




# September 2025

Embrace the world: Welcome to France

The Sterling Aventura: Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>🔥 9:00am <b>Welcome to France Introducing Fun Activities, AR</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>MR</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games, <b>AR</b></p> <p>🌱 11:00am The Sterling Knitting Club &amp; Dominoes Games , <b>AR</b></p> <p>🌱 11:15am The Sterling Reflection &amp; Hot Topics Support Group with FAYANNE, Our Social Worker, <b>MR</b></p> <p>🔥 12:30pm <b>Labor Day Barbecue with Live Music, G</b></p> <p>🌱 1:00pm Technology Class: iPhone &amp; iPad With Eddie, 2</p> <p>🌱 1:30pm Chair Yoga &amp; Zumba with Claudia, 4</p> <p>🔥 2:00pm Bingo with Eddie, <b>GR-2</b></p> <p>🔥 2:00pm The Sterling Club Coffee &amp; Conversation in Spanish,5</p> <p>🔥 3:30pm Blackjack with Daniel, 2</p> <p>🔥 3:30pm Crosswords &amp; Sudoku Games, 5</p> <p>🔥 3:30pm Rummikub &amp; Mahjong Games, <b>AR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p>	<p>★ 9:00am Errands And Shopping Day with Eddie, <b>G</b></p> <p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games, <b>AR</b></p> <p>🌱 11:00am Scenic Ride to Miami Beach, <b>G</b></p> <p>🌱 11:00am Exploring France: History, Language &amp; Culture, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games &amp; Dominoes Games , <b>AR</b></p> <p>🌱 1:00pm Technology Class: iPhone &amp; iPad with Claudia, 2</p> <p>🌱 1:15pm Tai Chi with Claudia, 4</p> <p>🔥 2:00pm Bingo with Eddie, 2- Floor</p> <p>🔥 2:00pm Coffee &amp; Conversation with Claudia, 5</p> <p>🔥 3:00pm Aqua Painting, <b>AR</b></p> <p>🔥 3:30pm Arts &amp; Crafts with Daniel, <b>AR</b></p> <p>🔥 3:30pm <b>Happy Hour with Viki Ryan (Live Music), G</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🔥 6:00pm Rummikub &amp; Mahjong Games, 5</p>	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games, <b>AR</b></p> <p>🌱 11:15am Canvas Painting &amp; Dominoes Games with Daniel, <b>AR</b></p> <p>🌱 11:30am Learn Spanish: Basic Conversation with Eddie, <b>AR</b></p> <p>🌱 1:00pm Blood Pressure Check, <b>G</b></p> <p>🌱 1:00pm Facetime with family's 1:00pm -5:00pm, <b>MR</b></p> <p>🌱 1:15pm Chair Yoga &amp; Zumba with Claudia, 4</p> <p>🔥 2:00pm Bingo with Eddie, <b>GR</b></p> <p>🔥 2:00pm The Sterling Club Coffee &amp; Conversation in Spanish with Claudia</p> <p>🔥 3:30pm <b>Happy Hour with Katharine Stark (Live Music), G</b></p> <p>🔥 4:00pm Achieving Your Goals Support Group with Daniel, <b>MR</b></p> <p>🔥 4:30pm Health &amp; Wellness talk with Daniel, <b>MR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p>	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:00am Errands Day &amp; Trip to Walgreens, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Learn Italian: Basic Conversation &amp; Phrases, <b>AR</b></p> <p>🌱 11:15am Lunch Outing : Yard House - American Cuisine, <b>G</b></p> <p>🌱 1:30pm Salsa Dancing with Claudia, 4</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm Coffee &amp; Conversation with Claudia, 2</p> <p>🔥 3:00pm Aqua Painting, <b>AR</b></p> <p>🔥 3:30pm Arts &amp; Crafts with Daniel, <b>AR</b></p> <p>★ 3:30pm Basketball toss, 7</p> <p>🔥 3:30pm <b>Happy Hour with Makenzie Sweeny (Live Music), G</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🔥 