The Sterling Aventura: assisted Living

## July 2025 Embrace the World: Welcome to England

The Sterling Aventura: assisted Living Embrace the World: Welcome to England						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
WELCOME TO ENGLAND	t → ↓ → Happy 4 ↔ Ha	<ul> <li>★ 9:00am Errands And Shopping Day with Eddie, G</li> <li>★ 9:00am Morning walk with Claudia, G</li> <li>★ 10:30am Morning Exercise Class with Daniel, MR</li> <li>① 11:00am Exploring England: History, Language &amp; Culture</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Fit Minds Brain Games &amp; Dominoes Games</li> <li>① 11:00pm Technology Class: iPhone &amp; iPad with Claudia</li> <li>☞ 1:30pm Tai Chi with Eddie, AR</li> <li>ở 2:00pm Bingo with Eddie, AR</li> <li>ở 2:00pm Coffee &amp; Conversation with Claudia, 2</li> <li>ở 3:00pm Arts &amp; Crafts &amp; Aqua Painting with Daniel, AR</li> <li>ở 3:30pm Week 1:Welcome to England Fun activities, AR</li> <li>ở 6:00pm Puzzles &amp; Board Games, AR</li> <li>ở 6:00pm Rummikub &amp; Mahiong Games. 2</li> </ul>	<ul> <li>★ 9:00am Morning walk with Claudia, G</li> <li>★ 10:15am Light Weights Workout with Daniel, G</li> <li>★ 10:30am Morning Exercise Class with Daniel, MR</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Fit Minds Brain Games, AR</li> <li>① 11:15am Canvas Painting With Daniel, AR</li> <li>① 11:15am Canvas Painting With Daniel, AR</li> <li>① 11:15am Canvas Painting With Daniel, AR</li> <li>① 11:00pm Facetime with family's 1:00pm -5:00pm, MR</li> <li>♥ 1:30pm Chair Yoga &amp; Zumba with Claudia, 2</li> <li>Ø 2:00pm Bingo with Eddie, AR</li> <li>Ø 2:00pm The Sterling Club Coffee &amp; Conversation in Spanish</li> <li>Ø 3:30pm Happy Hour with Rozz Baker (Live Music), G</li> <li>Ø 4:00pm Achieving Your Goals Support Group with Daniel,</li> <li>Ø 4:00pm Evening Movie, MR</li> <li>Ø 6:00pm Puzzles &amp; Board Games, AR</li> </ul>	<ul> <li>☆ 9:00am Morning walk with Claudia, G</li> <li>☆ 10:00am Errands Day &amp; Trip to Walgreens, G</li> <li>☆ 10:30am Morning Exercise Class with Daniel, MR</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Learn Spanish: Basic Conversation &amp; Phrases</li> <li>① 11:15am Dominoes Games, AR</li> <li>☆ 1:30pm Salsa Dancing with Claudia, 2</li> <li>☆ 2:00pm Bingo with Eddie, AR</li> <li>☆ 2:00pm Coffee &amp; Conversation with Claudia, 2</li> <li>ŵ 3:00pm Aqua Painting &amp; Arts &amp; Crafts , AR</li> <li>☆ 3:30pm Happy Hour with Katharine Stark (Live Music), G</li> <li>☆ 6:00pm Puzzles &amp; Board Games, AR</li> <li>☆ 6:00pm Rummikub &amp; Mahiona Games, 2</li> </ul>	<ul> <li>★ 9:00am Morning walk with Claudia, G</li> <li>★ 10:00am Errands Day &amp; Trip to Publix Supermarket w/ Eddie</li> <li>★ 10:15am Light Weights Workout with Daniel, G</li> <li>★ 10:30am Brain Fitness Games &amp; Dominoes Games w/ Daniel</li> <li>♥ 11:00am Brain Fitness Games &amp; Dominoes Games w/ Daniel</li> <li>♥ 11:00am Brain Fitness Games &amp; Dominoes Games w/ Daniel</li> <li>♥ 11:00am Brain Fitness Games &amp; Dominoes Games w/ Daniel</li> <li>♥ 11:00am Brain Fitness Games &amp; Zominoes Games w/ Daniel</li> <li>♥ 11:00am Brain Fitness Games &amp; Dominoes Games w/ Daniel</li> <li>♥ 11:00am Brain Fitness Games &amp; Dominoes Games w/ Daniel</li> <li>♥ 11:00am Brain Fitness Games Ark</li> <li>Ø 13:00pm The Sterling 4th of July Barbeque with Live Music</li> <li>♥ 13:00pm Residents Social Spotlight Club With Daniel, MR</li> <li>Ø 13:00pm Bingo with Eddie, AR</li> <li>Ø 3:30pm Resident Happy Hour: Meet &amp; Mingle, G</li> <li>Ø 6:00pm Puzzles &amp; Board Games, AR</li> <li>♥ 6:00pm Shabbat Service with Rabbi Moshe Pitchon, MR</li> <li>Ø 7:00pm Evening Movie, MR</li> </ul>	<ul> <li>☆ 10:00am Stretch &amp; Strength with Claudia, 2</li> <li>☆ 10:30am Morning Exercise Class with Claudia, 2</li> <li>① 11:00am Aqua Painting Class, AR</li> <li>① 11:00am Fun Facts &amp; Trivia with Claudia, AR</li> <li>☆ 11:00am The Sterling Dancing Club</li> <li>♥ 11:15am Exploring World Religions, MR</li> <li>¶ 11:30am The Sterling Garden Club, G</li> <li>© 2:00pm Bingo Game with Claudia, AR</li> <li>© 2:00pm Bible Stories Class, AR</li> <li>© 3:15pm Art Therapy, AR</li> <li>© 5:30pm Puzzles Games, MR</li> <li>© 6:00pm Evening Movie, MR</li> <li>© 6:30pm Rummikub &amp; Chess Games, AR</li> </ul>
6	7	8	9	10	11	12
<ul> <li>✓ 9:00am Trip to Church: St Lawrence Catholic, G</li> <li>✓ 9:30am Church Service (Spanish) Zoom, MR</li> <li>✓ 10:00am Church Service (English) Zoom, MR</li> <li>✓ 10:30am Morning Exercise Class Claudia, 2</li> <li>✓ 11:30am Morning Meditation with Daniel, G</li> <li>✓ 11:30am Pet Therapy with Our French Bulldog Bailey, G</li> <li>✓ 11:30pm Miniature Golf with Daniel, 2</li> <li>✓ 1:30pm Afternoon Mass Communion with Deacon Clyde</li> <li>Ø 3:00pm The Sterling Book Club, MR</li> <li>Ø 3:30pm Blackjack with Daniel, AR</li> <li>Ø 4:30pm The Sterling Poetry Reading with Daniel, MR</li> <li>Ø 6:00pm Evening Movie, MR</li> <li>Ø 6:00pm Rummikub &amp; Chess Games, AR</li> </ul>	Support Group with Fayanne, Our Social Worker, AR         ① 1:00pm       Technology Class: iPhone & iPad with Eddie, 2         ② 1:30pm       Chair Yoga & Zumba with Claudia, 2         ③ 2:00pm       Bingo with Eddie, AR         ④ 2:00pm       The Sterling Club Coffee & Conversation         ③ 3:30pm       Crosswords & Sudoku Games, 2         ④ 3:30pm       Happy Hour with Grace Azar (Live Music), G         ④ 3:30pm       Rummikub & Mahjong Games, AR	<ul> <li>☆ 9:00am Errands And Shopping Day with Eddie, G</li> <li>☆ 9:00am Morning walk with Claudia, G</li> <li>☆ 10:30am Morning Exercise Class with Daniel, MR</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Exploring England: History, Language &amp; Culture</li> <li>① 11:00am Fit Minds Brain Games, AR</li> <li>① 11:10am Dominoes Games, AR</li> <li>① 11:00pm Technology Class: iPhone &amp; iPad with Claudia</li> <li>② 1:00pm Technology Class: iPhone &amp; iPad with Claudia</li> <li>② 1:00pm Technology Class: iPhone &amp; iPad with