

August 2025

Embrace the World: Welcome to Italy

The Sterling Aventura: Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					<div><div>🇮🇹 9:00am Welcome to Italy Introducing Fun Activities</div><div>🌟 9:15am Morning walk with Claudia, G</div><div>🌟 10:00am Errands Day & Trip to Publix Supermarket w/ Eddie</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Brain Fitness Games & Dominoes with Daniel</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 1:30pm Residents Social Spotlight Club With Daniel</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 3:30pm Crosswords & Sudoku Games, 2</div><div>🇮🇹 3:30pm Resident Happy Hour: Meet & Mingle, G</div><div>🇮🇹 6:00pm Puzzles & Board Games, AR</div><div>🌟 6:00pm Shabbat Service with Rabbi Moshe Pitchon, MR</div><div>🇮🇹 7:00pm Evening Movie. MR</div></div>	<div><div>🌟 10:00am Stretch & Strength with Claudia, 2</div><div>🌟 10:30am Morning Exercise Class Claudia, 2</div><div>🌱 11:00am Aqua Painting Class, AR</div><div>🌱 11:00am Fun Facts & Trivia with Daniel, AR</div><div>🌟 11:00am The Sterling Horse Racing Club with Daniel, MR</div><div>🌟 11:15am Exploring the Religions of Italy: Worship Connection</div><div>🇮🇹 1:30pm Italian Travel Destination: Rome -Video, MR</div><div>🇮🇹 2:00pm Bingo Game with Claudia, AR</div><div>🌟 3:00pm Bible Stories Class, AR</div><div>🇮🇹 3:15pm Art Therapy, AR</div><div>🇮🇹 5:30pm Puzzles Games, MR</div><div>🌟 6:00pm Evening Movie, MR</div><div>🇮🇹 6:30pm Rummikub & Chess Games. AR</div></div>
3	4	5	6	7	8	9
<div><div>🌟 9:00am Trip to Church: St Lawrence Catholic, G</div><div>🌟 9:30am Church Service (Spanish) Zoom, MR</div><div>🌟 10:00am Church Service (English) Zoom, MR</div><div>🌟 10:30am Morning Exercise Class Claudia, 2</div><div>🌟 11:00am Current Events & World News Daniel, MR</div><div>🇮🇹 11:30am Pet Therapy with Our French Bulldog Bailey, G</div><div>🌟 1:00pm Miniature Golf with Daniel, 2</div><div>🌟 1:30pm Afternoon Mass Communion with Deacon Clyde</div><div>🇮🇹 2:00pm Bingo with Daniel, AR</div><div>🇮🇹 3:00pm The Sterling Book Club, MR</div><div>🇮🇹 3:30pm Blackjack with Daniel, AR</div><div>🇮🇹 4:30pm Health & Wellness talk with Daniel, AR</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Morning Walk with Claudia, G</div><div>🌟 10:30am Morning Exercise & Light Weights Workout</div><div>🌱 11:00am Arts & Crafts w/ Lubavitch Aventura South</div><div>🌱 11:00am Italian Fun Facts & Trivia with Daniel, AR</div><div>🌟 11:15am The Sterling Reflection & Hot Topics</div><div>Support Group with Fayanne, Our Social Worker, AR</div><div>🌱 1:00pm Technology Class: iPhone & iPad With Eddie, 2</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm The Sterling Club Coffee & Conversation in</div><div>🇮🇹 3:30pm Happy Hour with Viki Ryan (Live Music), G</div><div>🇮🇹 3:30pm Rummikub & Mahjong Games, AR</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Errands And Shopping Day with Eddie, G</div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌱 11:00am Exploring Italy: History, Language, & Culture</div><div>🌱 11:00am Fit Minds Brain Games & Dominoes Games</div><div>🌱 1:00pm Technology Class: iPhone & iPad with Claudia</div><div>🌟 1:30pm Tai Chi with Eddie, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm Coffee & Conversation with Claudia, 2</div><div>🇮🇹 3:00pm Aqua Painting, AR</div><div>🇮🇹 3:30pm Happy Hour with Marcus Shawn (Live