




October 2025

The Sterling Aventura: Assisted Living

“ Welcome to the Fall” & Explore the World Israel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
			1	2	3	4			
			<div><div>★ 9:00am</div><div>★ 10:15am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:15am</div><div>🕒 11:30am</div><div>🕒 1:00pm</div><div>🕒 1:15pm</div><div>🕒 2:00pm</div><div>🕒 2:00pm</div><div>🕒 3:30pm</div><div>🕒 6:45pm</div><div>🕒 7:00pm</div><div>🕒 7:00pm</div></div> <div><div>Morning walk with Claudia, G</div><div>Light Weights Workout with Daniel, G</div><div>Morning Exercise Class with Daniel, MR</div><div>Creative Coloring Therapy with Daniel, AR</div><div>Fit Minds Brain Games & Dominoes Games , AR</div><div>Canvas Painting With Daniel, AR</div><div>Learn Italian : Basic Conversation with Claudia, AR</div><div>Facetime with family's 1:00pm -5:00pm, MR</div><div>Chair Yoga & Zumba with Claudia, 4</div><div>Bingo with Eddie, GR</div><div>The Sterling Club Coffee & Conversation in Spanish</div><div>Happy Hour with Katharine Stark (Live Music), G</div><div>Yom Kippur Service with Rabbi Moshe Pitchon, G</div><div>Evening Movie, MR</div><div>Puzzles & Board Games, AR</div></div>	<div><div>★ 9:00am</div><div>★ 10:15am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:15am</div><div>🕒 1:00pm</div><div>🕒 1:15pm</div><div>🕒 2:00pm</div><div>🕒 2:00pm</div><div>🕒 3:30pm</div><div>🕒 6:45pm</div><div>🕒 7:00pm</div><div>🕒 7:00pm</div></div> <div><div>Morning Walk with Claudia, G</div><div>Light Weights Workout with Daniel, G</div><div>Morning Exercise Class with Daniel, MR</div><div>Creative Coloring Therapy with Daniel, AR</div><div>Fit Minds Brain Games & Dominoes Games</div><div>The Sterling Knitting Club, AR</div><div>The Sterling Reflection & Hot Topics Support Group with Fayanne, Our Social Worker, AR</div><div>Technology Class: iPhone & iPad with Eddie, 2</div><div>Chair Yoga & Zumba with Claudia, 2</div><div>Bingo with Eddie, AR</div><div>Coffee & Conversation in Spanish w/ Claudia</div><div>Crosswords & Sudoku Games, 2</div><div>Happy Hour with Wes Anthony (Live Music), G</div><div>Rummikub & Mahjong Games, AR</div><div>Evening Movie, MR</div></div>	<div><div>★ 9:00am</div><div>★ 9:00am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 1:00pm</div><div>🕒 1:15pm</div><div>🕒 1:30pm</div><div>🕒 2:00pm</div><div>🕒 2:00pm</div><div>🕒 3:30pm</div><div>🕒 3:30pm</div><div>🕒 6:00pm</div><div>🕒 6:00pm</div></div> <div><div>Errands And Shopping Day with Eddie, G</div><div>Morning walk with Claudia, G</div><div>Morning Exercise Class with Daniel, MR</div><div>Scenic Ride to Hollywood Beach, G</div><div>Creative Coloring Therapy with Daniel, AR</div><div>Exploring Israel: History, Language & Culture</div><div>Fit Minds Brain Games & Dominoes Games</div><div>Technology Class: iPhone & iPad with Claudia</div><div>Tai Chi with Eddie, 2</div><div>The Sterling Aromatherapy with Daniel, MR</div><div>Bingo with Eddie, AR</div><div>Coffee & Conversation with Claudia, 2</div><div>Happy Hour with Magdiel Madrigal(Live Music), G</div><div>Sukkot Tent Decorating & Service w/ Rabbi Moshe</div><div>Evening Movie, MR</div><div>Puzzles & Board Games, AR</div></div>	<div><div>★ 9:00am</div><div>★ 10:15am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 1:00pm</div><div>🕒 1:15pm</div><div>🕒 2:00pm</div><div>🕒 2:00pm</div><div>🕒 3:30pm</div><div>🕒 4:00pm</div><div>🕒 4:30pm</div><div>🕒 6:00pm</div><div>🕒 6:00pm</div></div> <div><div>Morning walk with Claudia, G</div><div>Light Weights Workout with Daniel, G</div><div>Morning Exercise Class with Daniel, MR</div><div>Breast Cancer Awareness Talk with Daniel, G</div><div>Creative Coloring Therapy with Daniel, AR</div><div>Fit Minds Brain Games & Dominoes Games,5</div><div>Learn Spanish: Basic Conversation with Claudia, AR</div><div>Facetime with family's 1:00pm -5:00pm, MR</div><div>Chair Yoga & Zumba with Claudia, 2</div><div>Bingo with Eddie, AR</div><div>The Sterling Club Coffee & Conversation in Spanish</div><div>Happy Hour with Grace Azar (Live Music), G</div><div>Achieving Your Goals Support Group with