Claudia</li> <li>② 2:00pm Bingo with Eddie, AR</li> <li>③ 2:00pm Coffee &amp; Conversation with Claudia, 2</li> <li>③ 3:30pm Happy Hour with Danny Oliilla (Live Music), G</li> <li>④ 6:00pm Evening Movie, MR</li> </ul>	<ul> <li>☆ 9:00am Morning Walk with Claudia, G</li> <li>☆ 10:30am Morning Exercise &amp; Light Weights Workout</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Fit Minds Brain Games, AR</li> <li>① 11:15am Canvas Painting &amp; Dominoes Games with Daniel</li> <li>∞ 11:15am Canvas People from England with Mark M. Our Sales Director, MR</li> <li>∞ 1:00pm Facetime with family's 1:00pm -5:00pm, MR</li> <li>♥ 1:30pm Chair Yoga &amp; Zumba with Claudia, 2</li> <li>∞ 2:00pm Bingo with Eddie, AR</li> <li>∞ 2:00pm The Sterling Club Coffee &amp; Conversation in Spanish</li> <li>∞ 3:30pm Happy Hour with Javier Cascajo (Live Music), G</li> <li>♥ 4:00pm Achieving Your Goals Support Group with Daniel</li> <li>∞ 4:30pm Health &amp; Wellness talk with Daniel, AR</li> <li>∞ 6:00pm Evening Movie, MR</li> </ul>	<ul> <li>☆ 9:00am Morning walk with Claudia, G</li> <li>☆ 10:00am Errands Day &amp; Trip to Walgreens, G</li> <li>☆ 10:30am Morning Exercise Class with Daniel, MR</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Learn Spanish: Basic Conversation &amp; Phrases,</li> <li>① 11:15am Dominoes Games, AR</li> <li>☆ 11:15am Lunch Outing : Olive Garden (Italian Cuisine), G</li> <li>☆ 1:30pm Biago with Eddie, AR</li> <li>⋈ 2:00pm Advance Directive Presentation</li> <li>⋈ 3:30pm Basketball toss, AR</li> <li>⋈ 3:30pm Happy Hour with Spookey Jones (Live Music), G</li> <li>⋈ 6:00pm Puzzles &amp; Board Games, AR</li> </ul>	<ul> <li>★ 9:00am Morning walk with Claudia, G</li> <li>★ 10:00am Errands Day &amp; Trip to Publix Supermarket w/ Eddie</li> <li>★ 10:15am Light Weights Workout with Daniel, G</li> <li>★ 10:30am Morning Exercise Class with Daniel, MR</li> <li>① 11:00am Brain Fitness Games with Daniel, AR</li> <li>① 11:15am Dominoes Games, AR</li> <li>♥ 11:45am Trip to Gulfstream Park, G</li> <li>♥ 1:30pm Chair Yoga &amp; Zumba with Claudia, 2</li> <li>₺ 1:30pm Residents Social Spotlight Club With Daniel, MR</li> <li>₺ 2:00pm Bingo with Eddie, AR</li> <li>₺ 3:30pm Crosswords &amp; Sudoku Games, 2</li> <li>₺ 3:30pm Resident Happy Hour: Meet &amp; Mingle, G</li> <li>➡ 3:30pm Evening Movie, MR</li> <li>₺ 6:00pm Evening Movie, MR</li> </ul>	<ul> <li>☆ 10:00am Stretch &amp; Strength with Claudia, 2</li> <li>☆ 10:30am Morning Exercise Class with Claudia, 2</li> <li>① 11:00am Aqua Painting Class, AR</li> <li>① 11:00am Fun Facts &amp; Trivia with Daniel, AR</li> <li>☆ 11:00am The Sterling Dancing Club</li> <li>⑨ 11:15am Exploring World Religions, MR</li> <li>♥ 11:30am The Sterling Garden Club, G</li> <li>ᅇ 2:00pm Bingo Game with Claudia, AR</li> <li>ᅇ 3:00pm Bible Stories Class, AR</li> <li>♡ 3:15pm Art Therapy, AR</li> <li>&gt; 6:00pm Evening Movie, MR</li> </ul>
