

May 2025

The Sterling Aventura: Memory Care Neighborhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIMENSIONS OF WELLNESS 						
				1	2	3
				<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Count with me Math Music & Dancing Creative Coloring Sunshine on the Patio 12:00pm Lunch Healthy Snacks & Drinks Connection Poetry Reading Puzzles & Board Games 5:00pm Dinner Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Aqua Painting Count with me Math Music & Dancing Poetry Reading 12:00pm Lunch Sunshine Club on The Patio Healthy Snacks & Drinks Connection Puzzles & Board Games 5:00pm Dinner Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Music and Movement Music and Sing Along Sensory Stimulation 12:00pm Lunch Baking Class (Cookies) Healthy Snacks & Drinks Connection Puzzles & Board Games Poetry Reading 5:00pm Dinner Evening Movie Night
4	5	6	7	8	9	10
<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Arts & Crafts Music and Movement Painting Class Sensory Stimulation 12:00pm Lunch Music and Sing Along Puzzles & Board Games Music and Sing Along 5:00pm Dinner Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class & Morning Stretch Legacy kits Creative Coloring Sunshine Club on The Patio 12:00pm Lunch Aromatherapy Puzzles & Board Games Happy Hour: Cinco de Mayo Celebration 5:00pm Dinner Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class & Morning Stretch Reflective Coloring 12:00pm Lunch Latin Music and Dancing Puzzles & Board Games Scenic Ride to Miami Beach Spa Day: Nails Art Music & Dancing 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Fit Mind Brain Games Creative Coloring Reminiscing Time with Megile 12:00pm Lunch Puzzles & Board Games Spa Day: Nails Art Music & Dancing 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class & Morning Stretch Count with me Math Name That Tunes Sunshine on the Patio 12:00pm Lunch Baking Class (Cookies) Puzzles & Board Games Music & Dancing 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Count with me Math Name That Tunes Creative Coloring Sunshine Club on The Patio 12:00pm Lunch Puzzles & Board Games Music & Dancing 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Aqua Painting Sensory Stimulation 12:00pm Lunch Music and Sing Along Puzzles & Board Games Name that Tunes Resident Spotlight Poetry Reading 5:00pm Dinner Evening Movie Night
11	12	13	14	15	16	17
<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Aqua Painting Arts & Crafts Brain fitness Games Sensory Stimulation 12:00pm Lunch- Mother's Day Brunch Music and Sing Along Puzzles & Board Games Music & Dancing 5:00pm Dinner Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Mind Games & Reflective Coloring Legacy kits Sunshine Club on The Patio 12:00pm Lunch Aromatherapy Puzzles & Board Games Happy Hour: Music & Dance Time 5:00pm Dinner Nature Documentary Resident Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class & Morning Stretch Creative Coloring 12:00pm Lunch Latin Music and Dancing Puzzles & Board Games Scenic Ride to Miami Beach Spa Day: Nails Art Music & Dancing 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class & Morning Stretch Fit Mind Brain Games Creative Coloring Reminiscing Time with Megile Sunshine Club on The Patio 12:00pm Lunch Puzzles & Board Games Spa Day: Nails Art Music & Dancing 5:00pm Dinner Nature Documentary 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class & Morning Stretch Count with me Math Name That Tunes Creative Coloring Sunshine on the Patio 12:00pm Lunch Puzzles & Board Games Music & Dancing 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise & Morning Stretch Count with me Math & Brain Games Name That Tunes Creative Coloring Sunshine Club on The Patio 12:00pm Lunch Puzzles & Board Games Music & Dancing 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Aqua Painting Arts & Crafts Brain fitness Games Sensory Stimulation 12:00pm Lunch Puzzles & Board Games Music Therapy Music and Sing Along 5:00pm Dinner Evening Movie Night
18	19	20	21	22	23	24
<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Aqua Painting Brain Fitness Games Sensory Stimulation 12:00pm Lunch Music and Sing Along Puzzles & Board Games Music Therapy Music and Sing Along 5:00pm Dinner Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class & Morning Stretch Mind Games & Sensory Stimulation Legacy kits Sunshine Club on The Patio 12:00pm Lunch Aromatherapy Puzzles & Board Games Happy Hour: Music & Dance Time 5:00pm Dinner Nature Documentary Resident Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Morning Stretch Creative Coloring 12:00pm Lunch Latin Music and Dancing Puzzles & Board Games Scenic Ride to Miami Beach Music & Dancing 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class & Morning Stretch Fit Mind Brain Games Creative Coloring Reminiscing Time with Megile Sunshine Club on The Patio 12:00pm Lunch Puzzles & Board Games Music & Dancing 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Count with me Math Name That Tunes Creative Coloring Sunshine on the Patio 12:00pm Lunch Puzzles & Board Games Music & Dancing 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Count with me Math & Brain Games Name That Tunes Creative Coloring Sunshine Club on The Patio 12:00pm Lunch Puzzles & Board Games Music & Dancing 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Aqua Painting Brain Fitness Games Creative Coloring Sensory Stimulation 12:00pm Lunch What on your Mind Puzzles & Board Games Music and Sing Along 5:00pm Dinner Evening Movie Night
25	26	27	28	29	30	31
<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Aqua Painting Brain fitness Games Coloring Sensory Stimulation 12:00pm Lunch Music and Sing Along Puzzles & Board Games Music and Sing Along 5:00pm Dinner Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Fit Mind Brain Games Legacy kits Reflective Coloring & Sensory Stimulation 12:00pm Lunch- Memorial Day Aromatherapy Puzzles & Board Games Happy Hour: Music & Dance Time 5:00pm Dinner Nature Documentary Resident Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class & Morning Stretch Creative Coloring 12:00pm Lunch Latin Music and Dancing Puzzles & Board Games Spa Day: Nails Art 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Fit Mind Brain Games Creative Coloring Reminiscing Time with Megile Sunshine Club on The Patio 12:00pm Lunch Puzzles & Board Games Spa Day: Nails Art 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class & Morning Stretch Count with me Math Name That Tunes Creative Coloring Sunshine on the Patio 12:00pm Lunch Puzzles & Board Games 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Count with me Math Fit Mind Brain Games Name That Tunes Creative Coloring Sunshine Club on The Patio 12:00pm Lunch Puzzles & Board Games 5:00pm Dinner Nature Documentary Evening Movie Night 	<ul style="list-style-type: none"> 8:00am Breakfast Morning Exercise Class Aqua Painting Arts & Crafts Brain Fitness Games Reflective Coloring Sensory Stimulation 12:00pm Lunch Music and Sing Along Puzzles & Board Games 5:00pm Dinner Evening Movie Night

