

October 2025

The Sterling Aventura: Memory Care Neighborhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
			🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Fit Mind Brain Games 🕒 Match The Shapes Music and Movement 🕒 Reminiscing Time 🕒 Sensory Stimulation ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Puzzles & Board Games & Art & Crafts 🕒 Spa Day: Nails Art 🕒 4:30pm Dinner Time Music Therapy 🕒 Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Count with me Math & Brain Games 🕒 Creative Coloring Music and Movement 🕒 Name That Tunes Israeli Music 🕒 Sunshine on the Patio 🕒 12:00pm Lunch Time 🕒 Match the Photos 🕒 Puzzles & Board Games Music and Sing Along 🕒 4:30pm Dinner Time Nature Documentary 🕒 Resident Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Count with me Math 🕒 Creative Coloring 🕒 Match the Shapes Music and Movement 🕒 Name That Tunes ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Puzzles & Board Games 🕒 1:45pm Music Therapy with Rey from InstruMix 🕒 4:30pm Dinner Time Music Therapy 🕒 Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Count with me Math 🕒 Creative Coloring 🕒 Match the Shapes Music and Sing Along 🕒 Name That Tunes ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Puzzles & Board Games 🕒 1:45 pm Music Therapy with Rey from InstruMix 🕒 4:30pm Dinner Time Music Therapy 🕒 Nature Documentary 🕒 Resident Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Aqua Painting 🕒 Arts & Crafts 🕒 Brain fitness Games 🕒 Guessing Games Music and Movement 🕒 Travelogue - Welcome to Isreal -Video – Haifa 🕒 12:00pm Lunch 🕒 Music and Sing Along 🕒 Puzzles & Board Games 🕒 Music Therapy Music and Sing Along 🕒 Name that Tune 🕒 4:30pm Dinner Time 🕒 6:30pm Movie Night
5	6	7	8	9	10	11	
🕒 8:00am Breakfast ★ Morning Exercise Class ★ Aqua Painting 🕒 Arts & Crafts 🕒 Brain fitness Games Music and Movement 🕒 12:00pm Lunch 🕒 Music and Sing Along 🕒 Puzzles & Board Games 🕒 Music Therapy Music and Sing Along 🕒 Name that Tune 🕒 4:30pm Dinner Time Movies 🕒 Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Creative Coloring -Israeli Painting 🕒 Fit Mind Brain Games 🕒 Legacy kits 🕒 Match the Shapes & Music and Movement 🕒 Sensory Stimulation ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Aromatherapy 🕒 Puzzles & Board Games 🕒 Happy Hour: Music & Dance Time 🕒 4:00pm Dinner Time 🕒 Nature Documentary 🕒 Resident Movie Night 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Creative Coloring & Brain Games 🕒 Fidget Board Music and Movement 🕒 Sensory Stimulation 🕒 12:00pm Lunch Time ★ Latin Music and Dancing 🕒 Famous People from Israel 🕒 Puzzles & Board Games 🕒 Spa Day: Nails Art 🕒 4:30pm Dinner Time 🕒 Nature Documentary 🕒 Resident Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Fit Mind Brain Games & Creative Coloring 🕒 Match the Shapes Music and Movement 🕒 Reminiscing Time ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Puzzles & Board Games 🕒 The History of Israeli Fashion 🕒 4:30pm Dinner Time Music Therapy 🕒 Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Count with me Math 🕒 Creative Coloring 🕒 Name That Tunes French Music 🕒 Sunshine on the Patio 🕒 12:00pm Lunch Time 🕒 Match the Photos 🕒 Puzzles & Board Games Music and Sing Along 🕒 4:30pm Dinner Time Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Count with me Math 🕒 Creative Coloring 🕒 Match the Shapes Music and Movement 🕒 Name That Tunes & Music and Movement ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Puzzles & Board Games 🕒 1:45 pm Music Therapy with Rey from InstruMix 🕒 4:30pm Dinner Time Music Therapy 🕒 Nature Documentary 🕒 Resident Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Aqua Painting 🕒 Arts & Crafts 🕒 Brain fitness Games 🕒 Guessing Games Music and Movement 🕒 Travelogue - Welcome to Isreal -Video -Tel Aviv 🕒 12:00pm Lunch 🕒 Music and Sing Along 🕒 Puzzles & Board Games Music and Sing Along 🕒 Name that Tune 🕒 4:30pm Dinner Time 🕒 Movie Night ASMR	
