The Sterling Aventura: Assisted Living

"Welcome to the Fall" & Explore the World Israel

The Sterling Aventura: Assisted Living "Welcome to the Fall" & Explore the World Israel						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
The Sterling AVENTURA	Temple Dome of the Rock Menorah Skutterp Traditional fulafet WELCOME TO SRAEL Walt of Tenz Jensish Shakzkuska	Welcome to Fall!	 ★ 9:00am Morning walk with Claudia, G ★ 10:15am Light Weights Workout with Daniel, G ★ 10:30am Morning Exercise Class with Daniel, MR ★ 11:00am Creative Coloring Therapy with Daniel, AR ★ 11:15am Canvas Painting With Daniel, AR ★ 11:30am Learn Italian : Basic Conversation with Claudia, AR ★ 1:00pm Facetime with family's 1:00pm -5:00pm, MR ★ 1:15pm Chair Yoga & Zumba with Claudia, 4 ★ 2:00pm Bingo with Eddie, GR ★ 2:00pm The Sterling Club Coffee & Conversation in Spanish Happy Hour with Katharine Stark (Live Music), G ★ 6:45pm Yom Kippur Service with Rabbi Moshe Pitchon, G ★ 7:00pm Evening Movie, MR ★ 7:00pm Puzzles & Board Games, AR 	 ★ 9:00am Morning Walk with Claudia, G ★ 10:00am Errands Day & Trip to Walgreens, G ★ 10:30am Morning Exercise Class with Daniel, MR ★ 11:100am Creative Coloring Therapy with Daniel, AR ★ 11:15am Dominoes Games, AR ★ 11:15am Lunch Outing: P.F Chang's - Chinese Cuisine, G ★ 11:15am The Fall Holidays of the Jewish Tradition with Rabbi Klein Zoom, MR ★ 1:30pm Salsa Dancing with Claudia, 2 ★ 2:00pm Bingo with Eddie, AR ★ 2:00pm Coffee & Conversation with Claudia, 2 ★ 3:30pm Basketball toss, AR ★ 3:30pm Basketball toss, AR ★ 6:00pm Evening Movie, MR ★ 6:00pm Evening Movie, MR ★ 6:00pm Puzzles & Board Games, AR 		
5	6	7	8	9	10	11
 ♥ 9:00am Trip to Church: St Lawrence Catholic, G ♥ 9:30am Church Service (Spanish) Zoom, MR ★ 10:30am Church Service (English) Zoom, MR ★ 10:30am Morning Exercise Class Claudia, 2 ★ 11:30am Current Events & World News Daniel, MR ♥ 11:30am Morning Meditation with Daniel, G ★ 11:30am Pet Therapy with Our French Bulldog Bailey, G ★ 1:00pm Miniature Golf with Daniel, 2 ♥ 1:30pm Afternoon Mass Communion with Deacon Clyde ★ 2:00pm Bingo with Daniel, AR ★ 3:30pm Blackjack with Daniel, AR ★ 3:30pm Blackjack with Daniel, AR ★ 4:30pm Health & Wellness talk with Daniel, AR ★ 6:00pm Evening Movie, MR ★ 6:30pm Rummikub & Chess Games, AR 		⇒ 9:00am Errands And Shopping Day with Eddie, G ⇒ 9:00am Morning walk with Claudia, G ⇒ 10:30am Morning Exercise Class with Daniel, MR ₱ 11:00am Scenic Ride to Hollywood Beach, G ❶ 11:00am Creative Coloring Therapy with Daniel, AR ❶ 11:00am Exploring Israel: History, Language & Culture ❶ 11:00am Fit Minds Brain Games & Dominoes Games ❶ 1:00pm Technology Class: iPhone & iPad with Claudia ■ 1:30pm The Sterling Aromatherapy with Daniel, MR Ö 2:00pm Bingo with Eddie, AR Ö 2:00pm Coffee & Conversation with Claudia, 2 Ü 3:30pm Sukkot Tent Decorating & Service w/ Rabbi Moshe Ö 6:00pm Evening Movie, MR Ö 6:00pm Evening Movie, MR Ö 6:00pm Evening Movie, MR Ö 6:00pm Evening Movie, MR	 ⇒ 9:00am Morning walk with Claudia, G ★ 10:15am Light Weights Workout with