6:00pm Rummikub &amp; Mahjong Games, 5</p>	<p>🔥 8:30am <b>The Art of French Cooking with Chef Ahmed L. Crepe Station, LDR</b></p> <p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:00am Errands Day &amp; Trip to Publix Supermarket with Eddie, <b>G</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Brain Fitness Games with Daniel, <b>AR</b></p> <p>🌱 11:15am Dominoes Games, <b>AR</b></p> <p>🌱 11:45am Trip to Gulfstream Park, <b>G</b></p> <p>🌱 1:15pm Chair Yoga &amp; Zumba with Claudia, 4</p> <p>🔥 1:30pm Residents Social Spotlight Club With Daniel, <b>MR</b></p> <p>🔥 2:00pm Bingo with Eddie, <b>GR</b></p> <p>🔥 3:30pm Crosswords &amp; Sudoku Games, 5</p> <p>🔥 3:30pm Resident Happy Hour: Meet &amp; Mingle, <b>G</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🌱 6:00pm <b>Shabbat Service with Rabbi Moshe Pitchon, MR</b></p> <p>🔥 7:00pm Evening Movie, <b>MR</b></p>	<p>★ 10:00am Stretch &amp; Strength with Claudia, <b>MR</b></p> <p>★ 10:30am Morning Exercise Class Claudia, <b>MR</b></p> <p>🌱 11:00am Aqua Painting Class, <b>AR</b></p> <p>🌱 11:00am Fun Facts &amp; Trivia with Daniel, <b>AR</b></p> <p>★ 11:00am The Sterling Horse Racing Club with Daniel, <b>MR</b></p> <p>🌱 11:15am Exploring World Religions, <b>MR</b></p> <p>🌱 11:30am The Sterling Garden Club, <b>G</b></p> <p>🔥 1:30pm <b>France Travel Destinations Video: Eiffel Tower France, MR</b></p> <p>🔥 2:00pm Bingo Game with Claudia, <b>AR</b></p> <p>🌱 3:00pm Bible Stories Class, <b>AR</b></p> <p>🔥 3:15pm Art Therapy, <b>AR</b></p> <p>🔥 5:30pm Puzzles Games, <b>MR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:30pm Rummikub &amp; Chess Games, <b>AR-5</b></p>	
7	8	9	10	11	12	13	
<p>🌱 9:00am Trip to Church: St Lawrence Catholic, <b>G</b></p> <p>🌱 9:30am Church Service (Spanish) Zoom, <b>MR</b></p> <p>★ 10:00am Church Service ( English) Zoom, <b>MR</b></p> <p>★ 10:30am Morning Exercise Class Claudia, <b>MR</b></p> <p>🌱 11:00am Current Events &amp; World News Daniel, <b>MR</b></p> <p>🌱 11:30am Morning Meditation with Daniel, <b>G</b></p> <p>🔥 11:30am Pet Therapy with Our French Bulldog Bailey, <b>G</b></p> <p>🌱 1:00pm Miniature Golf with Daniel, 2</p> <p>🌱 1:30pm Afternoon Mass Communion with Deacon Clyde, <b>MR</b></p> <p>🔥 2:00pm Bingo with Daniel, <b>AR</b></p> <p>🔥 3:00pm The Sterling Book Club, <b>MR</b></p> <p>🔥 3:30pm Blackjack with Daniel, <b>AR</b></p> <p>🔥 4:30pm Health &amp; Wellness talk with Daniel, <b>AR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:30pm Rummikub &amp; Chess Games, <b>AR</b></p>	<p>★ 9:00am Morning Walk with Claudia, <b>G</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>MR</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games, <b>AR</b></p> <p>🌱 11:15am Dominoes Games, <b>AR</b></p> <p>🌱 11:15am The Sterling Reflection &amp; Hot Topics Support Group with FAYANNE, Our Social Worker, <b>AR</b></p> <p>🌱 1:00pm Technology Class: iPhone &amp; iPad With Eddie, 2</p> <p>🌱 1:15pm Chair Yoga &amp; Zumba with Claudia, 4</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm <b>National Assisted Living Week Fun Activities (7th to 13)</b></p> <p>🔥 2:00pm The Sterling Club Coffee &amp; Conversation in Spanish with Claudia</p> <p>★ 3:30pm Basketball toss with Eddie, 7</p> <p>🔥 3:30pm Crosswords &amp; Sudoku Games, 5</p> <p>🔥 3:30pm <b>Happy Hour with Magdiel Madrigal (Live Music), G</b></p> <p>🔥 3:30pm Rummikub &amp; Mahjong Games, <b>AR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p>	<p>★ 9:00am Errands And Shopping Day with Eddie, <b>G</b></p> <p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Scenic Ride to Hallandale Beach, <b>G</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Exploring France: History, Language &amp; Culture, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games &amp; Dominoes Games , <b>AR</b></p> <p>🌱 1:00pm Technology Class: iPhone &amp; iPad with Claudia, 2</p> <p>🌱 1:15pm Tai Chi with Eddie, 5</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm Coffee &amp; Conversation with Claudia, 5</p> <p>🔥 3:00pm Aqua Painting, <b>AR</b></p> <p>🔥 3:30pm Arts &amp; Crafts with Daniel, <b>AR</b></p> <p>🔥 3:30pm <b>Happy Hour with Grace Azar (Live Music), G</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🔥 6:00pm Rummikub &amp; Mahjong Games, 5</p>	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>MR</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games, <b>AR</b></p> <p>🌱 11:15am Canvas Painting &amp; Dominoes Games with Daniel, <b>AR</b></p> <p>🌱 11:30am Learn Spanish: Basic Conversation with Eddie, <b>AR</b></p> <p>🌱 1:00pm Blood Pressure Check, <b>G</b></p> <p>🌱 1:00pm Facetime with family's 1:00pm -5:00pm, <b>MR</b></p> <p>🌱 1:15pm Chair Yoga &amp; Zumba with Claudia, 4</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm The Sterling Club Coffee &amp; Conversation in Spanish with Claudia</p> <p>★ 3:30pm <b>Happy Hour with Rozz Baker (Live Music), G</b></p> <p>🌱 4:00pm Achieving Your Goals Support Group with Daniel, <b>AR</b></p> <p>🔥 4:30pm Health &amp; Wellness talk with Daniel, <b>AR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p>	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:00am Errands Day &amp; Trip to Walgreens, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Learn Italian: Basic Conversation &amp; Phrases, <b>AR</b></p> <p>🌱 11:15am September 11th Remembrance, <b>MR</b></p> <p>★ 11:15am Lunch Outing : King Palace - Chinese Cuisine, <b>G</b></p> <p>★ 1:30pm Salsa Dancing with Claudia, 4</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm Coffee &amp; Conversation with Claudia, 5</p> <p>🔥 3:00pm Aqua Painting, <b>AR</b></p> <p>🌱 3:00pm <b>The Art of Living Health &amp; Happiness Talk with Daniel, MR</b></p> <p>🔥 3:30pm Basketball toss, <b>AR</b></p> <p>🔥 3:30pm <b>Happy Hour with Spookey Jones (Live Music), G</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🔥 6:00pm Rummikub &amp; Mahjong Games, 5</p>	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:00am Errands Day &amp; Trip to Publix Supermarket with Eddie, <b>G</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Brain Fitness Games with Daniel, <b>AR</b></p> <p>🌱 11:15am Dominoes Games, <b>AR</b></p> <p>🌱 11:45am Trip to Gulfstream Park, <b>G</b></p> <p>🌱 1:15pm Chair Yoga &amp; Zumba with Claudia, 4</p> <p>🔥 1:30pm Residents Social Spotlight Club with Daniel, <b>MR</b></p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🌱 3:30pm Aromatherapy with Daniel, <b>AR</b></p> <p>🔥 3:30pm Crosswords &amp; Sudoku Games, 5</p> <p>🔥 3:30pm Resident Happy