ 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 ∞ 3:30pm Happy Hour with Rozz Baker (Live Music), G ◊ 4:00pm Achieving Your Goals Support Group w/ Daniel ∞ 4:00pm World News & Currents Events with Daniel, AR ∞ 6:00pm Evening Movie, MR ∞ 6:00pm Puzzles & Board Games, AR 	 [★] 9:00am Morning walk with Claudia, G [★] 10:00am Errands Day & Trip to Walgreens, G [★] 10:00am The Sterling Spring Bazaar on the Patio, G [★] 10:30am Morning Exercise Class with Daniel, MR [⊕] 11:00am Coloring Therapy with Daniel, AR [⊕] 11:15am Dominoes Games, AR [⊕] 11:15am Lunch Outing : Mr. Chef's(Chinese Cuisine), G [★] 1:30pm Salsa Dancing with Claudia, 2 [⊕] 2:00pm Coffee & Conversation with Claudia, 2 [⊕] 3:30pm Happy Hour with Spookey Jones (Live Music), G [⊕] 6:00pm Puzzles & Board Games, AR 	 9:00am Morning walk with Claudia, G 10:00am Errands & Trip to Publix Supermarket w/ Eddie 10:15am Light Weights Workout with Daniel, G 10:30am Morning Exercise Class with Daniel, AR 11:00am Brain Fitness Games with Daniel, AR 11:00am Canvas Painting & Dominoes Games with 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 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Crosswords & Sudoku Games, 2 3:30pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 	 10:00am Stretch & Strength with Claudia, MR 10:30am Morning Exercise Class Claudia, MR 11:00am Aqua Painting Class, AR 11:00am The Sterling Class, AR 11:00am The Sterling Horse Racing Club with Daniel, MR 11:15am Exploring World Religions, MR 11:15am The Sterling Garden Club, G 200pm Bible Stories Class, AR 3:15pm Art Therapy, AR 5:00pm Mexico Travel Destinations: Frida Kahlo Museum 5:30pm Puzzles Games, MR 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR
11	12	13	14	15	16	17
 9:00am Trip to Church: St Lawrence Catholic, G 9:30am Church Service (Spanish) Zoom, MR 10:30am Morning Exercise Class Claudia, 2 11:30am Morning Exercise Class Claudia, 2 11:30am Morning Meditation with Daniel, G 11:30am Pet Therapy with Our French Bulldog Bailey, G 12:00pm Mother's Day Brunch with Managers – Live Music by Asy Alisade, FDR 1:30pm Afternoon Mass Communion w/ Deacon Clyde, MR 3:00pm The Sterling Poetry Club, MR 3:00pm Exploring the Religions of Mexico: Worship 3:30pm Health & Wellness talk with Daniel, AR 6:00pm Evening Movie, MR 	 ➡ 9:00am Morning Walk with Claudia, G ➡ 10:30am Morning Exercise Class with Daniel, MR ➡ 11:00am Creative Coloring Therapy with Daniel, AR ➡ 11:00am Creative Coloring Therapy with Daniel, AR ➡ 11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, MR ➡ 11:30am The History of Mexican Fashion with Daniel, AR ➡ 1:30pm Chair Yoga & Zumba with Claudia, 2 ➡ 2:00pm Bingo with Eddie, GR ➡ 2:00pm The Sterling Club Coffee & Conversation in ➡ 3:30pm Crosswords & Sudoku Games, 5 ➡ 3:30pm Rummikub & Mahjong Games, AR ➡ 6:00pm Evening Movie, MR 		 \$\delta : 00am Morning walk with Claudia, G 10:15am Light Weights Workout with Daniel, G 10:15am Kight Weights Workout with Daniel, MR 11:00am Creative Coloring Therapy with Daniel, AR 11:00am Creative Coloring Therapy with Daniel 11:30am Learn Spanish: Basic Conversation with Eddie, 1:00pm Facetime with family's 1:00pm -5:00pm, MR 1:30pm Chair Yoga & Zumba with Claudia, 2 2:00pm The Sterling Club Coffee & Conversation in 3:30pm Happy Hour with Javier Cascajo (Live Music), 4:00pm Achieving Your Goals Support Group w/ Daniel, 4:30pm Health & Wellness talk with Daniel, AR 6:00pm Puzzles & Board Games, AR 	 [★] 9:00am Morning walk with Claudia, G [★] 10:00am Errands Day & Trip to Walgreens, G [★] 10:30am Morning Exercise Class with Daniel, MR [⊕] 11:00am Creative Coloring Therapy with Daniel, AR [⊕] 11:15am Dominoes Games, AR [⊕] 11:15am Lunch Outing: Olive Garden (Italian Cuisine), G [⊕] 11:30am Learn Spanish: Basic Phrases with Claudia, AR [★] 1:30pm Salsa Dancing with