Daniel, MR</div><div>Health & Wellness talk with Daniel, AR</div><div>Evening Movie, MR</div><div>Puzzles & Board Games, AR</div></div>	<div><div>★ 9:00am</div><div>★ 10:00am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:15am</div><div>🕒 1:30pm</div><div>🕒 2:00pm</div><div>🕒 2:00pm</div><div>🕒 2:00pm</div><div>🕒 3:00pm</div><div>🕒 3:00pm</div><div>🕒 3:30pm</div><div>🕒 6:00pm</div><div>🕒 6:00pm</div></div> <div><div>Morning Walk with Claudia, G</div><div>Errands Day & Trip to Walgreens, G</div><div>Morning Exercise Class with Daniel, MR</div><div>Creative Coloring Therapy with Daniel, AR</div><div>Learn Italian: Basic Conversation & Phrases, AR</div><div>Lunch Outing: Sicilian Oven - Italian Cuisine, G</div><div>The Amazing Journey to a Healthy Mind & Body, a Lecture by Dr. Dave, G</div><div>Salsa Dancing with Claudia, 2</div><div>Bingo with Eddie, AR</div><div>Coffee & Conversation with Claudia, 2</div><div>Aqua Painting, AR</div><div>Arts & Crafts, AR</div><div>Happy Hour with Spookey Jones (Live Music), G</div><div>Evening Movie, MR</div><div>Puzzles & Board Games, AR</div></div>	<div><div>★ 9:00am</div><div>★ 10:00am</div><div>★ 10:15am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:15am</div><div>🕒 1:15pm</div><div>🕒 1:30pm</div><div>🕒 2:00pm</div><div>🕒 3:00pm</div><div>🕒 3:00pm</div><div>🕒 3:30pm</div><div>🕒 6:00pm</div><div>🕒 7:00pm</div></div> <div><div>Morning walk with Claudia, G</div><div>Errands Day & Trip to Publix Supermarket</div><div>Light Weights Workout with Daniel, G</div><div>Morning Exercise Class with Daniel, MR</div><div>Brain Fitness Games with Daniel, AR</div><div>Dominoes Games, AR</div><div>Chair Yoga & Zumba with Claudia, 2</div><div>Residents Social Spotlight Club With Daniel, MR</div><div>Bingo with Eddie, AR</div><div>Physical & Cognitive Well-Being Talk w/ Care America</div><div>Crosswords & Sudoku Games, 2</div><div>Residents Happy Hour: with Alan Cohen, G</div><div>The History of Israel Fashion with Daniel, G</div><div>Puzzles & Board Games, AR</div><div>Shabbat Service with Rabbi Moshe Pitchon, MR</div><div>Evening Movie, MR</div></div>	<div><div>★ 10:00am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>★ 11:00am</div><div>🕒 11:15am</div><div>🕒 1:30pm</div><div>🕒 2:00pm</div><div>🕒 3:00pm</div><div>🕒 3:15pm</div><div>🕒 3:30pm</div><div>🕒 5:30pm</div><div>🕒 6:00pm</div><div>🕒 6:30pm</div></div> <div><div>Stretch & Strength with Claudia, 2</div><div>Morning Exercise Class Claudia, 2</div><div>Aqua Painting Class, AR</div><div>Fun Facts & Trivia with Daniel, AR</div><div>The Sterling Horse Racing Club with Daniel</div><div>Exploring World Religions, MR</div><div>Travelogue - Welcome to Isreal -Video Tel Aviv</div><div>Bingo Game with Claudia, AR</div><div>Bible Stories Class, AR</div><div>Art Therapy, AR</div><div>German Desserts & Beer Tasting, G</div><div>Puzzles Games, MR</div><div>Evening Movie, MR</div><div>Rummikub & Chess Games, AR</div></div>
5	6	7	8	9	10	11			
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American Cuisine, G</div><div>Fall Arts & Crafts (Wreath Making) with Daniel, G</div><div>Salsa Dancing with Claudia, 2</div><div>Bingo with Eddie, AR</div><div>Coffee & Conversation with Claudia, 2</div><div>Aqua Painting, AR</div><div>Arts & Crafts, AR</div><div>Happy Hour with Spookey Jones (Live Music), G</div><div>Evening Movie, MR</div><div>Puzzles & Board Games, AR</div></div>	<div><div>★ 9:00am</div><div>★ 10:00am</div><div>★ 10:15am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:15am</div><div>🕒 1:15pm</div><div>🕒 1:30pm</div><div>🕒 2:00pm</div><div>🕒 3:00pm</div><div>🕒 3:00pm</div><div>🕒 3:30pm</div><div>🕒 6:00pm</div><div>🕒 7:00pm</div></div> <div><div>Morning walk with Claudia, G</div><div>Errands Day & Trip to Publix Supermarket</div><div>Light Weights Workout with Daniel, G</div><div>Morning Exercise Class with Daniel, MR</div><div>Brain Fitness Games & Dominoes Games</div><div>Fall Barbecue on the Patio with Butch, our Plant Director, G</div><div>Chair Yoga & Zumba with Claudia, 2</div><div>Residents Social Spotlight Club With Daniel, MR</div><div>Bingo