Hour: Meet &amp; Mingle, <b>G</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🌱 6:00pm <b>Shabbat Service with Rabbi Moshe Pitchon, MR</b></p> <p>🔥 7:00pm Evening Movie, <b>MR</b></p>	<p>★ 10:00am Stretch &amp; Strength with Claudia, <b>MR</b></p> <p>★ 10:30am Morning Exercise Class Claudia, <b>MR</b></p> <p>🌱 11:00am Aqua Painting Class, <b>AR</b></p> <p>🌱 11:00am Fun Facts &amp; Trivia with Daniel, <b>AR</b></p> <p>★ 11:00am The Sterling Horse Racing Club with Daniel, <b>MR</b></p> <p>🌱 11:15am Exploring World Religions, <b>MR</b></p> <p>🌱 11:30am The Sterling Garden Club, <b>G</b></p> <p>🔥 1:30pm <b>France Travel Destinations Video: Louver Museum, MR</b></p> <p>🔥 2:00pm Bingo Game with Claudia, <b>AR</b></p> <p>🌱 3:00pm Bible Stories Class, <b>AR</b></p> <p>🔥 3:15pm Art Therapy, <b>AR</b></p> <p>🔥 5:30pm Puzzles Games, <b>MR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:30pm Rummikub &amp; Chess Games, <b>AR</b></p>	
14	15	16	17	18	19	20	
<p>🌱 9:00am Trip to Church: St Lawrence Catholic, <b>G</b></p> <p>🌱 9:30am Church Service (Spanish) Zoom, <b>MR</b></p> <p>★ 10:00am Church Service ( English) Zoom, <b>MR</b></p> <p>★ 10:30am Morning Exercise Class Claudia, 2</p> <p>🌱 11:00am Current Events &amp; World News Daniel, <b>MR</b></p> <p>🌱 11:30am Morning Meditation with Daniel, <b>G</b></p> <p>🔥 11:30am Pet Therapy with Our French Bulldog Bailey, <b>G</b></p> <p>★ 1:00pm Miniature Golf with Daniel, 2</p> <p>🌱 1:30pm Afternoon Mass Communion with Deacon Clyde, <b>MR</b></p> <p>🔥 2:00pm Bingo with Daniel, <b>AR</b></p> <p>🔥 3:00pm The Sterling Poetry Reading Club, <b>MR</b></p> <p>🔥 3:30pm Blackjack with Daniel, <b>AR</b></p> <p>🔥 4:30pm Health &amp; Wellness talk with Daniel, <b>AR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:30pm Rummikub &amp; Chess Games, <b>AR</b></p>	<p>★ 9:00am Morning Walk with Claudia, <b>G</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games, <b>AR</b></p> <p>🌱 11:00am The Sterling Knitting Club, <b>AR</b></p> <p>🌱 11:15am Dominoes Games, <b>AR</b></p> <p>🌱 11:15am The Sterling Reflection &amp; Hot Topics Support Group with FAYANNE, Our Social Worker, <b>AR</b></p> <p>🌱 1:00pm Technology Class: iPhone &amp; iPad with Claudia, 2</p> <p>🌱 1:15pm Chair Yoga &amp; Zumba with Claudia, 2</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm The Sterling Club Coffee &amp; Conversation in Spanish</p> <p>🔥 3:30pm Crosswords &amp; Sudoku Games, 2</p> <p>🔥 3:30pm <b>Happy Hour with Marcus Shawn (Live Music), G</b></p> <p>🔥 3:30pm Rummikub &amp; Mahjong Games, <b>AR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games. <b>AR</b></p>	<p>★ 9:00am Errands And Shopping Day with Eddie, <b>G</b></p> <p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Exploring France: History, Language &amp; Culture, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games &amp; Dominoes Games, <b>AR</b></p> <p>🌱 11:00am Picnic in the Park with Eddie, <b>G</b></p> <p>🌱 12:30pm Scenic Ride to Miami Beach, <b>G</b></p> <p>🌱 1:00pm Technology Class: iPhone &amp; iPad with Claudia, 2</p> <p>🌱 1:15pm Tai Chi with Eddie, 2</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm French Accessories Making with Daniel, <b>AR</b></p> <p>🔥 3:30pm <b>Happy Hour with Marco Barrios (Live