Claudia, 2 [⊕] 2:00pm Bingo with Eddie, AR [⊕] 2:00pm Coffee & Conversation with Claudia, 2 [⊕] 3:00pm Arts & Crafts, AR [⊕] 3:00pm Basketball toss, AR [⊕] 3:30pm Happy Hour with Dan Cositore (Live Music), G [⊕] 6:00pm Puzzles & Board Games, AR [⊕] 6:00pm Rummikub & Mahiong Games, 5 [⊕] [⊕] 6:00pm Rummikub & Mahiong Games, 5 [↓] [↓] 11:0000 Content Conte	 ☆ 9:00am Morning walk with Claudia, G ☆ 10:00am Errands Day &Trip to Publix Supermarket ☆ 10:30am Morning Exercise Class with Daniel, MR ① 11:00am Brain Fitness Games with Daniel, AR ① 11:00am Mexico Fun Facts & Trivia with Claudia, AR ② 11:00am Mexico Fun Facts & Trivia with Claudia, AR ③ 11:00am Mexico Fun Facts & Trivia with Claudia, AR ③ 11:00am Mexico Fun Facts & Trivia with Claudia, AR ③ 13:00pm Residents Social Spotlight Club with Daniel, MR ④ 2:00pm Bingo with Eddie, AR ④ 3:00pm The Sterling Dining Club with Our Executive Chef Dan Campbell, PDR ④ 3:30pm Blackjack with Daniel, AR త 3:30pm Crosswords & Sudoku Games, 2 ④ 6:00pm Puzzles & Board Games, AR 	 ☆ 10:00am Stretch & Strength with Claudia, MR ☆ 10:30am Morning Exercise Class Claudia, MR ① 11:00am Aqua Painting Class, AR ① 11:00am Fun Facts & Trivia with Daniel, AR ☆ 11:00am The Sterling Horse Racing Club with Daniel, MR ♥ 11:15am Exploring World Religions, MR ♥ 11:15am Exploring World Religions, MR ♥ 11:15am Bingo Game with Claudia, GR ♥ 3:00pm Bible Stories Class, AR ♥ 3:15pm Art Therapy, AR ♥ 5:00pm Mexico Travel Destinations: Mexico City Cathedral ♥ 5:30pm Evening Movie, MR ♥ 6:30pm Rummikub & Chess Games, AR
18	19	20	21	22	23	24
 9:00am Trip to Church: St Lawrence Catholic, G 9:30am Church Service (Spanish) Zoom, MR 10:30am Church Service (English) Zoom, MR 10:30am Morning Exercise Class Claudia, 2 11:00am Current Events & World News Daniel, MR 11:30am Pet Therapy with Our French Bulldog Bailey, G 1:30pm Miniature Golf with Daniel, 7 1:30pm Afternoon Mass Communion with Deacon Clyde 2:00pm Bingo with Daniel, GR 3:00pm Exploring the Religions of Mexico: Worship 3:30pm Blackjack with Daniel, GR 4:30pm Health & Wellness talk with Daniel, AR 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR-5 	 ⇒ 9:00am Morning Walk with Claudia, G ⇒ 10:30am Morning Exercise & Light Weights Workout ⊕ 11:00am Fit Minds Brain Games, AR ⊕ 11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, AR ⊕ 11:130am The History of Mexican Fashion with Daniel, AR ⊕ 11:30am The History of Mexican Fashion with Daniel, AR ⊕ 1:30am The History of Mexican Fashion with Eddie, 2 ⇒ 1:30am The History of Mexican Fashion with Eddie, 2 ⇒ 1:30pm Choir Yoga & Zumba with Claudia, 2 ⇒ 2:00pm Bingo with Eddie, GR ⊕ 2:00pm Sterling Club Coffee & Conversation in Spanish ⊗ 3:30pm Rummikub & Mahjong Games, AR ⊕ 6:00pm Evening Movie, MR 		 ≈ 9:00am Morning walk with Claudia, G ≈ 10:30am Morning Exercise & Light Weights Workout, MR ① 11:00am Creative Coloring Therapy with Daniel, AR ① 11:00am Fit Minds Brain Games, AR ≈ 11:00am Resident Council Meeting with our ED, Kristin ① 11:15am Canvas Painting & Dominoes Games ① 11:15am Canvas Painting & Dominoes Games ① 11:15am Canvas Painting & Dominoes Games ① 11:30am Learn Spanish: Basic Conversation with Eddie ở 1:00pm Facetime with family's 1:00pm -5:00pm, MR ≈ 1:30pm Chair Yoga & Zumba with Claudia, 2 ở 2:00pm Afternoon Teatime with our Health Services Nurse, RN Stacy H., AR ở 2:00pm Bingo with Eddie, AR ở 2:00pm Happy Hour with Magdiel Madrigal (Live Music) ở 6:00pm Puzzles & Board Games, AR 	 [★] 9:00am Morning walk with Claudia, G [★] 10:00am Errands Day & Trip to Walgreens, G [★] 10:30am Morning Exercise Class with Daniel, MR ^① 11:10am Creative Coloring Therapy with Daniel, AR ^① 11:15am Learn Spanish: Alphabet & Writing with Claudia, AR ^① 11:15am Learn Spanish: Alphabet & Writing with Claudia, AR ^① 11:15am Lunch Outing : Paquitos (Mexican