13	<u>6:00pm</u> Evening Movie. <i>MR</i> <b>14</b>	<u>ö 6:00pm</u> Puzzles & Board Games. <i>AR</i>	<u>ö</u> 6:00pm Puzzles & Board Games, <i>AR</i> 16	ö 6:00pm Rummikub & Mahiong Games, 2	Ö 6:00pm       Puzzles & Board Games, AR         18	<u>ö 6:30pm</u> Rummikub & Chess Games, <i>AR</i> <b>19</b>
<ul> <li>✓ 9:00am Trip to Church: St Lawrence Catholic, G</li> <li>✓ 9:30am Church Service (Spanish) Zoom, MR</li> <li>✓ 10:00am Church Service (English) Zoom, MR</li> <li>&lt; 10:30am Morning Exercise Class Claudia, 2</li> <li>✓ 11:00am Current Events &amp; World News with Daniel, MR</li> <li>✓ 11:30am Morning Meditation with Daniel, G</li> </ul>	<ul> <li>★ 9:00am Morning Walk with Claudia, G</li> <li>★ 10:30am Morning Exercise Light Weights Workout</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Fit Minds Brain Games &amp; Dominoes Games</li> <li>① 11:100am The Sterling Reflection &amp; Hot Topics</li> <li>Support Group with Fayanne, Our Social Worker, AR</li> <li>① 1:00pm Technology Class: iPhone &amp; iPad with Claudia</li> <li>2:00pm Bingo with Eddie, AR</li> <li>2:00pm The Sterling Club Coffee &amp; Conversation in</li> <li>★ 3:30pm Crosswords &amp; Sudoku Games, 2</li> <li>★ 3:30pm Rummikub &amp; Mahjong Games, AR</li> <li>★ 6:00pm Evening Movie. MR</li> </ul>	<ul> <li>★ 9:00am Errands And Shoping Day with Eddie, G</li> <li>★ 9:00am Morning walk with Claudia, G</li> <li>★ 10:30am Morning Exercise Class with Dan</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Fit Minds Brain Games, AR</li> <li>↑ 11:00am Picnic In the Park with Eddie, G</li> <li>① 1:00pm Teichnology Class: iPhone &amp; iPad with Claudia</li> <li>★ 2:00pm Bingo with Eddie, AR</li> <li>☆ 3:00pm Coffee &amp; Conversation with Claudia, 2</li> <li>☆ 3:00pm English Jewelry Making Class with Daniel, AR</li> <li>☆ 6:00pm Puzzles &amp; Board Games, AR</li> <li>☆ 6:00pm Rummikub &amp; Mahiong Games, 2</li> </ul>	<ul> <li>★ 9:00am Morning walk with Claudia, G</li> <li>★ 10:30am Morning Exercise &amp; Light Weights Workout</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:10am Fit Minds Brain Games, AR</li> <li>① 11:15am Canvas Painting With Daniel, AR</li> <li>① 11:15am Dominoes Games, AR</li> <li>① 11:15am Dominoes Games, AR</li> <li>① 11:15am Dominoes Games, AR</li> <li>① 11:15am Canvas Painting With Daniel, AR</li> <li>③ 1:00pm Blood Pressure Check, G</li> <li>④ 1:00pm Facetime with family's 1:00pm -5:00pm, MR</li> <li>♥ 1:30pm Chair Yoga &amp; Zumba with Claudia, 2</li> <li>Ø 2:00pm Bingo with Eddie, AR</li> <li>⊠ 2:00pm The Sterling Club Coffee &amp; Conversation in Spanish</li> <li>Ø 3:30pm Happy Hour with Esteban Benitez (Live Music), G</li> <li>♥ 4:00pm Achieving Your Goals Support Group with Daniel</li> <li>Ø 6:00pm Puzzles &amp; Board Games. AR</li> </ul>	<ul> <li> <sup>★</sup> 9:00am Morning Walk with Claudia, G         <sup>★</sup> 10:00am Errands Day &amp; Trip to Walgreens, G         <sup>★</sup> 10:30am Morning Exercise Class with Daniel, MR         <sup>⊕</sup> 11:00am Creative Coloring Therapy with Daniel, AR         <sup>⊕</sup> 11:10am Learn Spanish: Basic Conversation &amp; Phrases         <sup>⊕</sup> 11:15am Lunch Outing: Duffy's Sports Grill         (American Cuisine)         <sup>★</sup> 1:30pm Salsa Dancing with Claudia, 2         <sup>⊕</sup> 2:00pm Bingo with Eddie, AR         <sup>⊕</sup> 2:00pm Mental Health Support Group Sponsor by         CancHealth &amp; Humana Lecture by Dr. Aurora Espinoza         <sup>⊕</sup> 6:00pm Puzzles &amp; Board Games, AR         <sup>⊕</sup> 6:00pm Rummikub &amp; Mahiong Games, 2         <sup>●</sup> <sup>●</sup></li></ul>	<ul> <li>9:00am Morning walk with Claudia, G</li> <li>10:00am Errands Day &amp; Trip to Publix Supermarket w/ Eddie</li> <li>10:15am Light Weights Workout with Daniel, G</li> <li>10:30am Morning Exercise Class with Daniel, MR</li> <li>11:15am Dominoes Games, AR</li> <li>11:15am Trip to Gulfstream Park, G</li> <li>11:30pm Chair Yoga &amp; Zumba with Claudia, 2</li> <li>13:0pm Residents Social Spotlight Club with Daniel, MR</li> <li>2:00pm Bingo with Eddie, AR</li> <li>3:30pm Crosswords &amp; Sudoku Games, 2</li> <li>3:30pm Resident Happy Hour: Meet &amp; Mingle, G</li> <li>6:00pm Puzzles &amp; Board Games, AR</li> <li>6:00pm Shabbat Service with Rabbi Moshe Pitchon, MR</li> </ul>	<ul> <li>★ 10:00am Stretch &amp; Strength with Claudia, 2</li> <li>★ 10:30am Morning Exercise Class with Claudia, 2</li> <li>① 11:00am Aqua Painting Class, AR</li> <li>① 11:00am Fun Facts &amp; Trivia with Claudia, AR</li> <li>★ 11:00am The Sterling Horse Racing Club with Daniel</li> <li>★ 11:30am The Sterling Garden Club, G</li> <li>☆ 2:00pm Bingo Game with Claudia, AR</li> <li>★ 2:00pm Bingo Game with Claudia, AR</li> <li>★ 3:00pm Bible Stories Class, AR</li> <li></li></ul>
20	21	22	23	24	25	26
<ul> <li>✓ 9:00am Trip to Church: St Lawrence Catholic, G</li> <li>✓ 9:30am Church Service (Spanish) Zoom, MR</li> <li>✓ 10:00am Church Service (English) Zoom, MR</li> <li>✓ 10:30am Morning Exercise Class Claudia, 2</li> <li>✓ 11:30am Morning Meditation with Daniel, G</li> <li>Ø 11:30am Pet Therapy with Our French Bulldog Bailey, G</li> <li>✓ 11:30pm Miniature Golf with Daniel, 2</li> <li>✓ 1:30pm Afternoon Mass Communion with Deacon Clyde</li> <li>✓ 1:30pm Bipg with Daniel, AR</li> <li>Ø 3:00pm Bingo with Daniel, AR</li> <li>Ø 3:30pm Blackjack with Daniel, AR</li> <li>Ø 4:30pm Health &amp; Wellness talk with Daniel, AR</li> <li>Ø 6:00pm Evening Movie, MR</li> </ul>	<ul> <li>⇒ 9:00am Morning Walk with Claudia, G</li> <li>⇒ 10:15am Light Weights Workout with Daniel, G</li> <li>⇒ 10:30am Morning Exercise Class with Daniel, AR</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Arts &amp; Crafts with Lubavitch Aventura South</li> <li>① 11:15am The Sterling Reflection &amp; Hot Topics</li> <li>Support Group with Fayanne, Our Social Worker, AR</li> <li>① 1:00pm Technology Class: iPhone &amp; iPad with Claudia</li> <li>⇒ 1:30pm Chair Yoga &amp; Zumba with Claudia, 2</li> <li>ö 2:00pm The Sterling Club Coffee &amp; Conversation</li> <li>⇒ 3:30pm Basketball toss with Eddie, G</li> <li>⇒ 3:30pm