Music), G</b></p> <p>🔥 5:30pm Aqua Painting, <b>AR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🔥 6:00pm Rummikub &amp; Mahjong Games, 2</p>	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games, <b>AR</b></p> <p>🌱 11:00am Residents Town Hall Meeting with our ED Kristin L., <b>MR</b></p> <p>🌱 11:15am Canvas Painting &amp; Dominoes Games with Daniel, <b>AR</b></p> <p>🌱 11:30am Learn Spanish: Basic Conversation with Claudia, <b>AR</b></p> <p>🔥 1:00pm Facetime with family's 1:00pm -5:00pm, <b>MR</b></p> <p>🌱 1:15pm Chair Yoga &amp; Zumba with Claudia, 2</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm The Sterling Club Coffee &amp; Conversation in Spanish with Claudia</p> <p>🔥 3:30pm <b>French Manicure &amp; Aromatherapy with Daniel, AR</b></p> <p>🔥 3:30pm <b>Happy Hour with Jennifer Mc Cain (Live Music), G</b></p> <p>🌱 4:00pm Achieving Your Goals Support Group with Daniel, <b>AR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p>	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:00am Errands Day &amp; Trip to Walgreens, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Learn Italian: Basic Conversation &amp; Phrases, <b>AR</b></p> <p>🌱 11:15am Dominoes Games, <b>AR</b></p> <p>🔥 11:15am Lunch Outing : Olive Garden - Italian Cuisine, <b>G</b></p> <p>★ 1:30pm Salsa Dancing with Claudia, 4</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm Coffee &amp; Conversation with Claudia, 2</p> <p>🔥 3:00pm Aqua Painting, <b>AR</b></p> <p>🔥 3:30pm Arts &amp; Crafts with Daniel, <b>AR</b></p> <p>★ 3:30pm Basketball toss, <b>AR</b></p> <p>★ 3:30pm <b>Happy Hour with - (Live Music), G</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🔥 6:00pm Rummikub &amp; Mahjong Games, 5</p>	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:00am Errands Day &amp; Trip to Publix Supermarket with Eddie, <b>G</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Brain Fitness Games with Daniel, <b>AR</b></p> <p>🌱 11:15am Dominoes Games, <b>AR</b></p> <p>🌱 11:45am Trip to Gulfstream Park, <b>G</b></p> <p>🌱 1:15pm Chair Yoga &amp; Zumba with Claudia, 4</p> <p>🔥 1:30pm Residents Social Spotlight Club With Daniel, <b>MR</b></p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 3:30pm Crosswords &amp; Sudoku Games, 5</p> <p>🔥 3:30pm Resident Happy Hour: Meet &amp; Mingle, <b>G</b></p> <p>★ 3:30pm <b>The Sterling Dining Club with Chef Ahmed, LDR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🌱 6:00pm <b>Shabbat Service with Rabbi Moshe Pitchon, MR</b></p> <p>🔥 7:00pm Evening Movie, <b>MR</b></p>	<p>★ 10:00am Stretch &amp; Strength with Claudia, 2</p> <p>★ 10:30am Morning Exercise Class Claudia, 2</p> <p>🌱 11:00am Aqua Painting Class, <b>AR</b></p> <p>🌱 11:00am Fun Facts &amp; Trivia with Daniel, <b>AR</b></p> <p>★ 11:00am The Sterling Horse Racing Club with Daniel, <b>MR</b></p> <p>🔥 11:15am <b>Berree French SDA Church, Music, &amp; Worship Connection</b></p> <p>🌱 11:15am Exploring World Religions, <b>MR</b></p> <p>🌱 11:30am The Sterling Garden Club, <b>G</b></p> <p>🔥 1:30pm <b>France Travel Destinations Video: French Riviera France, MR</b></p> <p>🔥 2:00pm Bingo Game with Claudia, <b>AR</b></p> <p>🌱 3:00pm Bible Stories Class, <b>AR</b></p> <p>🔥 3:15pm Art Therapy, <b>AR</b></p> <p>🔥 5:30pm Puzzles Games, <b>MR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:30pm Rummikub &amp; Chess Games, <b>AR</b></p>	