Daniel, G ★ 10:30am Morning Exercise Class with Daniel, MR ● 11:00am Breast Cancer Awareness Talk with Daniel, G ● 11:00am Fit Minds Brain Games & Dominoes Games, 5 ● 11:30am Learn Spanish: Basic Conversation with Claudia, AR ★ 1:00pm Facetime with family's 1:00pm -5:00pm, MR ➡ 1:15pm Chair Yoga & Zumba with Claudia, 2 ★ 2:00pm Bingo with Eddie, AR ★ 2:00pm The Sterling Club Coffee & Conversation in Spanish ★ 3:30pm Happy Hour with Grace Azar (Live Music), G ★ 4:00pm Achieving Your Goals Support Group with Daniel, MR ■ 4:30pm Health & Wellness talk with Daniel, AR ★ 6:00pm Evening Movie, MR ★ 6:00pm Puzzles & Board Games. AR 	 ⇒ 9:00am Morning Walk with Claudia, G ★ 10:00am Errands Day & Trip to Walgreens, G ★ 10:30am Morning Exercise Class with Daniel, MR ① 11:00am Creative Coloring Therapy with Daniel, AR ① 11:10am Learn Italian: Basic Conversation & Phrases, AR ὧ 11:30am The Amazing Journey to a Healthy Mind & Body, a Lecture by Dr. Dave, G ★ 1:30pm Salsa Dancing with Claudia, 2 ὧ 2:00pm Singo with Eddie, AR ὧ 2:00pm Coffee & Conversation with Claudia, 2 ὧ 3:00pm Aqua Painting, AR ὧ 3:30pm Arts & Crafts, AR ὧ 6:00pm Evening Movie, MR ὧ 6:00pm Fuzzles & Board Games, AR 	★ 9:00am Morning walk with Claudia, G ★ 10:00am Errands Day & Trip to Publix Supermarket ★ 10:15am Light Weights Workout with Daniel, G ★ 10:30am Morning Exercise Class with Daniel, MR ① 11:00am Brain Fitness Games with Daniel, AR ① 11:15am Dominoes Games, AR ② 1:30pm Chair Yoga & Zumba with Claudia, 2 ὧ 1:30pm Residents Social Spotlight Club With Daniel, MR ὧ 2:00pm Bingo with Eddie, AR Ѿ 3:30pm Crosswords & Sudoku Games, 2 ὧ 3:30pm Crosswords & Sudoku Games, 2 ὧ 3:30pm Residents Happy Hour: with Alan Cohen, G ὧ 3:30pm The History of Israel Fashion with Daniel, G ὧ 6:00pm Puzzles & Board Games, AR ☎ 6:00pm Shabbat Service with Rabbi Moshe Pitchon, MR Ѿ 7:000m Evening Movie, MR	☆ 10:00am Stretch & Strength with Claudia, 2 ☆ 10:30am Morning Exercise Class Claudia, 2 ① 11:00am Aqua Painting Class, AR ② 11:00am Fun Facts & Trivia with Daniel, AR ☆ 11:00am The Sterling Horse Racing Club with Daniel ② 11:15am Exploring World Religions, MR ④ 11:30am Travelogue - Welcome to Isreal - Video Haifa ⑤ 2:00pm Bingo Game with Claudia, AR ③ 3:00pm Bible Stories Class, AR ⑥ 3:30pm Art Therapy, AR ⑥ 5:30pm Puzzles Games, MR ⑥ 6:00pm Evening Movie, MR ⑥ 6:30pm Rummikub & Chess Games, AR
12	13	14	15	16	17	18
 ♥ 9:00am Trip to Church: St Lawrence Catholic, G ♥ 9:30am Church Service (Spanish) Zoom, MR ★ 10:30am Church Service (English) Zoom, MR ★ 10:30am Morning Exercise Class Claudia, 2 ★ 11:30am Current Events & World News Daniel, MR ★ 11:30am Morning Meditation with Daniel, G ★ 1:00pm Miniature Golf with Daniel, 2 ★ 1:30pm Afternoon Mass Communion with Deacon Clyde Ѿ 2:00pm Bingo with Daniel, AR Ѿ 3:30pm The Sterling Book Club, MR Ѿ 3:30pm Health & Wellness talk with Daniel, AR Ѿ 4:30pm Evening Movie, MR Ѿ 6:30pm Rummikub & Chess Games, AR 	 ⇒ 9:00am Morning Walk with Claudia, G ★ 10:15am Light Weights Workout with Daniel, G ★ 10:30am Morning Exercise Class