

September 2025

The Sterling Aventura: Memory Care Neighborhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Creative Coloring -French Painting</div><div>🕒 Fit Mind Brain Games</div><div>🔪 Legacy kits</div><div>🕒 Match the Shapes & Music and Movement</div><div>🕒 Reflective Coloring</div><div>🕒 Sensory Stimulation</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🌿 Aromatherapy</div><div>🕒 Puzzles & Board Games</div><div>🕒 Happy Hour: Music & Dance Time</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Brain Games</div><div>🕒 Creative Coloring</div><div>🕒 Fidget Board</div><div>🕒 Music and Movement</div><div>🕒 Sensory Stimulation</div><div>🕒 12:00pm Lunch Time</div><div>★ Latin Music and Dancing</div><div>🕒 Match the Photos</div><div>🕒 Puzzles & Board Games</div><div>🕒 Spa Day: Nails Art</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Creative Coloring</div><div>🕒 Fit Mind Brain Games</div><div>🕒 Match The Shapes</div><div>🕒 Music and Movement</div><div>🕒 Reminiscing Time</div><div>🕒 Sensory Stimulation</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Art & Crafts</div><div>🕒 Puzzles & Board Games</div><div>🕒 Spa Day: Nails Art</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Music Therapy</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Brain Games</div><div>🕒 Count with me Math</div><div>🕒 Creative Coloring</div><div>🕒 Music and Movement</div><div>🕒 Name That Tunes French Music</div><div>🌿 Sunshine on the Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Match the Photos</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music and Sing Along</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Brain Games</div><div>🕒 Count with me Math</div><div>🕒 Creative Coloring</div><div>🕒 Fit Mind Brain Games</div><div>🕒 Match The Shapes</div><div>🕒 Music and Movement</div><div>🕒 Name That Tunes</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music and Sing Along</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>🕒 Aqua Painting</div><div>🕒 Arts & Crafts</div><div>🕒 Brain fitness Games</div><div>🕒 Guessing Games</div><div>🕒 Music and Movement</div><div>🕒 Travelogue - Welcome to Paris -Video – Louvre Museum</div><div>🕒 12:00pm Lunch</div><div>🕒 Music and Sing Along</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music Therapy</div><div>🕒 Music and Sing Along</div><div>🕒 Name that Tune</div><div>🕒 4:30pm Dinner Time</div><div>🕒 6:30pm Movie Night</div></div>
7	8	9	10	11	12	13
<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>🕒 Brain Games</div><div>🕒 Aqua Painting</div><div>🕒 Arts & Crafts</div><div>🕒 Brain fitness Games</div><div>🕒 Music and Movement</div><div>🕒 12:00pm Lunch</div><div>🕒 Music and Sing Along</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music Therapy</div><div>🕒 Music and Sing Along</div><div>🕒 Name that Tune</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Movies</div><div>🕒 Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Creative Coloring -French Painting</div><div>🕒 Fit Mind Brain Games</div><div>🔪 Legacy kits</div><div>🕒 Match The Shapes & Music and Movement</div><div>🕒 Reflective Coloring</div><div>🕒 Sensory Stimulation</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🌿 Aromatherapy</div><div>🕒 Puzzles & Board Games</div><div>🕒 Happy Hour: Music & Dance Time</div><div>🕒 4:00pm Dinner Time</div><div>🕒 Music Therapy</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night.</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Creative Coloring & Brain Games</div><div>🕒 Fidget Board</div><div>🕒 Music and Movement</div><div>🕒 Sensory Stimulation</div><div>🕒 12:00pm Lunch Time</div><div>★ Latin Music and Dancing</div><div>🕒 France Famous People</div><div>🕒 Puzzles & Board Games</div><div>🕒 Spa Day: Nails Art</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Creative Coloring</div><div>🕒 Fit Mind Brain Games</div><div>🕒 Match the Shapes</div><div>🕒 Music and Movement</div><div>🕒 Reminiscing Time</div><div>🕒 Sensory Stimulation</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Puzzles & Board Games</div><div>🕒 The History of French Fashion</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Music Therapy</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Brain Games</div><div>🕒 Count with me Math</div><div>🕒 Creative Coloring</div><div>🕒 Music and Movement</div><div>🕒 Name That Tunes French Music</div><div>🌿 Sunshine on the Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Match the Photos</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music and Sing Along</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Count with me Math</div><div>🕒 Creative Coloring</div><div>🕒 Fit Mind Brain Games</div><div>🕒 Match The Shapes</div><div>🕒 Music and Movement</div><div>🕒 Name That Tunes</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music and Sing Along</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Music Therapy</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>🕒 Aqua Painting</div><div>🕒 Arts & Crafts</div><div>🕒 Brain fitness Games</div><div>🕒 Guessing Games</div><div>🕒 Music and Movement</div><div>🕒 Travelogue - Welcome to Paris -Video Eiffel Tower France</div><div>🕒 12:00pm Lunch</div><div>🕒 Music and Sing Along</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music and Sing Along</div><div>🕒 Name that Tune</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Movie Night</div><div>ASMR</div></div>
14	15	16	17	18	19	20