Music), G</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:30am Morning Exercise & Light Weights Workout</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌱 11:00am Fit Minds Brain Games & Dominoes Games</div><div>🌱 11:15am Canvas Painting With Daniel, AR</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm The Sterling Club Coffee & Conversation in Spanish</div><div>🇮🇹 3:30pm Happy Hour with Grace Azar (Live Music), G</div><div>🌟 4:00pm Achieving Your Goals Support Group with Daniel</div><div>🇮🇹 6:00pm Evening Movie, MR</div><div>🇮🇹 6:00pm Puzzles & Board Games, AR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:00am Errands Day & Trip to Walgreens, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌱 11:00am Learn Italian: Basic Conversation & Phrases, AR</div><div>🇮🇹 11:15am Lunch Outing :Golden Chariot (Indian Cuisine)</div><div>🌟 1:30pm Salsa Dancing with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm Coffee & Conversation with Claudia, 2</div><div>🇮🇹 3:00pm Aqua Painting & Arts & Crafts , AR</div><div>🌟 3:30pm Basketball toss, AR</div><div>🇮🇹 3:30pm Happy Hour with Spookey Jones (Live Music), G</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:00am Errands Day & Trip to Publix Supermarket w/ Eddie</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Brain Fitness Games& Dominoes Games</div><div>🌱 11:45am Trip to Gulfstream Park, G</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 1:30pm Residents Social Spotlight Club With Daniel, MR</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 3:30pm Crosswords & Sudoku Games, 2</div><div>🇮🇹 3:30pm Italian Music by Singer, G</div><div>🇮🇹 5:30pm Italian Arts & Crafts with Daniel, AR</div><div>🌟 6:00pm Shabbat Service with Rabbi Moshe Pitchon, MR</div><div>🇮🇹 7:00pm Evening Movie. MR</div></div>	<div><div>🌟 10:00am Stretch & Strength with Claudia, 2</div><div>🌟 10:30am Morning Exercise Class Claudia, 2</div><div>🌱 11:00am Aqua Painting Class, AR</div><div>🌱 11:00am Fun Facts & Trivia with Daniel, AR</div><div>🌟 11:15am Exploring the Religions of Italy: Worship Connection</div><div>🌱 11:30am The Sterling Garden Club, G</div><div>🇮🇹 1:30pm Italian Travel Destination: Vatican Museum -Video</div><div>🇮🇹 2:00pm Bingo Game with Claudia, AR</div><div>🌟 3:00pm Bible Stories Class, AR</div><div>🇮🇹 3:30pm Italian Sweet Treats & Live Italian Music, G</div><div>🇮🇹 5:30pm Puzzles Games, MR</div><div>🌟 6:00pm Evening Movie, MR</div><div>🇮🇹 6:30pm Rummikub & Chess Games. AR</div></div>
10	11	12	13	14	15	16
<div><div>🌟 9:00am Trip to Church: St Lawrence Catholic, G</div><div>🌟 9:30am Church Service (Spanish) Zoom, MR</div><div>🌟 10:00am Church Service (English) Zoom, MR</div><div>🌟 10:30am Morning Exercise Class Claudia, 2</div><div>🌟 11:00am Current Events & World News Daniel, MR</div><div>🌟 11:30am Morning Meditation with Daniel, G</div><div>🇮🇹 11:30am Pet Therapy with Our French Bulldog Bailey, G</div><div>🌟 1:30pm Afternoon Mass Communion with Deacon Clyde</div><div>🇮🇹 2:00pm Bingo with Daniel, AR</div><div>🌟 3:00pm The Sterling Poetry Reading, MR</div><div>🇮🇹 3:30pm Blackjack with Daniel, AR</div><div>🇮🇹 4:30pm Health & Wellness talk with Daniel, AR</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Morning Walk with Claudia, G</div><div>🌟 10:30am Morning Exercise & Light Weights Workout</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌱 11:00am Fit Minds Brain Games & Dominoes