

May 2025

Embrace the World: Welcome to Mexico

The Sterling Aventura (assisted Living)

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
DIMENSIONS OF WELLNESS		MEETING PLACES						1		2		3	
<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>#1 IN CUSTOMER SATISFACTION WITH INDEPENDENT SENIOR LIVING COMMUNITIES 2 YEARS IN A ROW</p>	<p>G - GROUND FLOOR LOBBY AREA</p> <p>MR - MEDIA ROOM (G)</p> <p>AR - ACTIVITIES ROOM -5</p> <p>2 - SECOND FLOOR LOBBY AREA 2</p> <p>AR - ACTIVITIES ROOM 2</p> <p>G - PATIO - P (G)</p> <p>PDR - PEACOCK DINING ROOM (G)</p>						<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, MR 11:00am Learn Italian: Basic Conversation & Phrases, AR-5 11:15am Dominoes Games, AR-5 11:15am Lunch Outing : Duffy's Sports Grill (American Cuisine) 1:30pm Salsa Dancing with Claudia, 2 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 5 3:00pm Aqua Painting, AR 3:00pm Mexican Arts & Crafts with Daniel, AR 3:30pm Basketball toss, 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 10:00am Errands Day & Trip to Publix Supermarket w/Eddie 10:15am Light Weights Workout with Daniel, G 10:30am Morning Exercise Class with Daniel, MR 11:00am Brain Fitness Games with Daniel, AR 11:15am 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 2:00pm Bingo with Eddie, GR 3:00pm Shabbat Service with Rabbi Zoom Call, MR 3:30pm Crosswords & Sudoku Games, 2 3:30pm Happy Hour with Sandy & Jun Brooks (Live Music) 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR 		<ul style="list-style-type: none"> 10:00am Stretch & Strength with Claudia, MR 10:30am Morning Exercise Class Claudia, MR 11:00am Aqua Painting Class, AR 11:00am Mexico Fun Facts & Trivia with Daniel, AR 11:15am Exploring World Religions, MR 11:30am The Sterling Kentucky Derby Games with Daniel, MR 2:00pm Bingo Game with Claudia, AR 3:00pm Bible Stories Class, AR 3:15pm Art Therapy, AR 5:00pm Mexico Travel Destinations: Pyramid of the Sun 5:30pm Puzzles Games, 5 6:00pm Evening Movie, MR 6:30pm Rummikub & Chess Games, AR 	
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