<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>🕒 Aqua Painting</div><div>🕒 Arts & Crafts</div><div>🕒 Brain fitness Games</div><div>🕒 Music and Movement</div><div>🕒 12:00pm Lunch</div><div>🕒 Music and Sing Along</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music Therapy</div><div>🕒 Music and Sing Along</div><div>🕒 Name that Tune</div><div>🕒 4:00pm</div><div>🕒 4:30pm Dinner Time</div><div>🕒 6:30pm Movie Night</div><div>7:00pm ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Creative Coloring -French Painting</div><div>🕒 Fit Mind Brain Games</div><div>🔪 Legacy kits</div><div>🕒 Match The Shapes</div><div>🕒 Reflective Coloring</div><div>🕒 Sensory Stimulation</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🌿 Aromatherapy</div><div>🕒 Puzzles & Board Games</div><div>🕒 Happy Hour: Music & Dance Time</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Brain Games</div><div>🕒 Creative Coloring</div><div>🕒 Fidget Board</div><div>🕒 Music and Movement</div><div>🕒 Sensory Stimulation</div><div>🕒 12:00pm Lunch Time</div><div>★ Latin Music and Dancing</div><div>🕒 France Famous Food</div><div>🕒 Puzzles & Board Games</div><div>🕒 Spa Day: Nails Art</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Creative Coloring</div><div>🕒 Fit Mind Brain Games</div><div>🕒 Match The Shapes</div><div>🕒 Music and Movement</div><div>🕒 Reminiscing Time</div><div>🕒 Sensory Stimulation</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Puzzles & Board Games</div><div>🕒 Spa Day: Nails Art</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Music Therapy</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Brain Games</div><div>🕒 Count with me Math</div><div>🕒 Creative Coloring</div><div>🕒 Music and Movement</div><div>🕒 Name That Tunes French Music</div><div>🌿 Sunshine on the Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Match the Photos</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music and Sing Along</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Count with me Math</div><div>🕒 Creative Coloring</div><div>🕒 Fit Mind Brain Games</div><div>🕒 Match The Shapes</div><div>🕒 Music and Movement</div><div>🕒 Name That Tunes</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 2:00pm</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music and Sing Along</div><div>🕒 Name that Tune</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>🕒 Aqua Painting</div><div>🕒 Arts & Crafts</div><div>🕒 Brain fitness Games</div><div>🕒 Guessing Games</div><div>🕒 Music and Movement</div><div>🕒 Travelogue - Welcome to Paris -Video -French Riviera France</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Music and Sing Along</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music Therapy</div><div>🕒 Music and Sing Along</div><div>🕒 Name that Tune</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Movie Night</div><div>ASMR</div></div>
21	22	23	24	25	26	27
<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>🕒 Brain Games</div><div>🕒 Aqua Painting</div><div>🕒 Arts & Crafts</div><div>🕒 Brain fitness Games</div><div>🕒 Music and Movement</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Artwork Time</div><div>🕒 Music and Sing Along</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music Therapy</div><div>🕒 Music and Sing Along</div><div>🕒 Name that Tune</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>🕒 Creative Coloring</div><div>🕒 Fit Mind Brain Games</div><div>🔪 Legacy kits</div><div>🕒 Match The Shapes</div><div>🕒 Music and Movement</div><div>🕒 Reflective Coloring</div><div>🕒 Sensory Stimulation</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🌿 Aromatherapy</div><div>🕒 Puzzles & Board Games</div><div>🕒 Happy Hour: Music & Dance Time</div><div>🕒 4:00pm Rosh Hashanah Service with Rabbi Moshe P.</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Brain Games</div><div>🕒 Creative Coloring</div><div>🕒 Fidget Board</div><div>🕒 Music and Movement</div><div>🕒 Sensory Stimulation</div><div>🕒 12:00pm Lunch Time</div><div>★ Latin Music and Dancing</div><div>🕒 History of France</div><div>🕒 Puzzles & Board Games</div><div>🕒 Spa Day: Nails Art</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Creative Coloring</div><div>🕒 Fit Mind Brain Games</div><div>🕒 Match The Shapes</div><div>🕒 Music and Movement</div><div>🕒 Reminiscing Time</div><div>🕒 Sensory Stimulation</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Art Work Time</div><div>🕒 Puzzles & Board Games</div><div>🕒 Spa Day: Nails Art</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Music Therapy</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Brain Games</div><div>🕒 Count with me Math</div><div>🕒 Creative Coloring</div><div>🕒 Music and Movement</div><div>🕒 Name That Tunes French Music</div><div>🌿 Sunshine on the Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Match the Photos</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music and Sing Along</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night</div><div>ASMR</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>★ Morning Stretch</div><div>🕒 Brain Games</div><div>🕒 Count with me Math</div><div>🕒 Creative Coloring</div><div>🕒 Fit Mind Brain Games</div><div>🕒 Match The Shapes</div><div>🕒 Music and Movement</div><div>🕒 Name That Tunes</div><div>★ Sunshine Club on The Patio</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music and Sing Along</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Music Therapy</div><div>🕒 Nature Documentary</div><div>🕒 Resident Movie Night, MC</div></div>	<div><div>🕒 8:00am Breakfast</div><div>★ Morning Exercise Class</div><div>🕒 Brain Games</div><div>🕒 Aqua Painting</div><div>🕒 Arts & Crafts</div><div>🕒 Brain fitness Games</div><div>🕒 Guessing Games</div><div>🕒 Music and Movement</div><div>🕒 Travelogue - Welcome to Paris Video Cathedrale Notre -Dame</div><div>🕒 12:00pm Lunch Time</div><div>🕒 Music and Sing Along</div><div>🕒 Puzzles & Board Games</div><div>🕒 Music Therapy</div><div>🕒 Music and Sing Along</div><div>🕒 Name that Tune</div><div>🕒 4:30pm Dinner Time</div><div>🕒 Movie Night</div><div>ASMR</div></div>
28	29	30				
					MEETING PLACES	DIMENSIONS OF WELLNESS
					MC - MC Lobby G - PATIO - P (G) 3 - Dining Room	<div><div>🧘 Physical</div><div>🧘 Spiritual</div><div>🧘 Vocational</div><div>🧘 Intellectual</div><div>🧘 Emotional</div><div>🧘 Environmental</div><div>🧘 Social</div><div>🧘 Health Services</div></div>