Games</div><div>🌱 11:15am Italian Fun Facts & Trivia with Daniel, MR</div><div>🌟 11:15am The Sterling Reflection & Hot Topics</div><div>Support Group with Fayanne, Our Social Worker, AR</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🌟 3:30pm Basketball tosses with Eddie, G</div><div>🇮🇹 3:30pm Happy Hour with Magdiel Madrigal (Live Music)</div><div>🇮🇹 3:30pm Rummikub & Mahjong Games, AR</div><div>🇮🇹 6:00pm Evening Movie. G</div></div>	<div><div>🌟 9:00am Errands And Shopping Day with Eddie, G</div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Scenic Ride to Hollywood Beach, G</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌱 11:00am Exploring Italy: History, Language, & Culture</div><div>🌱 11:00am Fit Minds Brain Games & Dominoes Games</div><div>🌟 1:30pm Tai Chi with Eddie, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm Floral Arrangements with Claudia & Daniel, AR</div><div>🇮🇹 3:30pm Arts & Crafts With Daniel, AR</div><div>🇮🇹 3:30pm Happy Hour with Moisey Bendoyn (Live Music), G</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:30am Morning Exercise & Light Weights Workout</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌱 11:00am Fit Minds Brain Games, AR</div><div>🌱 11:15am Canvas Painting & Dominoes Games, AR</div><div>🇮🇹 1:00pm Blood Pressure Check, G</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm The Sterling Club Coffee & Conversation in Spanish</div><div>🇮🇹 3:30pm Happy Hour with Javier Cascajo (Live Music), G</div><div>🌟 4:00pm Achieving Your Goals Support Group with Daniel</div><div>🌟 4:30pm Health & Wellness talk with Daniel, AR</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:00am Errands Day & Trip to Walgreens, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌱 11:00am Learn Italian: Basic Conversation & Phrases, AR</div><div>🌱 11:15am Lunch Outing :Sicilian Oven (Italian Cuisine), G</div><div>🌟 1:30pm Salsa Dancing with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm Coffee & Conversation with Claudia, 2</div><div>🇮🇹 3:30pm Happy Hour with Asy Alisade -Violinist (Live Music)</div><div>🇮🇹 6:00pm Evening Movie, G</div><div>🇮🇹 6:00pm Puzzles & Board Games. AR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:00am Errands Day & Trip to Publix Supermarket w/ Eddie</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Brain Fitness Games & Dominoes Games</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 1:30pm Residents Social Spotlight Club With Daniel, MR</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 3:30pm Crosswords & Sudoku Games, 2</div><div>🇮🇹 3:30pm Italian Wine & Desserts Tasting with Kristin & Stacy</div><div>🇮🇹 5:30pm Italian Arts & Crafts with Daniel, G</div><div>🌟 6:00pm Puzzles & Board Games, AR</div><div>🌟 6:00pm Shabbat Service with Rabbi Moshe Pitchon, MR</div><div>🇮🇹 7:00pm Evening Movie. MR</div></div>	<div><div>🌟 10:00am Stretch & Strength with Claudia, 2</div><div>🌟 10:30am Morning Exercise Class Claudia, 2</div><div>🌱 11:00am Aqua Painting Class, AR</div><div>🌱 11:00am Fun Facts & Trivia with Daniel, AR</div><div>🌟 11:00am The Sterling Horse Racing Club with Daniel, MR</div><div>🌟 11:15am Exploring World Religions, MR</div><div>🌱 1:30pm Italian Travel Destination: Naples-Video, MR</div><div>🇮🇹 2:00pm Bingo Game with Claudia, AR</div><div>🌟 3:00pm Bible Stories Class, AR</div><div>🇮🇹 5:30pm Puzzles Games, MR</div><div>🇮🇹 6:00pm Evening Movie, MR</div><div>🇮🇹 6:30pm Rummikub & Chess Games, AR</div></div>
