September 2025

The Sterling Aventura: Memory Care Neighborhood **Tuesday** Wednesday **Thursday Friday Saturday Sunday** Monday 8:00am Breakfas 8:00am Breakfas Morning Stretch Morning Stretch Morning Stretch Morning Stretch Brain Games Morning Stretch Brain Games Agua Painting Creative Coloring Count with me Math Count with me Matl Fit Mind Brain Games Fit Mind Brain Game Brain fitness Games Fidget Board

Music and Movement Creative Coloring
Music and Movement Creative Coloring Match The Shapes WELCOME Legacy kits Guessing Games TO FRANCE! Match the Shapes & Music and Movement Music and Movem Fit Mind Brain Game: Music and Movement Name That Tunes French Music Sunshine on the Patio Sensory Stimulation Match The Shapes Music and Movement Travelogue - Welcome to Paris -Video – Louvre Museum Reflective Coloring Reminiscing Time Sensory Stimulation Sensory Stimulation Latin Music and Dancing Name That Tunes Sunshine Club on The Patio Sunshine Club on The Patio Music and Sing Along Match the Photos Sunshine Club on The Patio Match the Photos Puzzles & Board Games 12:00pm Lunch Time Puzzles & Board Games Puzzles & Board Games Music Therapy Music and Sing Along romatherapy Spa Day: Nails Art Puzzles & Board Games Music and Sing Along Puzzles & Board Game Music and Sing Along Puzzles & Board Games 4:30pm Dinner Ti Spa Day: Nails Art Name that Tune Happy Hour: Music & Dance Time 4:30pm Dinner Ti Music Therapy 4:30pm Dinner Tin Music Therapy Nature Documentary Nature Documentary Resident Movie Night ASMR Resident Movie Night ASMR 6:30pm Movie Night Nature Documentary Nature Documentary Nature Documentary Resident Movie Night Resident Movie Night Resident Movie Nigh 9 10 11 12 13 Morning Exercise Class Brain Games
Aqua Painting Aqua Painting Morning Stretch Morning Stretch Morning Stretch Morning Stretch Morning Stretch Creative Coloring -French Painting
Fit Mind Brain Games Creative Coloring & Brain Games Creative Coloring Brain Games Count with me Math Arts & Crafts Arts & Crafts Fit Mind Brain Games Count with me Math Fidget Board Brain fitness Games Creative Coloring Creative Coloring
Music and Movement Guessing Games
Music and Movement Brain fitness Games Music and Movemen Match the Shapes Music and Movemer Fit Mind Brain Games Legacy kits Music and Movemen Sensory Stimulation Match The Shapes Music and Movement Match The Shapes & Music and Movement 12:00pm Lunch Reminiscing Time Name That Tunes French Musi Travelogue - Welcome to Paris -Video Eiffel Tower France Reflective Coloring Music and Sing Along Sunshine on the Patio Sensory Stimulat Latin Music and Dancing Sensory Stimulation Name That Tunes 12:00pm Lunch Puzzles & Board Gam Sunshine Club on The Patio 12:00pm Lunch Tim Music and Sing Along France Famous People Sunshine Club on The Patio Sunshine Club on The Patio Match the Photos Music Therapy 12:00pm Lunch Time Puzzles & Board Games 12:00pm L Puzzles & Board Game Puzzles & Board Game Music and Sing Along lusic and Sing Along Puzzles & Board Games Puzzles & Board Games Spa Day: Nails Art Name that Tune Music and Sing Along Name that Tune The History of French Fashion Puzzles & Board Games 4:30pm Dinner T Movies 4:30pm Dinner T 4:30pm Dinner Tin Music Therapy 4:30pm Dinner 4:30pm Dinner Ti Nature Documentary Happy Hour: Music & Dance Time Nature Documentary Resident Movie Night ASMR Music Therapy Resident Movie Night ASMR Movie Night Nature Documentary Nature Documentar Music Therapy Resident Movie Night Resident Movie Night Nature Documentary Resident Movie Night 14 15 16 17 18 19 8:00am Breakfast
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12:00pm Lunch Time Sunshine Club on The Patio Music and Sing Along
Department Puzzles & Board Games Match the Photos Sunshine Club on The Patio 4:00pm Name that Tune 4:30pm Dinner Time Puzzles & Board Games Puzzles & Board Games Duzzles & Board Game 2:00pm Puzzles & Board Games Music Therapy Music and Sing Along Spa Day: Nails Art Music and Sing Along Spa Day: Nails Art
 4:30pm Dinner Tim Music Therapy Aromatherapy Music and Sing Along 4:30pm Dinner Tim 6:30pm Movie Night 7:00pm ASMR Name that Tune Puzzles & Board Games Nature Documentary Nature Documentary 4:30pm Dinner Tin Happy Hour: Music & Dance Time Resident Movie Night ASMR Movie Night ASMR Resident Movie Night ASMR Nature Documentary Nature Documentary 4:30pm Dinner Time Resident Movie Night ASMR Resident Movie Night Nature Documentary Resident Movie Nigh 21 22 23 24 25 26 8:00am Breakfast 8:00am Breakfast 8:00am Breakfas 8:00am Breakfast 8:00am Breakfast 8:00am Breakfast 8:00am Breakfas Morning Exercise Class Brain Games Morning Exercise Class Morning Exercise Class Morning Exercise Class Morning Stretch Creative Coloring Morning Stretch Morning Stretch Brain Games Morning Stretch Agua Painting Fit Mind Brain Games Brain Games Brain Games Agua Painting Creative Coloring Count with me Math Arts & Crafts Legacy kits Fit Mind Brain Games Count with me Matl Arts & Crafts Brain fitness Games Music and Movemen Fidget Board Music and Movemen Creative Coloring
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Music and Sing Along Music Therapy Music and Sing Along Spa Day: Nails Art Puzzles & Board Games Music and Sing Along Puzzles & Board Games Name that Tune Spa Day: Nails Art Happy Hour: Music & Dance Time 4:30pm Dinner T 4:30pm Dinner Ti Nature Documentary Resident Movie Night Δ 4:30pm Dinner Tin Music Therapy D Name that Tune
D 4:30pm Dinner T 4:30pm Dinner T Music Therapy Nature Documentary 4:00pm Rosh Has Movie Night ASMR Resident Movie Night ASMR 4:30pm Dinner Time Music Therapy Nature Documentary Nature Documentary Nature Documentary Resident Movie Night 28 29 30 **MEETING PLACES** DIMENSIONS OF WELLNESS 8:00am Breakfast **Physical** MC - MC Lobby L' shanah Tovah Morning Exercise Class Morning Exercise Class Morning Exercise Class **G** - PATIO - P (G) Morning Stretch Brain Games Morning Stretch Spiritual Aqua Painting Creative Coloring 3 - Dining Room Arts & Crafts Creative Coloring Environmenta Fit Mind Brain Games Brain fitness Games Legacy kits Fidget Board Vocational Social Music and Movement

12:00pm Lunch Tin

Artwork Time Music and Movement L'Shana Habby Match The Shape Sensory Stimulation From Our Home to Yours 🍐 🏋 Intellectual Reflective Coloring & French Art Music and Sing Along Sensory Stimulation Latin Music and Dancing Puzzles & Board Gan Sunshine Club on The Patio Match the Photos Music Therapy Puzzles & Board Games 12:00pm Lunch Time Music and Sing along Spa Day: Nails Art Name that Tune 4:30pm Dinner T Puzzles & Board Games 4:30pm Dinner Time Nature Documentary Happy Hour: Music & Dance Time Movie Night ASMR Resident Movie Night

6:00pm Nature Doc