Happy Hour with Marcus Shawn(Live Music), G</li> <li>⇒ 3:30pm Rummikub &amp; Mahjong Games, AR</li> <li>⇒ 6:00pm Evening Movie, MR</li> </ul>	<ul> <li>☆ 9:00am Errands And Shopping Day with Eddie, G</li> <li>☆ 9:00am Morning walk with Claudia, G</li> <li>☆ 10:30am Morning Exercise Class with Daniel, MR</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Exploring England: History, Language &amp; Culture</li> <li>① 11:00am Fit Minds Brain Games &amp; Dominoes Games</li> <li>① 11:00am Scenic Ride to Miami Beach, G</li> <li>① 1:00pm Technology Class: iPhone &amp; iPad with Claudia</li> <li>※ 1:30pm Tai Chi with Eddie, 2</li> <li>※ 2:00pm Bingo with Eddie, AR</li> <li>※ 2:00pm Aqua Painting, AR</li> <li>※ 3:30pm Arts &amp; Crafts With Daniel, AR</li> <li>※ 3:30pm Happy Hour with Jennifer Mc Cain(Live Music)</li> <li>※ 6:00pm Puzzles &amp; Board Games. 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AR</li> </ul>	<ul> <li>☆ 9:00am Morning Walk with Claudia, G</li> <li>☆ 10:00am Errands Day &amp; Trip to Walgreens, G</li> <li>☆ 10:30am Morning Exercise Class with Daniel, MR</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:15am Dominoes Games, AR</li> <li>迹 11:15am Lunch Outing: Red Lobster (American Seafood Cuisine), G</li> <li>☆ 1:30pm Salsa Dancing with Claudia, 2</li> <li>ö 2:00pm Wine Tasting &amp; English Desserts w/ our ED Kristin</li> <li>ö 3:00pm Arts &amp; Crafts, AR</li> <li>☆ 3:30pm Basketball toss, AR</li> <li>ö 3:00pm Evening Movie, MR</li> <li>ö 6:00pm Puzzles &amp; Board Games, AR</li> </ul>	<ul> <li>★ 9:00am Morning walk with Claudia, G</li> <li>★ 10:00am Errands Day &amp; Trip to Publix Supermarket w/ Eddie</li> <li>★ 10:15am Light Weights Workout with Daniel, G</li> <li>★ 10:30am Morning Exercise Class with Daniel, AR</li> <li>① 11:15am Dominoes Games, AR</li> <li>♥ 11:30pm Chair Yoga &amp; Zumba with Claudia, 2</li> <li>♥ 1:30pm Residents Social Spotlight Club With Daniel, MR</li> <li>♥ 3:00pm England Fun Facts &amp; Trivia with Daniel, AR</li> <li>♥ 3:30pm Crosswords &amp; Sudoku Games, 2</li> <li>♥ 6:00pm Puzzles &amp; Board Games, AR</li> <li>♥ 6:00pm Shabbat Service with Rabbi Moshe Pitchon, MR</li> </ul>	<ul> <li>☆ 10:00am Stretch &amp; Strength with Claudia, 2</li> <li>☆ 10:30am Morning Exercise Class with Claudia, 2</li> <li>① 11:00am Aqua Painting Class, AR</li> <li>① 11:00am Fun Facts &amp; Trivia with Claudia, AR</li> <li>☆ 11:00am The Sterling Horse Racing Club with Daniel</li> <li>※ 11:15am Exploring World Religions, MR</li> <li>¶ 11:30am The Sterling Garden Club, G</li> <li>◊ 2:00pm Bingo Game with Claudia, AR</li> <li>◊ 2:00pm Bible Stories Class, AR</li> <li>◊ 3:15pm Art Therapy, AR</li> <li>◊ 5:30pm Puzzles Games, MR</li> <li>◊ 6:00pm Rummikub &amp; Chess Games, AR</li> </ul>
27	28	29	<b>30</b>	31		DIMENSIONS OF WELLNESS