17	18	19	20	21	22	23
<div><div>🌟 9:00am Trip to Church: St Lawrence Catholic, G</div><div>🌟 9:30am Church Service (Spanish) Zoom, MR</div><div>🌟 10:00am Church Service (English) Zoom, MR</div><div>🌟 10:30am Morning Exercise Class Claudia, 2</div><div>🌟 11:00am Current Events & World News Daniel, MR</div><div>🌟 11:30am Morning Meditation with Daniel, G</div><div>🌟 1:00pm Miniature Golf with Daniel, 2</div><div>🌟 1:30pm Afternoon Mass Communion with Deacon Clyde</div><div>🇮🇹 2:00pm Bingo with Daniel, AR</div><div>🇮🇹 3:00pm The Sterling Book Club, MR</div><div>🇮🇹 3:30pm Blackjack with Daniel, AR</div><div>🇮🇹 4:30pm Health & Wellness talk with Daniel, AR</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Morning Walk with Claudia, G</div><div>🌟 10:30am Morning Exercise & Light Weights Workout</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌱 11:00am Fit Minds Brain Games & Dominoes Games</div><div>🌟 11:15am The Sterling Reflection & Hot Topics</div><div>Support Group with Fayanne, Our Social Worker, AR</div><div>🌱 1:00pm Technology Class: iPhone & iPad with Eddie, 2</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm The Sterling Club Coffee & Conversation</div><div>🇮🇹 3:30pm Happy Hour with Grace Azar (Live Music), G</div><div>🇮🇹 3:30pm Rummikub & Mahjong Games, AR</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Errands And Shopping Day with Eddie, G</div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Scenic Ride to Hallandale Beach, G</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌱 11:00am Exploring Italy: History, Language, & Culture, AR</div><div>🌱 11:00am Picnic in the Park with Eddie, G</div><div>🌟 12:30pm Scenic Ride to Miami Beach, G</div><div>🌟 1:30pm Tai Chi with Eddie, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 3:00pm Book Review: Mezza Italiana by Zoe Baccabella,</div><div>🇮🇹 3:30pm Happy Hour with Gabriel G (Live Music), G</div><div>🇮🇹 6:00pm Evening Movie, MR</div><div>🇮🇹 6:00pm Puzzles & Board Games. AR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌟 11:00am Residents Town Hall Meeting with our ED Kristin L.</div><div>🌱 11:15am Canvas Painting With Daniel, AR</div><div>🇮🇹 1:00pm Facetime with family's 1:00pm -5:00pm, MR</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm The Sterling Club Coffee & Conversation in Spanish</div><div>🇮🇹 3:30pm Happy Hour with Rozz Baker (Live Music), G</div><div>🌟 4:00pm Achieving Your Goals Support Group with Daniel,</div><div>🇮🇹 4:30pm Health & Wellness talk with Daniel, AR</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:00am Errands Day & Trip to Walgreens, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Learn Spanish: Basic Conversation & Phrases,</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🇮🇹 11:15am Lunch Outing :Little Havana (Cuban Cuisine), G</div><div>🌟 1:30pm Salsa Dancing with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm Coffee & Conversation with Claudia, 2</div><div>🇮🇹 3:30pm Happy Hour with Spookey Jones (Live Music), G</div><div>🇮🇹 4:30pm The Sterling Italian Gala Dinner with Live Music</div><div>🇮🇹 6:00pm Evening Movie, MR</div><div>🇮🇹 6:00pm Puzzles & Board Games. AR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:00am Errands Day & Trip to Publix Supermarket w/ Eddie</div><div>🌟 10:15am Light Weights Workout with