12	13	14	15	16	17	18	
🕒 8:00am Breakfast ★ Morning Exercise Class ★ Aqua Painting 🕒 Arts & Crafts 🕒 Brain fitness Games Music and Movement 🕒 12:00pm Lunch 🕒 Music and Sing Along 🕒 Puzzles & Board Games 🕒 Music Therapy Music and Sing Along 🕒 4:00pm Name that Tune 🕒 4:30pm Dinner Time 🕒 6:30pm Movie Night 7:00pm ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Creative Coloring -Canvas Painting 🕒 Fit Mind Brain Games 🕒 Legacy kits 🕒 Match the Shapes & Sensory Stimulation ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Aromatherapy 🕒 Puzzles & Board Games 🕒 Happy Hour: Music & Dance Time 🕒 4:30pm Dinner Time 🕒 Nature Documentary 🕒 Resident Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Creative Coloring & Brain Games 🕒 Fidget Board Music and Movement 🕒 Sensory Stimulation 🕒 12:00pm Lunch Time ★ Latin Music and Dancing 🕒 Famous Food from Isreal 🕒 Puzzles & Board Games 🕒 Spa Day: Nails Art 🕒 4:30pm Dinner Time 🕒 Nature Documentary 🕒 Resident Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Creative Coloring & Sensory Stimulation 🕒 Fit Mind Brain Games 🕒 Match the Shapes Music and Movement 🕒 Reminiscing Time ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Puzzles & Board Games 🕒 Spa Day: Nails Art 🕒 4:30pm Dinner Time Music Therapy 🕒 Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Count with me Math & Brain Games 🕒 Creative Coloring Music and Movement 🕒 Name That Tunes Italian Music 🕒 Sunshine on the Patio 🕒 12:00pm Lunch Time 🕒 Match the Photos 🕒 Puzzles & Board Games Music and Sing Along 🕒 4:30pm Dinner Time Nature Documentary 🕒 Resident Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Count with me Math 🕒 Creative Coloring 🕒 Match the Shapes & Music and Movement 🕒 Name That Tunes ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 2:00pm Puzzles & Board Games 🕒 1:45pm Music Therapy with Rey from InstruMix 🕒 4:30pm Dinner Time Music Therapy Time 🕒 Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class 🕒 Arts & Crafts & Aqua Painting 🕒 Brain fitness Games 🕒 Guessing Games Music and Movement 🕒 Travelogue - Welcome to Isreal -Video Jerusalem 🕒 12:00pm Lunch Time 🕒 Music and Sing Along 🕒 Puzzles & Board Games 🕒 Music Therapy Music and Sing Along 🕒 Name that Tune 🕒 4:30pm Dinner Time 🕒 Movie Night	
19	20	21	22	23	24	25	
🕒 8:00am Breakfast ★ Morning Exercise Class ★ Aqua Painting 🕒 Arts & Crafts 🕒 Brain fitness Games Music and Movement 🕒 12:00pm Lunch Time Artwork Time 🕒 Music and Sing Along 🕒 Puzzles & Board Games 🕒 Music Therapy Music and Sing Along 🕒 Name that Tune 🕒 4:30pm Dinner Time 🕒 Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class 🕒 Fit Mind Brain Games 🕒 Legacy kits 🕒 Match the Shapes & Music and Movement 🕒 Reflective Coloring & Sensory Stimulation ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Aromatherapy 🕒 Puzzles & Board Games 🕒 Happy Hour: Music & Dance Time 🕒 Jewish Views & Values 🕒 4:30pm Dinner Time Music Therapy 🕒 Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Creative Coloring & Brain Games 🕒 Fidget Board Music and Movement 🕒 Sensory Stimulation 🕒 12:00pm Lunch Time ★ Latin Music