Cuisine), G [★] 1:30pm Salsa Dancing with Claudia, 2 [★] 2:00pm Bingo with Eddie, AR [★] 3:30pm Arts & Crafts, AR [★] 3:30pm Happy Hour with Spookey Jones (Live Music), G [★] 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, AR ^① 11:00am Brain Fitness Games with Daniel, AR ^① 11:00am Canvas Painting With Daniel, AR ^① 11:15am Dominoes Games, AR [♥] 1:30pm Chair Yoga & Zumba with Claudia, 2 ⁰ 2:00pm Bingo with Eddie, AR [♥] 3:00pm Shabbat Service with Rabbi Zoom Call, MR ⁰ 3:30pm Crosswords & Sudoku Cames, 5 ⁰ 3:30pm Evening Movie, MR ⁰ 6:00pm Puzzles & Board Games, AR ⁰ 6:00pm Puzzles & Board Games, AR ⁰ 	 ☆ 10:00am Stretch & Strength with Claudia, MR ☆ 10:30am Morning Exercise Class Claudia, MR ① 11:00am Aqua Painting Class, AR ① 11:00am The Sterling Class & Trivia with Daniel, AR ☆ 11:00am The Sterling Horse Racing Club with Daniel, MR ♥ 11:15am Exploring World Religions, MR ♥ 11:30am The Sterling Garden Club, G ŵ 2:00pm Bingo Game with Claudia, GR ♥ 3:00pm Bible Stories Class, AR ŵ 3:15pm Art Therapy, AR ŵ 5:00pm Mexico Travel Destinations: Playa de Carmen, MR ŵ 5:30pm Evening Movie, MR ŵ 6:30pm Rummikub & Chess Games, AR
25	26	27	28	29	30	31
 9:00am Trip to Church: St Lawrence Catholic, G 9:30am Church Service (Spanish) Zoom, MR 10:00am Church Service (English) Zoom, MR 10:00am Church Service (Lenglish) Zoom, MR 10:30am Morning Exercise Class Claudia, 2 11:30am Current Events & World News Daniel, MR 11:30am Morning Meditation with Daniel, G 11:30am Pet Therapy with Our French Bulldog Bailey, G 1:30pm Miniature Golf with Daniel, 2 1:30pm Afternoon Mass Communion with Deacon Clyde, MR 3:30pm Bingo with Daniel, GR 3:30pm Heatth & Wellness talk with Daniel, AR 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, MR ⊕ 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 © 12:00pm Memorial Day Celebration with DJ-Brandon, G ⊕ 1:00pm Technology Class: iPhone & iPad With Eddie, 2 ≈ 1:30pm Chair Yoga & Zumba with Claudia, 2 ≈ 2:00pm Bingo with Eddie, GR ∞ 3:30pm Blackjack with Daniel, GR ∞ 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, MR ① 11:00am Creative Coloring Therapy with Daniel, AR ① 11:15am Canvas Painting With Daniel, AR ① 11:15am Canvas Painting With Daniel, AR ① 11:15am Dominoes Games, AR ① 11:30am Learn Spanish: Basic Conversation w/ Claudia, ≅ 1:00pm Blood Pressure Check, G ≅ 1:30pm Chair Yoga & Zumba with Claudia, 2 ä:00pm The Sterling Club Coffee & Conversation in ä:3:30pm Happy Hour with Javier Cascajo (Live Music), ä:6:00pm Puzzles & Board Games, AR 	 ★ 9:00am Morning walk with Claudia, G ★ 10:00am Errands Day & Trip to Walgreens, G ★ 10:30am Morning Exercise Class with Daniel, MR ① 11:00am Creative Coloring Therapy with Daniel, AR ① 11:00am Learn Spanish: Basic Conversation & Phrases, AR ① 11:15am Dominoes Games, AR ★ 1:30pm Salsa Dancing with Claudia, 2 ☆ 2:00pm Bingo with Eddie, AR ☆ 2:00pm Mexican Cocktail & Horsd'oeuvres with our ED Kristin ☆ 3:00pm Happy Hour with (Live Music), G ☆ 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, AR ① 11:00am Brain Fitness Games with Daniel, AR ① 11:15am Dominoes Games, AR ♥ 1:30pm Chair Yoga & Zumba with Claudia, 2 ◊ 1:30pm Residents Social Spotlight Club with Daniel, MR ◊ 2:00pm Bingo with Eddie, GR ♥ 3:00pm Shabbat Service with Rabbi Zoom Call, MR ◊ 3:30pm Blackjack with Daniel, GR ◊ 3:30pm Resident Happy Hour: Meet & Mingle, G ◊ 6:00pm Puzzles & Board Games, AR 	 ☆ 10:00am Stretch & Strength with Claudia, MR ☆ 10:30am Morning Exercise Class Claudia, MR ① 11:00am Aqua Painting Class, AR ① 11:00am Fun Facts & Trivia with Claudia, AR ☆ 11:30am The Sterling Morning Meditation Club with Eddie, MR ॐ 11:15am Exploring World Religions, MR ô 2:00pm Bible Stories Class, AR ô 3:15pm Art Therapy, AR ô 5:30pm Puzzles Games, MR ô 6:00pm Evening Movie, MR ô 6:30pm Rummikub & Chess Games, AR