with Daniel, MR ① 11:00am Creative Coloring Therapy with Daniel, AR ① 11:00am Fit Minds Brain Games & Dominoes Games ② 11:15am The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, AR ① 1:00pm Technology Class: iPhone & iPad with Claudia, 2 ② 1:15pm Chair Yoga & Zumba with Claudia, 2 ② 2:00pm Bingo with Eddie, AR ② 2:00pm The Sterling Club Coffee & Conversation ⇒ 3:30pm Basketball toss with Eddie, G ③ 3:30pm Happy Hour with Asy Alisade -Violinist, G ③ 3:30pm Evening Movie, MR ⑤ 6:00pm Puzzles & Board Games, AR ⑥ 6:00pm Puzzles & Board Games, AR 	≈ 9:00am Errands And Shopping Day with Eddie, G ≈ 9:00am Morning walk with Claudia, G 10:30am Morning Exercise Class with Daniel, MR 11:00am Creative Coloring Therapy with Daniel, AR 11:00am Exploring Israel: History, Language & Culture 11:00am Fit Minds Brain Games & Dominoses Games 11:00am Fit Minds Brain Games & Dominoses Games 11:00am Picnic in the Park with Eddie, G 1:15pm Tai Chi with Eddie, 2 1:30pm The Sterling Aromatherapy with Daniel, MR 3:20pm Bingo with Eddie, AR 3:00pm Coffee & Conversation with Claudia, 2 4alloween Arts & Crafts with Daniel, G 4appy Hour with Jennifer Mc Cain(Live Music) 6:00pm Evening Movie, MR 0:000 Puzzles & Board Games, AR	♣ 9:00am Morning walk with Claudia, G ★ 10:15am Light Weights Workout with Daniel, MR ♣ 11:00am Creative Coloring Therapy with Daniel, MR ♣ 11:00am Fit Minds Brain Games, AR ♣ 11:15am Canvas Painting & Dominoes Games, with Daniel ♣ 1:00pm Blood Pressure Check, G ♠ 1:15pm Chair Yoga & Zumba with Claudia, 2 ♠ 1:15pm Chair Yoga & Zumba with Claudia, 2 ♠ 2:00pm Bingo with Eddie, AR ♠ 2:00pm The Sterling Coffee & Conversation Club in Spanish ♠ 3:30pm Happy Hour with Moisey Bendoym - Live Music, G ♠ 4:00pm Achieving Your Goals Support Group with Daniel, Health & Wellness talk with Daniel, AR ♠ 6:00pm Evening Movie, MR ♠ 6:00pm Puzzles & Board Games. AR	 ★ 9:00am Morning Walk with Claudia, G ★ 10:00am Errands Day & Trip to Walgreens, G ★ 10:30am Morning Exercise Class with Daniel, MR ① 11:00am Creative Coloring Therapy & Dominoes Games ① 11:15am Lunch Outing: Duffys Sports Grill	ṁ 9:00am Morning Walk with Claudia, G ṁ 10:00am Errands Day & Trip to Publix Supermarket ṁ 10:15am Light Weights Workout with Daniel, G ṁ 10:30am Morning Exercise Class with Daniel, MR ff 11:00am Brain Fitness Games & Dominoes ff 12:00pm Fall Barbecue on the Patio with Daniel, MR ṁ 1:30pm Chair Yoga & Zumba with Claudia, 2 ṁ 1:30pm Residents Social Spotlight Club With Daniel, MR ṁ 2:00pm Bingo with Eddie, AR ṁ 2:00pm The Sterling Dining Club with Chef Ahmed, G ṁ 3:30pm Crosswords & Sudoku Games, 2 ṁ 3:30pm Resident Happy Hour: with Jun & Sandy Brooks, G ṁ 6:00pm Puzzles & Board Games, AR ṁ 6:00pm Shabbat Service with Rabbi Moshe Pitchon, MR ṁ 7:00pm Evening Movie, MR	
19	20	21	22	23	24	25