Daniel, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Brain Fitness Games with Daniel, AR</div><div>🌟 1:30pm Italian Sweet Treats & Dinner Club with Chef, PDR</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 3:30pm Crosswords & Sudoku Games, 2</div><div>🇮🇹 3:30pm Resident Happy Hour: Meet & Mingle, G</div><div>🇮🇹 6:00pm Puzzles & Board Games, AR</div><div>🌟 6:00pm Shabbat Service with Rabbi Moshe Pitchon, MR</div><div>🇮🇹 7:00pm Evening Movie. MR</div></div>	<div><div>🌟 10:00am Stretch & Strength with Claudia, 2</div><div>🌟 10:30am Morning Exercise Class Claudia, 2</div><div>🌱 11:00am Aqua Painting Class, AR</div><div>🌱 11:00am Fun Facts & Trivia with Daniel, AR</div><div>🌟 11:00am The Sterling Horse Racing Club with Daniel, MR</div><div>🌟 11:15am Exploring World Religions, MR</div><div>🌱 11:30am The Sterling Garden Club, G</div><div>🇮🇹 1:30pm Italian Travel Destination: Venice -Video, MR</div><div>🇮🇹 2:00pm Bingo Game with Claudia, AR</div><div>🇮🇹 5:30pm Puzzles Games, MR</div><div>🌟 6:00pm Evening Movie, MR</div><div>🇮🇹 6:30pm Rummikub & Chess Games, AR</div></div>
24	25	26	27	28	29	30
<div><div>🌟 9:00am Trip to Church: St Lawrence Catholic, G</div><div>🌟 9:30am Church Service (Spanish) Zoom, MR</div><div>🌟 10:00am Church Service (English) Zoom, MR</div><div>🌟 10:30am Morning Exercise Class Claudia, 2</div><div>🌟 11:00am Current Events & World News Daniel, MR</div><div>🌟 11:30am Pet Therapy with Our French Bulldog Bailey, G</div><div>🌟 1:00pm Miniature Golf with Daniel, 2</div><div>🌟 1:30pm Afternoon Mass Communion with Deacon Clyde</div><div>🇮🇹 2:00pm Bingo with Daniel, AR</div><div>🌟 3:00pm The Sterling Poetry Reading, MR</div><div>🇮🇹 3:30pm Blackjack with Daniel, AR</div><div>🇮🇹 4:30pm Health & Wellness talk with Daniel, AR</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Morning Walk with Claudia, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌱 11:00am Fit Minds Brain Games & Dominoes Games</div><div>🌟 11:15am The Sterling Reflection & Hot Topics</div><div>Support Group with Fayanne, Our Social Worker, AR</div><div>🌱 1:00pm Technology Class: iPhone & iPad with Eddie, 2</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🌟 3:30pm Basketball toss with Eddie, G</div><div>🇮🇹 3:30pm Happy Hour with Magdiel Madrigal(Live Music)</div><div>🇮🇹 3:30pm Rummikub & Mahjong Games, AR</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Errands and Shopping Day with Eddie, G</div><div>🌟 9:00am Morning Walk with Claudia, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Scenic Ride to Hallandale Beach, G</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌟 1:30pm Tai Chi with Eddie, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm Managing Chronic Health talk with Stacy (RN), Our Health Director, MR</div><div>🇮🇹 3:00pm August Birthday's Celebration, G</div><div>🇮🇹 3:30pm Happy Hour with Jun& Sandy Brooks (Live Music)</div><div>🇮🇹 6:00pm Evening Movie, MR</div><div>🇮🇹 6:00pm Puzzles & Board Games. AR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌱 11:00am Fit Minds Brain Games, AR</div><div>🌱 11:15am Canvas Painting & Dominoes Games</div><div>🇮🇹 1:00pm Blood Pressure Check, G</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm The Sterling Club Coffee & Conversation in Spanish</div><div>🇮🇹 4:30pm Happy Hour with Javier Cascajo (Live Music), G</div><div>🌟 4:00pm Achieving Your Goals Support Group with Daniel</div><div>🇮🇹 