May 2025

The Sterling Aventura: Memory Care Neighborhood **Tuesday Thursday** Wednesday **Friday Monday Saturday** Sunday DIMENSIONS OF WELLNESS Physical 8:00am Breakfast 5 8:00am Breakfast 8:00am Breakfast Morning Exercise Class Morning Exercise Class Morning Exercise Class Spiritual Count with me Math Agua Painting Music and Movement Environmental Music & Dancing Count with me Math Music and Sing Along Social Vocational Creative Coloring Music & Dancing Sensory Stimulation Health Services Sunshine on the Patio Doetry Reading **0** 12:00pm Lunch Intellectual **Heartfelt Connections 12:00pm** Lunch Baking Class (Cookies) **ö** 12:00pm Lunch Healthy Snacks & Drinks Connection Sunshine Club on The Pation Healthy Snacks & Drinks Connection #1 IN CUSTOMER SATISFACTION WITH Doetry Reading Healthy Snacks & Drinks Connection Duzzles & Board Games A Memory Care Program™ INDEPENDENT SENIOR LIVING Puzzles & Board Games Ö Puzzles & Board Games Poetry Reading COMMUNITIES 2 YEARS IN A ROW 5:00pm Dinner 5:00pm Dinner 5:00pm Dinner An LCS Signature Experience **Evening** Movie Night **Ö** Evening Movie Night Evenina Movie Night 4 7 10 8:00am Breakfast 8:00am Breakfast 8:00am Breakfast 8:00am Breakfast 8:00am Breakfast 8:00am Breakfast 5 8:00am Breakfast Morning Exercise Class Morning Exercise Class & Morning Stretch Morning Exercise Class & Morning Stretch Morning Exercise Class Morning Exercise Class & Morning Stretch Morning Exercise Class Morning Exercise Class Arts & Crafts Fit Mind Brain Games 1 Agua Painting Legacy kits Reflective Coloring Count with me Math Count with me Math Music and Movement Creative Coloring **12:00pm** Lunch Creative Coloring Name That Tunes Name That Tunes D Sensory Stimulation Painting Class Sunshine Club on The Patio Latin Music and Dancing Reminiscing Time with Megile Sunshine on the Patio Creative Coloring **12:00pm** Lunch Sensory Stimulation 12:00pm Lunch Duzzles & Board Games 12:00pm Lunch 12:00pm Lunch Sunshine Club on The Patio Music and Sing Along Duzzles & Board Games **12:00pm** Lunch Aromatherapy Scenic Ride to Miami Beach Puzzles & Board Games Baking Class (Cookies) **12:00pm** Lunch Music and Sing Along Duzzles & Board Games Spa Day: Nails Art Spa Day: Nails Art Duzzles & Board Games Name that Tunes Þ Puzzles & Board Games Ö Happy Hour: Cinco de Mayo Celebration Duzzles & Board Games Music & Dancing Music & Dancing Music & Dancing Music & Dancing Resident Spotlight Music and Sing Along 5:00pm Dinner 5:00pm Dinner 5:00pm Dinner 5:00pm Dinner 5:00pm Dinner Doetry Reading 5:00pm Dinner Evening Movie Night Nature Documentary Nature Documentary Nature Documentary Nature Documentary 5:00pm Dinner Movie Niaht Evenina Movie Niaht **Evenina** Movie Niaht Evenina Movie Niaht Evenina Movie Niaht Evenina Movie Niaht 11 12 13 14 15 16 17 8:00am Breakfast 8:00am Breakfast **ö** 8:00am Breakfast ö 8:00am Breakfast **8:00am** Breakfast **8:00am** Breakfast 8:00am Breakfast Morning Exercise Class & Morning Stretch Morning Exercise Class Morning Exercise Class Morning Exercise Class & Morning Stretch Morning Exercise Class & Morning Stretch Morning Exercise & Morning Stretch Morning Exercise Class Mind Games & Reflective Coloring Agua Painting Creative Coloring Fit Mind Brain Games Count with me Math Count with me Math & Brain Games Agua Painting **ö** 12:00pm Lunch Name That Tunes Name That Tunes 1 Arts & Crafts Arts & Crafts Legacy kits Creative Coloring Reminiscing Time with Megile Brain fitness Games Sunshine Club on The Patio Latin Music and Dancing Creative Coloring Creative Coloring Darain fitness Games Duzzles & Board Games Sensory Stimulation Sensory Stimulation 12:00pm Lunch Sunshine Club on The Patio Sunshine on the Patio Sunshine Club on The Patio 12:00pm Lunch- Mother's Day Brunch P Scenic Ride to Miami Beach Aromatherapy **12:00pm** Lunch **12:00pm** Lunch **ö 12:00pm** Lunch **ö 12:00pm** Lunch Music and Sing Along Puzzles & Board Games ö Spa Day: Nails Art Puzzles & Board Games Duzzles & Board Games Duzzles & Board Games Duzzles & Board Games Happy Hour: Music & Dance Time Puzzles & Board Games Music & Dancing Spa Day: Nails Art Music & Dancing Music & Dancing Music Therapy Music & Dancing 5:00pm Dinner 5:00pm Dinner Music & Dancing 5:00pm Dinner 5:00pm Dinner Music and Sing Along 5:00pm Dinner Nature Documentary Nature Documentary 5:00pm Dinner Nature Documentary Nature Documentary 5:00pm Dinner Resident Movie Night **Evenina** Movie Night **b Evenina** Movie Night Evenina Movie Niaht Evenina Movie Niaht Movie Night Nature Documentary 18 20 21 22 23 24 19 8:00am Breakfast Morning Exercise Class & Morning Stretch Morning Exercise Class Morning Exercise Class & Morning Stretch Morning Exercise Class Morning Exercise Class Morning Exercise Class Morning Exercise Class Agua Painting Mind Games & Sensory Stimulation Morning Stretch Fit Mind Brain Games Count with me Math ① Count with me Math & Brain Games Agua Painting Name That Tunes Name That Tunes D Brain Fitness Games **Brain Fitness Games** Legacy kits Creative Coloring Creative Coloring Creative Coloring Sensory Stimulation Sunshine Club on The Patio **ö** 12:00pm Lunch Reminiscing Time with Megile Creative Coloring Creative Coloring Latin Music and Dancing Sunshine Club on The Patio 12:00pm Lunch 12:00pm Lunch Sunshine on the Patio Sunshine Club on The Patio Sensory Stimulation Duzzles & Board Games Music and Sing Along Aromatherapy 12:00pm Lunch 12:00pm Lunch **12:00pm** Lunch **12:00pm** Lunch Scenic Ride to Miami Beach Puzzles & Board Games Duzzles & Board Games Puzzles & Board Games Duzzles & Board Games Puzzles & Board Games What on your Mind Music Therapy Happy Hour: Music & Dance Time Music & Dancing Music & Dancing Music & Dancing Music & Dancing Duzzles & Board Games Music and Sing Along 5:00pm Dinner **5:00pm** Dinner 5:00pm Dinner 5:00pm Dinner 5:00pm Dinner Music and Sing Along 5:00pm Dinner Nature Documentary Nature Documentary Nature Documentary Nature Documentary Nature Documentary 5:00pm Dinner Movie Night Resident Movie Night Evening Movie Night Evening Movie Night DEVENING Movie Night 🏚 Evenina Movie Niaht Evening Movie Night 25 26 27 28 29 30 31 8:00am Breakfast Morning Exercise Class Morning Exercise Class Morning Exercise Class & Morning Stretch Morning Exercise Class Morning Exercise Class & Morning Stretch Morning Exercise Class Morning Exercise Class Agua Painting Fit Mind Brain Games Count with me Math Count with me Math D Agua Painting Creative Coloring Fit Mind Brain Games Brain fitness Games 12:00pm Lunch Name That Tunes Fit Mind Brain Games Arts & Crafts Legacy kits Creative Coloring Coloring Reflective Coloring & Sensory Stimulation Latin Music and Dancing Reminiscing Time with Megile Creative Coloring Name That Tunes Brain Fitness Games ້າ <mark>12:00pm Lunch- Memorial Da</mark>v Sensory Stimulation Duzzles & Board Games Sunshine Club on The Patio Sunshine on the Patio Creative Coloring Reflective Coloring 12:00pm Lunch Aromatherapy Scenic Ride to Miami Beach 12:00pm Lunch 12:00pm Lunch Sunshine Club on The Patio Sensory Stimulation Music and Sing Along Duzzles & Board Games Spa Day: Nails Art Puzzles & Board Games Duzzles & Board Games **12:00pm** Lunch 12:00pm Lunch Puzzles & Board Games happy Hour: Music & Dance Time 5:00pm Dinner 5:00pm Dinner Duzzles & Board Games Music and Sing Along Spa Day: Nails Art Music and Sing Along 5:00pm Dinner Nature Documentary 5:00pm Dinner Nature Documentary 5:00pm Dinner Duzzles & Board Games 5:00pm Dinner Nature Documentary Evening Movie Night Nature Documentary Evening Movie Night Nature Documentary 5:00pm Dinner

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