 ♥ 9:00am Trip to Church: St Lawrence Catholic, G ♥ 9:30am Church Service (Spanish) Zoom, MR ♥ 10:00am Church Service (English) Zoom, MR ★ 10:30am Morning Exercise Class Claudia, 2 ★ 11:00am Current Events & World News Daniel, MR ♥ 11:30am Morning Meditation with Daniel, G ★ 11:30am Pet Therapy with Our French Bulldog Bailey, G ★ 1:00pm Miniature Golf with Daniel, 2 ★ 1:30pm Afternoon Mass Communion with Deacon Clyde ★ 2:00pm Bingo with Daniel, AR ★ 3:30pm Health & Wellness talk with Daniel, AR ★ 4:30pm Health & Wellness talk with Daniel, AR ★ 5:30pm The Sterling Resident Support Group with Daniel ★ 6:00pm Evening Movie, MR ★ 6:30pm Rummikub & Chess Games. AR 		⇒ 9:00am Errands And Shopping Day with Eddie, G ⇒ 9:00am Morning walk with Claudia, G ⇒ 10:30am Morning Exercise Class with Daniel, MR ⊕ 11:00am Creative Coloring Therapy with Daniel, AR ⊕ 11:00am Exploring Israel: History, Language & Culture ⊕ 11:00am Fit Minds Brain Games & Dominoes Games ⊕ 11:00am Scenic Ride to Miami Beach, G ä 11:30am Israel Jewelry Making with Daniel, AR ⊕ 1:00pm Technology Class: iPhone & iPad with Claudia ⊕ 1:15pm Tai Chi with Eddie, 2 ä 2:00pm Coffee & Conversation with Claudia, 2 ⊕ 3:30pm Sreal Fun Facts & Trivia with Claudia, AR ä 3:30pm Happy Hour with Javier Cascajo (Live Music), G ä 6:00pm Evening Movie, MR ü 6:00pm Puzzles & Board Games. AR	 ★ 9:00am Morning walk with Claudia, G ★ 10:15am Light Weights Workout with Daniel, G ★ 10:30am Morning Exercise Class with Daniel, MR ★ 11:00am Creative Coloring Therapy with Daniel, AR ★ 11:00am Fit Minds Brain Games, AR ★ 11:00am Residents Town Hall Meeting with our ED Kristin L. ★ 11:15am Canvas Painting with Daniel, AR ★ 11:00pm Facetime with family's 1:00pm -5:00pm, MR ★ 1:15pm Chair Yoga & Zumba with Claudia, 2 ★ 2:00pm Bingo with Eddie, AR ★ 2:00pm The Sterling Club Coffee & Conversation in Spanish ★ 3:30pm Happy Hour with Viki Ryan (Live Music), G ★ 4:30pm Health & Wellness talk with Daniel, AR ★ 6:00pm Evening Movie. MR 	 ⇒ 9:00am Morning walk with Claudia, G ⇒ 10:00am Errands Day & Trip to Walgreens, G ⇒ 10:30am Morning Exercise Class with Daniel, MR ⊕ 11:00am Creative Coloring Therapy with Daniel, AR ⊕ 11:15am Dominoes Games, AR ⊕ 11:15am Lunch Outing: Red Lobster - American Cuisine ⇒ 1:30pm Salsa Dancing with Claudia, 2 ⊕ 2:00pm Bingo with Eddie, AR ⊕ 2:00pm Coffee & Conversation with Claudia, 2 ⊕ 3:30pm Aqua Painting with Claudia, AR ⊕ 3:30pm Happy Hour with Spookey Jones (Live Music), G ⊕ 6:00pm Evening Movie, MR ⊕ 6:00pm Puzzles & Board Games, AR 	★ 9:00am Morning walk with Claudia, G ★ 10:00am Errands Day & Trip to Publix Supermarket ★ 10:15am Light Weights Workout with Daniel, G ★ 10:30am Morning Exercise Class with Daniel, MR ① 11:00am Brain Fitness Games with Daniel, AR ① 11:15am Dominoes Games, AR ♠ 11:45am Trip to Gulfstream Park, G ※ 1:15pm Chair Yoga & Zumba with Claudia, 2 ② 1:30pm Residents Social Spotlight Club With Daniel, MR ② 2:00pm Bingo with Eddie, AR ② 2:00pm Israeli Wine & Desserts Tasting with our ED Kristin ③ 3:30pm Crosswords & Sudoku Games, 2 ② 6:00pm Puzzles & Board Games, AR ④ 6:00pm Shabbat Service with Rabbi Moshe Pitchon, MR ⑥ 7:00pm Evening Movie. MR	 ★ 10:00am Stretch & Strength with Claudia, 2 ★ 10:30am Morning Exercise Class Claudia, 2 ① 11:00am Aqua Painting Class, AR ① 11:00am Fun Facts & Trivia with Daniel, AR ★ 11:00am The Sterling Horse Racing Club with Daniel ❤ 11:15am Exploring World Religions, MR ① 11:30am The Sterling Garden Club, G ὧ 2:00pm Bingo Game with Claudia, AR ※ 3:00pm Bible Stories Class, AR ὧ 3:15pm Art Therapy, AR ὧ 5:30pm Puzzles Games, MR ὧ 6:30pm Evening Movie, MR ὧ 6:30pm Travelogue - Welcome to Isreal Video Nazareth