with Eddie, AR</div><div>The Sterling Dining Club with Chef Ahmed, G</div><div>Crosswords & Sudoku Games, 2</div><div>Resident Happy Hour: with Jun & Sandy Brooks, G</div><div>Puzzles & Board Games, AR</div><div>Shabbat Service with Rabbi Moshe Pitchon, MR</div><div>Evening Movie, MR</div></div>	<div><div>★ 10:00am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>★ 11:00am</div><div>🕒 11:15am</div><div>🕒 1:30pm</div><div>🕒 2:00pm</div><div>🕒 3:00pm</div><div>🕒 3:15pm</div><div>🕒 3:30pm</div><div>🕒 5:30pm</div><div>🕒 6:00pm</div><div>🕒 6:30pm</div></div> <div><div>Stretch & Strength with Claudia, 2</div><div>Morning Exercise Class Claudia, 2</div><div>Aqua Painting Class, AR</div><div>Fun Facts & Trivia with Daniel, AR</div><div>The Sterling Horse Racing Club with Daniel</div><div>Exploring World Religions, MR</div><div>Travelogue - 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12	13	14	15	16	17	18			
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Live Music, G</div><div>Achieving Your Goals Support Group with Daniel, G</div><div>Health & Wellness talk with Daniel, AR</div><div>Evening Movie, MR</div><div>Puzzles & Board Games, AR</div></div>	<div><div>★ 9:00am</div><div>★ 10:00am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:15am</div><div>🕒 1:30pm</div><div>🕒 2:00pm</div><div>🕒 2:00pm</div><div>🕒 2:00pm</div><div>🕒 3:00pm</div><div>★ 3:30pm</div><div>🕒 3:30pm</div><div>🕒 3:30pm</div><div>🕒 6:00pm</div><div>🕒 6:00pm</div></div> <div><div>Morning Walk with Claudia, G</div><div>Errands Day & Trip to Walgreens, G</div><div>Morning Exercise Class with Daniel, MR</div><div>Creative Coloring Therapy & Dominoes Games</div><div>Learn Italian: Basic Conversation & Phrases, AR</div><div>Lunch Outing: Duffy's Sports Grill - American Cuisine, G</div><div>Fall Arts & Crafts (Wreath Making) with Daniel, G</div><div>Salsa Dancing with Claudia, 2</div><div>Bingo with Eddie, AR</div><div>Coffee & Conversation with Claudia, 2</div><div>Aqua Painting, AR</div><div>Basketball toss, AR</div><div>Happy Hour with Rozz Baker (Live Music), G</div><div>Arts & Crafts with Daniel, AR</div><div>Evening Movie, MR</div></div>	<div><div>★ 9:00am</div><div>★ 10:00am</div><div>★ 10:15am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>🕒 11:15am</div><div>🕒 1:15pm</div><div>🕒 1:30pm</div><div>🕒 2:00pm</div><div>🕒 3:00pm</div><div>🕒 3:00pm</div><div>🕒 3:30pm</div><div>🕒 6:00pm</div><div>🕒 7:00pm</div></div> <div><div>Morning Walk with Claudia, G</div><div>Errands Day & Trip to Publix Supermarket</div><div>Light Weights Workout with Daniel, G</div><div>Morning Exercise Class with Daniel, MR</div><div>Brain Fitness Games & Dominoes Games</div><div>Fall Barbecue on the Patio with Butch, our Plant Director, G</div><div>Chair Yoga & Zumba with Claudia, 2</div><div>Residents Social Spotlight Club With Daniel, MR</div><div>Bingo with Eddie, AR</div><div>The Sterling Dining Club with Chef Ahmed, G</div><div>Crosswords & Sudoku Games, 2</div><div>Resident Happy Hour: with Jun & Sandy Brooks, G</div><div>Puzzles & Board Games, AR</div><div>Shabbat Service with Rabbi Moshe Pitchon, MR</div><div>Evening Movie, MR</div></div>	<div><div>★ 10:00am</div><div>★ 10:30am</div><div>🕒 11:00am</div><div>🕒 11:00am</div><div>★ 11:00am</div><div>🕒 11:15am</div><div>🕒 1:30pm</div><div>🕒 2:00pm</div><div>🕒 3:00pm</div><div>🕒 3:15pm</div><div>🕒 3:30pm</div><div>🕒 5:30pm</div><div>🕒 6:00pm</div><div>🕒 6:30pm</div></div> <div><div>Stretch & Strength with Claudia, 2</div><div>Morning Exercise Class Claudia, 2</div><div>Aqua Painting Class, AR</div><div>Fun Facts & Trivia with Daniel, AR</div><div>The Sterling Horse Racing Club with Daniel</div><div>Exploring World Religions, MR</div><div>Travelogue - Welcome to Isreal -Video Jerusalem</div><div>Bingo Game with Claudia, AR</div><div>Bible Stories Class, AR</div><div>Art Therapy, AR</div><div>German Desserts & Beer Tasting, G</div><div>Puzzles Games, MR</div><div>Evening Movie, MR</div><div>Rummikub & Chess Games, AR</div></div>			
19	20	21	22	23	24	25			
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