21	22	23	24	25	26	27	
<p>🌱 9:00am Trip to Church: St Lawrence Catholic, <b>G</b></p> <p>🌱 9:30am Church Service (Spanish) Zoom, <b>MR</b></p> <p>★ 10:00am Church Service ( English) Zoom, <b>MR</b></p> <p>★ 10:30am Morning Exercise Class Claudia, <b>MR</b></p> <p>🌱 11:00am Current Events &amp; World News Daniel, <b>MR</b></p> <p>🌱 11:30am Morning Meditation with Daniel, <b>MR</b></p> <p>★ 11:30am Pet Therapy with Our French Bulldog Bailey, <b>G</b></p> <p>★ 1:00pm Miniature Golf with Daniel, 2</p> <p>🌱 1:30pm Afternoon Mass Communion with Deacon Clyde, <b>MR</b></p> <p>🔥 2:00pm Bingo with Daniel, <b>AR</b></p> <p>🌱 3:30pm <b>Book Review, The Eiffel Tower Prophecy by D.B Gilles, MR</b></p> <p>🔥 4:30pm Health &amp; Wellness talk with Daniel, <b>AR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:30pm Rummikub &amp; Chess Games, <b>AR</b></p>	<p>★ 9:00am Morning Walk with Claudia, <b>G</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>MR</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games, <b>AR</b></p> <p>🌱 11:15am The Sterling Reflection &amp; Hot Topics Support Group with FAYANNE, Our Social Worker, <b>AR</b></p> <p>🌱 1:00pm Technology Class: iPhone &amp; iPad With Eddie, 2</p> <p>🌱 1:15pm Chair Yoga &amp; Zumba with Claudia, 4</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm The Sterling Club Coffee &amp; Conversation in Spanish,5</p> <p>★ 3:30pm Basketball toss with Eddie, 7</p> <p>🔥 3:30pm Crosswords &amp; Sudoku Games, 5</p> <p>🔥 3:30pm <b>Happy Hour with Elodie Messika (Live Music), G</b></p> <p>🔥 3:30pm Rummikub &amp; Mahjong Games, <b>AR</b></p> <p>🌱 4:30pm <b>Rosh Hashanah Service with Rabbi Moshe Pitchon, LDR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games. <b>AR</b></p>	<p>★ 9:00am Errands And Shopping Day with Eddie, <b>G</b></p> <p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Scenic Ride to Hollywood Beach, <b>G</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Exploring France: History, Language &amp; Culture, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games &amp; Dominoes Games ,<b>AR</b></p> <p>🌱 1:00pm Technology Class: iPhone &amp; iPad with Claudia, 2</p> <p>🌱 1:15pm Tai Chi with Eddie, 2</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm Coffee &amp; Conversation with Claudia, 5</p> <p>🌱 2:00pm <b>France Fun Facts &amp; Trivial with Daniel, AR</b></p> <p>🌱 3:00pm Aqua Painting &amp; Arts &amp; Crafts with Daniel,</p> <p>🔥 3:30pm <b>Happy Hour with Eddie Shrayman (Live Music), G</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🔥 6:00pm Rummikub &amp; Mahjong Games, 5</p>	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>MR</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Fit Minds Brain Games, <b>AR</b></p> <p>🌱 11:15am Canvas Painting &amp; Dominoes Games with Daniel, <b>AR</b></p> <p>🌱 11:30am Learn Spanish: Basic Conversation with Eddie, <b>AR</b></p> <p>🌱 1:00pm Facetime with family's 1:00pm -5:00pm, <b>MR</b></p> <p>🌱 1:15pm Chair Yoga &amp; Zumba with Claudia, 4</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm The Sterling Club Coffee &amp; Conversation in Spanish with Claudia</p> <p>🔥 3:30pm <b>Happy