<ul> <li>9:00am Trip to Church: St Lawrence Catholic, G</li> <li>9:30am Church Service (Spanish) Zoom, MR</li> <li>10:00am Church Service (English) Zoom, MR</li> <li>10:00am Morning Exercise Class Claudia, 2</li> <li>11:00am Current Events &amp; World News with Daniel, MR</li> <li>11:30am Morning Meditation with Daniel, G</li> <li>11:30am Pet Therapy with Our French Bulldog Bailey, G</li> <li>1:30pm Miniature Golf with Daniel, 2</li> <li>1:30pm Mernoon Mass Communion with Deacon Clyde</li> <li>2:00pm Bingo with Daniel, AR</li> <li>3:30pm Blackjack with Daniel, AR</li> <li>4:30pm Health &amp; Wellness talk with Daniel, AR</li> <li>6:30pm Rummikub &amp; Chess Games, AR</li> </ul>	<ul> <li>9:00am Morning Walk with Claudia, G</li> <li>10:15am Light Weights Workout with Daniel, G</li> <li>10:15am Korning Exercise Class with Daniel, MR</li> <li>11:00am Creative Coloring Therapy with Daniel, AR</li> <li>11:10am Fit Minds Brain Games, AR</li> <li>11:115am Dominoes Games, AR</li> <li>11:15am The Sterling Reflection &amp; Hot Topics Support Group with Fayanne, Our Social Worker, AR</li> <li>11:00pm Technology Class: iPhone &amp; iPad with Claudia</li> <li>1:30pm Chair Yoga &amp; Zumba with Claudia, 2</li> <li>2:00pm Bing owith Eddie, AR</li> <li>2:00pm The Sterling Club Coffee &amp; Conversation in</li> <li>3:30pm Crosswords &amp; Sudoku Games, 2</li> <li>3:30pm Rummikub &amp; Mahjong Games, AR</li> <li>6:00pm Evening Movie, MR</li> </ul>	<ul> <li>9:00am Errands And Shopping Day with Eddie, G</li> <li>9:00am Morning walk with Claudia, G</li> <li>10:30am Morning Exercise Class with Daniel, MR</li> <li>11:00am Creative Coloring Therapy with Daniel, AR</li> <li>11:00am Exploring England: History, Language &amp; Culture</li> <li>11:00am Fit Minds Brain Games &amp; Dominoes Games</li> <li>11:00am Scenic Ride to Hollywood Beach, G</li> <li>11:00am Technology Class: iPhone &amp; iPad with Claudia</li> <li>1:30pm Tai Chi with Eddie, 2</li> <li>2:00pm Bingo with Eddie, AR</li> <li>3:00pm July Birthday's Celebration, G</li> <li>3:30pm Happy Hour with Gabriel G. (Live Music), G</li> <li>6:00pm Puzzles &amp; Board Games, AR</li> <li>6:00pm Rummikub &amp; Mahionc Games. 2</li> </ul>	<ul> <li>★ 9:00am Morning walk with Claudia, G</li> <li>★ 10:15am Light Weights Workout with Daniel, G</li> <li>★ 10:30am Morning Exercise Class with Daniel, MR</li> <li>① 11:00am Creative Coloring Therapy with Daniel, AR</li> <li>① 11:15am Canvas Painting With Daniel, AR</li> <li>① 11:15am Dominoes Games, AR</li> <li>① 11:15am Dominoes Games, AR</li> <li>① 11:15am Dominoes Games, AR</li> <li>③ 1:00pm Blood Pressure Check, G</li> <li>♥ 1:30pm Chair Yoga &amp; Zumba with Claudia, 2</li> <li>◊ 2:00pm Bingo with Eddie, AR</li> <li>◊ 3:00pm The Sterling Club Coffee &amp; Conversation</li> <li>◊ 3:00pm Hapt Hour with Javier Cascajo (Live Music), G</li> <li>♥ 4:30pm Evening Movie, MR</li> </ul>	11:00am Creative Coloring Therapy with Daniel, AR	G - GROUND FLOOR LOBBY AREA MR - MEDIA ROOM (G) AR - ACTIVITIES ROOM -5 AR - ACTIVITIES ROOM 2 2 - SECOND FLOOR LOBBY AREA 2 G - PATIO - P (G) PDR - PEACOCK DINING ROOM (G)	Physical Spiritual Vocational Modelination Intellectual Modelination Modelinatio