4:30pm Health & Wellness talk with Daniel, AR</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:00am Errands Day & Trip to Walgreens, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Creative Coloring Therapy with Daniel, AR</div><div>🌟 11:00am Italian Jewelry Making with Daniel, AR</div><div>🌱 11:00am Learn Italian: Basic Conversation & Phrases, AR</div><div>🌟 11:15am Lunch Outing :P.F Chang's (Chinese Cuisine), G</div><div>🌟 1:30pm Salsa Dancing with Claudia, 2</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 2:00pm Coffee & Conversation with Claudia, 2</div><div>🇮🇹 3:00pm Arts & Crafts, AR</div><div>🇮🇹 3:30pm Happy Hour with Jennifer Mc Cain (Live Music), G</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>	<div><div>🌟 9:00am Morning walk with Claudia, G</div><div>🌟 10:00am Errands Day & Trip to Publix Supermarket w/ Eddie</div><div>🌟 10:15am Light Weights Workout with Daniel, G</div><div>🌟 10:30am Morning Exercise Class with Daniel, MR</div><div>🌱 11:00am Brain Fitness Games & Dominoes Games</div><div>🌟 1:30pm Chair Yoga & Zumba with Claudia, 2</div><div>🇮🇹 1:30pm Residents Social Spotlight Club With Daniel, MR</div><div>🇮🇹 2:00pm Bingo with Eddie, AR</div><div>🇮🇹 3:30pm Resident Happy Hour: Meet & Mingle, G</div><div>🇮🇹 3:30pm The Sterling Blackjack Tournament, G</div><div>🌟 6:00pm Shabbat Service with Rabbi Moshe Pitchon, MR</div><div>🇮🇹 7:00pm Evening Movie, MR</div></div>	<div><div>🌟 10:00am Stretch & Strength with Claudia, 2</div><div>🌟 10:30am Morning Exercise Class Claudia, 2</div><div>🌱 11:00am Aqua Painting Class, AR</div><div>🌱 11:00am Fun Facts & Trivia with Daniel, AR</div><div>🌟 11:15am Exploring World Religions, MR</div><div>🌱 11:30am The Sterling Garden Club, G</div><div>🇮🇹 2:00pm Bingo Game with Claudia, AR</div><div>🌟 3:00pm Bible Stories Class, AR</div><div>🇮🇹 3:15pm Art Therapy, AR</div><div>🇮🇹 5:30pm Puzzles Games, MR</div><div>🌟 6:00pm Evening Movie, MR</div><div>🇮🇹 6:30pm Rummikub & Chess Games, AR</div></div>
31					MEETING PLACES	DIMENSIONS OF WELLNESS
<div><div>🌟 9:00am Trip to Church: St Lawrence Catholic, G</div><div>🌟 9:30am Church Service (Spanish) Zoom, MR</div><div>🌟 10:00am Church Service (English) Zoom, MR</div><div>🌟 10:30am Morning Exercise Class Claudia, 2</div><div>🌟 11:00am Current Events & World News Daniel, MR</div><div>🌟 11:30am Morning Meditation with Daniel, G</div><div>🌟 1:00pm Miniature Golf with Daniel, 2</div><div>🌟 1:30pm Afternoon Mass Communion with Deacon Clyde</div><div>🇮🇹 2:00pm Bingo with Daniel, AR</div><div>🇮🇹 3:00pm The Sterling Book Club, MR</div><div>🇮🇹 3:30pm Blackjack with Daniel, AR</div><div>🇮🇹 4:30pm Health & Wellness talk with Daniel, AR</div><div>🇮🇹 6:00pm Evening Movie. MR</div></div>					<div><div>MR – Media Room - G</div><div>G - Ground Floor Lobby Area -G</div><div>GR - Game Room - 2</div><div>AR - Activities Room -5</div><div>2 - Second Floor Lobby Area - 2</div><div>G - Patio – P- (G)</div><div>FDR - Flamingo Dining Room - G</div></div>	<div><div><div>Physical</div><div>Spiritual</div><div>Vocational</div><div>Intellectual</div></div><div><div>Emotional</div><div>Environmental</div><div>Social</div><div>Health Services</div></div></div> <div><div></div><div><div>#1 IN CUSTOMER SATISFACTION WITH INDEPENDENT SENIOR LIVING COMMUNITIES 2 YEARS IN A ROW</div><div><small>FOR U.S. POWER 2024 AWARD INFORMATION VISIT: POWER2024.AWARDS</small></div></div></div>