and Dancing 🕒 The History of Isreal 🕒 Puzzles & Board Games 🕒 Spa Day: Nails Art 🕒 4:30pm Dinner Time 🕒 Nature Documentary 🕒 Resident Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Fit Mind Brain Games & Creative Coloring 🕒 Match the Shapes 🕒 Reminiscing Time 🕒 Sensory Stimulation ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Artwork Time 🕒 Puzzles & Board Games 🕒 Spa Day: Nails Art 🕒 4:30pm Dinner Time Music Therapy 🕒 Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Brain Games 🕒 Count with me Math 🕒 Creative Coloring Music and Movement 🕒 Name That Tunes Spanish Music 🕒 Sunshine on the Patio 🕒 12:00pm Lunch Time 🕒 Match the Photos 🕒 Puzzles & Board Games Music and Sing Along 🕒 4:30pm Dinner Time Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Creative Coloring 🕒 Fit Mind Brain Games 🕒 Match the Shapes & Count with me Math 🕒 Name That Tunes ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Puzzles & Board Games 🕒 1:45pm Music Therapy with Rey from InstruMix 🕒 4:30pm Dinner Time Music Therapy 🕒 Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class 🕒 Aqua Painting 🕒 Arts & Crafts 🕒 Brain fitness Games 🕒 Guessing Games Music and Movement 🕒 Travelogue - Welcome to Isreal Video Nazareth 🕒 12:00pm Lunch Time 🕒 Music and Sing Along 🕒 Puzzles & Board Games 🕒 Music Therapy Music and Sing Along 🕒 Name that Tune 🕒 4:30pm Dinner Time 🕒 Movie Night	
26	27	28	29	30	31	DIMENSIONS OF WELLNESS	
🕒 8:00am Breakfast ★ Morning Exercise Class ★ Aqua Painting 🕒 Arts & Crafts 🕒 Brain fitness Games Music and Movement 🕒 12:00pm Lunch Time 🕒 Artwork Time 🕒 Music and Sing Along 🕒 Puzzles & Board Games 🕒 Music Therapy Music and Sing along 🕒 Name that Tune 🕒 4:30pm Dinner Time 🕒 Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Class & Morning Stretch 🕒 Fit Mind Brain Games & Creative Coloring 🕒 Legacy kits 🕒 Match the Shapes & Music and Movement 🕒 Reflective Coloring & French Art ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Christians Views & Values 🕒 Puzzles & Board Games 🕒 Happy Hour: Music & Dance Time 🕒 4:30pm Dinner Time Music Therapy 🕒 Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Creative Coloring & Brain Games 🕒 Fidget Board Music and Movement 🕒 Sensory Stimulation 🕒 12:00pm Lunch Time ★ Latin Music and Dancing 🕒 Match the Photos 🕒 Puzzles & Board Games 🕒 Spa Day: Nails Art 🕒 4:30pm Dinner Time 🕒 Nature Documentary 🕒 Resident Movie Night	800am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Fit Mind Brain Games 🕒 Match the Shapes Music and Movement 🕒 Reminiscing Time 🕒 Sensory Stimulation ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time Art & Crafts 🕒 Puzzles & Board Games 🕒 Spa Day: Nails Art 🕒 4:30pm Dinner Time 🕒 Nature Documentary 🕒 Resident Movie Night	🕒 8:00am Breakfast ★ Morning Exercise Class ★ Morning Stretch 🕒 Count with me Math & Brain Games 🕒 Creative Coloring Music and Movement 🕒 Name That Tunes German Music 🕒 Sunshine on the Patio 🕒 12:00pm Lunch Time 🕒 Match the Photos 🕒 Puzzles & Board Games Music and Sing Along 🕒 4:30pm Dinner Time 🕒 Nature Documentary 🕒 Resident Movie Night ASMR	🕒 8:00am Breakfast ★ Morning Exercise Clas ★ Morning Stretch 🕒 Count with me Math 🕒 Creative Coloring 🕒 Match the Shapes Music and Movement 🕒 Name That Tunes ★ Sunshine Club on The Patio 🕒 12:00pm Lunch Time 🕒 Puzzles & Board Games Halloween Party 🕒 4:30pm Dinner Time Music Therapy 🕒 Nature Documentary 🕒 Resident Movie Night	🧘 Physical 🧘 Spiritual 🧘 Vocational 🧘 Intellectual 🌱 Emotional 🌱 Environmental 👤 Social 🏥 Health Services	