26	27	28	29	30		DIMENSIONS OF WELLNESS
 ♥ 9:00am Trip to Church: St Lawrence Catholic, G ♥ 9:30am Church Service (Spanish) Zoom, MR ★ 10:30am Church Service (English) Zoom, MR ★ 10:30am Morning Exercise Class Claudia, 2 ★ 11:30am Morning Meditation with Daniel, G ★ 11:30am Pet Therapy with Our French Bulldog Bailey, G ★ 1:30pm Afternoon Mass Communion with Deacon Clyde ★ 2:00pm Bingo with Daniel, AR ★ 3:30pm Blackjack with Daniel, AR ★ 3:30pm Health & Wellness talk with Daniel, AR ★ 5:30pm Christian Views & Values with Daniel, MR ★ 5:30pm Evening Movie, MR ★ 6:30pm Evening Movie, MR ★ 6:30pm Rummikub & Chess Games. AR 		≈ 9:00am Errands And Shopping Day with Eddie, G ≈ 9:00am Morning walk with Claudia, G 10:30am Morning Exercise Class with Daniel, MR 11:00am Creative Coloring Therapy with Daniel, AR 11:00am Exploring Israel: History, Language & Culture, 5 11:00am Scenic Ride to Miami Beach, G 11:00am Technology Class: iPhone & iPad with Claudia 1:30pm The Sterling Aromatherapy with Daniel, MR 2:00pm Bingo with Eddie, AR 2:00pm Coffee & Conversation with Claudia, 2 3:30pm Happy Hour with Javier Cascajo (Live Music), G 6:00pm Evening Movie, MR 6:00pm Puzzles & Board Games, AR	★ 9:00am Morning walk with Claudia, G ★ 10:15am Light Weights Workout with Daniel, G ★ 10:30am Morning Exercise Class with Daniel, MR ① 11:00am Creative Coloring Therapy with Daniel, AR ① 11:15am Canvas Painting & Dominoes Games with Daniel ① 11:30am Learn Spanish: Basic Conversation with Claudia, AR ⓓ 1:00pm Facetime with family's 1:00pm -5:00pm, MR ☑ 1:15pm Chair Yoga & Zumba with Claudia, 2 ⓓ 2:00pm Bingo with Eddie, AR ㉑ 2:00pm The Sterling Club Coffee & Conversation with Claudia ㉑ 3:30pm Happy Hour with Ron Dagan (Live Music), G ㉑ 4:00pm Achieving Your Goals Support Group with Daniel ㉑ 4:30pm Health & Wellness talk with Daniel, AR ㉑ 6:00pm Evening Movie, MR ㉑ 6:00pm Evening Movie, MR ㉑ 6:00pm Evening Movie, MR	 ⇒ 9:00am Morning walk with Claudia, G ★ 10:00am Errands Day & Trip to Walgreens, G ★ 10:30am Morning Exercise Class with Daniel, MR ① 11:00am Creative Coloring Therapy with Daniel, AR ① 11:15am Dominoes Games, AR ★ 1:30pm Salsa Dancing with Claudia, 2 ₺ 2:00pm Singo with Eddie, AR ₺ 2:00pm Coffee & Conversation with Claudia, 2 ₺ 3:00pm Arts & Crafts, AR ★ 3:30pm Basketball toss, AR ★ 3:30pm Happy Hour with Gabreal G. Dance by Elianys ₺ 6:00pm Evening Movie, MR ₺ 6:00pm Evening Movie, MR ₺ 6:00pm Evening Movie, MR ₺ 11:00am Creative Claudia, 2 		Physical Spiritual Finvironmental Social Intellectual Health Services MEETING PLACES G - Ground Floor Lobby Area MR - Media Room (G) AR - Activities Room -5 GR - Game Room -2 2 - Second Floor Lobby Area G - Patio - P (G)