Hour with Viki Ryan (Live Music), G</b></p> <p>🌱 4:00pm Achieving Your Goals Support Group with Daniel, <b>AR</b></p> <p>🔥 4:30pm World News &amp; Currents Events with Daniel, <b>AR</b></p> <p>🔥 4:30pm Health &amp; Wellness talk with Daniel, <b>AR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p>	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:00am Errands Day &amp; Trip to Walgreens, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Creative Coloring Therapy with Daniel, <b>AR</b></p> <p>🌱 11:00am Learn Italian: Basic Conversation &amp; Phrases, <b>AR</b></p> <p>🌱 11:00am Dominoes Games, <b>AR</b></p> <p>🔥 11:15am Lunch Outing : Chili's Tex Mex &amp; American Cuisine, <b>G</b></p> <p>★ 1:30pm Salsa Dancing with Claudia, 4</p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 2:00pm Coffee &amp; Conversation with Claudia, 5</p> <p>🔥 3:00pm <b>French Wine &amp; Cheese Tasting with Kristin L. Our Executive Director, AR</b></p> <p>🔥 3:00pm Arts &amp; Crafts, <b>AR</b></p> <p>★ 3:30pm Basketball toss, <b>AR</b></p> <p>🔥 3:30pm <b>Happy Hour with Rozz Baker (Live Music), G</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🔥 6:00pm Rummikub &amp; Mahjong Games, 5</p>	<p>★ 9:00am Morning walk with Claudia, <b>G</b></p> <p>★ 10:00am Errands Day &amp; Trip to Publix Supermarket with Eddie, <b>G</b></p> <p>★ 10:15am Light Weights Workout with Daniel, <b>G</b></p> <p>★ 10:30am Morning Exercise Class with Daniel, <b>MR</b></p> <p>🌱 11:00am Brain Fitness Games with Daniel, <b>AR</b></p> <p>🌱 11:15am Dominoes Games, <b>AR</b></p> <p>🌱 11:15am <b>Learn to Speak French with Daniel, AR</b></p> <p>🌱 11:45am Trip to Gulfstream Park, <b>G</b></p> <p>🌱 1:15pm Chair Yoga &amp; Zumba with Claudia, 4</p> <p>🔥 1:30pm Residents Social Spotlight Club with Daniel, <b>MR</b></p> <p>🔥 2:00pm Bingo with Eddie, <b>AR</b></p> <p>🔥 3:30pm Crosswords &amp; Sudoku Games, 4</p> <p>🔥 3:30pm Resident Happy Hour: Meet &amp; Mingle, <b>G</b></p> <p>🔥 4:30pm <b>The Sterling French Dinner with Chef Ahmed L., LDR</b></p> <p>🔥 6:00pm Puzzles &amp; Board Games, <b>AR</b></p> <p>🌱 6:00pm <b>Shabbat Service with Rabbi Moshe Pitchon, MR</b></p> <p>🔥 7:00pm Evening Movie, <b>MR</b></p>	<p>★ 10:00am Stretch &amp; Strength with Claudia, <b>MR</b></p> <p>★ 10:30am Morning Exercise Class Claudia, <b>MR</b></p> <p>🌱 11:00am Aqua Painting Class, <b>AR</b></p> <p>🌱 11:00am Fun Facts &amp; Trivia with Daniel, <b>AR</b></p> <p>★ 11:00am The Sterling Horse Racing Club with Daniel, <b>MR</b></p> <p>🌱 11:15am Exploring World Religions, <b>MR</b></p> <p>🌱 11:30am The Sterling Garden Club, <b>G</b></p> <p>🔥 1:30pm <b>France Travel Destinations Video: Cathedrale Notre-Dame de Paris France, MR</b></p> <p>🔥 2:00pm Bingo Game with Claudia, <b>AR</b></p> <p>🌱 3:00pm Bible Stories Class, <b>AR</b></p> <p>🔥 3:15pm Art Therapy, <b>AR</b></p> <p>🔥 5:30pm Puzzles Games, <b>MR</b></p> <p>🔥 6:00pm Evening Movie, <b>MR</b></p> <p>🔥 6:30pm Rummikub &amp; Chess Games, <b>AR</b></p>	
28	29	30				<p>MEETING PLACES</p> <p>G - Ground Floor Lobby Area</p> <p>AR - Activities Room -5</p> <p>MR - Media Room (G)</p> <p>2- Floor - Game Room</p> <p>G - Lola's Dining Room</p> <p>G - Patio - P</p>	<p>DIMENSIONS OF WELLNESS</p> <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>
