

calendar & activities															
JUL 2019															
SUNDAY		MONDAY		TUESDAY		WEDNESDAY									
THURSDAY		FRIDAY		SATURDAY											
<div><div><div>The Sterling Aventura</div><div>2777 NE 183rd St.</div><div>Aventura, FL 33160</div></div><div><div>SENIOR LIFESTYLE</div><div>Come grow with us</div><div>WWW.SENIORLIFESTYLE.COM</div></div></div>		<div></div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Chair Dancing</div><div>10:30 Morning Refreshments</div><div>10:40 Puzzles and Board Games</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:00 ESSENCE: Aroma Therapy</div><div>1:15 Patriotic Arts and Crafts</div><div>2:00 THYMELESS: Afternoon Refreshments:</div><div> Hello Jello</div><div>2:15 Travel Documentary</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>1</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 "Count With Me" Math Class</div><div>10:50 BOOKMARKS: Reading Club on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Birthday Cards Club</div><div>2:00 THYMELESS: BAKING CLUB: Cookie making</div><div>2:15 Nature Documentary</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Sing Along</div></div> <div>2</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Active Hands Exercise</div><div>10:30 Morning Refreshments</div><div>10:40 Short Stories Reading Club</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:00 Spa Day</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: BAKING CLUB: Cake Decorating</div><div>2:15 Travel Documentary</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>5:00 Dinner Outing: Chili's Tex Mex</div><div>6:00 Movie Night</div></div> <div>3</div>		<div><div>Independence Day</div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 Trivia and Brain Teasers</div><div>10:45 Magazines Review on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>12:00 4th of July Barbeque</div><div>1:15 Reflective Coloring</div><div>2:00 THYMELESS: Afternoon Refreshments: Ice Cream Social</div><div>2:15 Independence Day Celebration with Lourdes Valentin</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Funny Videos</div></div> <div>4</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Active Hands Exercise</div><div>10:30 Morning Refreshments</div><div>10:40 "Count With Me" Math Class</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:15 Reflective Coloring</div><div>2:00 THYMELESS: Afternoon Refreshments: Sweet Delights</div><div>2:15 Shabbat Service with Cantor Bogomolni</div><div>2:30 Animal Planet Documentary</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>5</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 Trivia and Brain Teasers</div><div>10:45 Magazines Review on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: BAKING CLUB: Cookie making</div><div>2:15 Live Jazz Concert</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Sing Along</div></div> <div>6</div>	
<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 Weekly Good News Review</div><div>11:00 Trip to the Church</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Arts and Crafts</div><div>2:00 THYMELESS: Afternoon Refreshments: Tropical Fruit Delights</div><div>2:15 Live Classical Music Concert</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Funny Videos</div></div> <div>7</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Chair Dancing</div><div>10:30 Morning Refreshments</div><div>10:40 Puzzles and Board Games</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:00 ESSENCE: Aroma Therapy</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: Afternoon Refreshments:</div><div> Hello Jello</div><div>2:15 Music Therapy with Debbie Taylor</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>8</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 "Count With Me" Math Class</div><div>10:50 BOOKMARKS: Reading Club on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Birthday Cards Club</div><div>2:00 THYMELESS: BAKING CLUB: Cookie making</div><div>2:15 Happy Hour with Ralph Roberts</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Sing Along</div></div> <div>9</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Active Hands Exercise</div><div>10:30 Morning Refreshments</div><div>10:40 Short Stories Reading Club</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:00 Spa Day</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: BAKING CLUB: Cake Decorating</div><div>2:15 Music Therapy with Lourdes Valentin</div><div>3:15 "Count With Me" Math Class</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>10</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 Trivia and Brain Teasers</div><div>10:45 Magazines Review on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Reflective Coloring</div><div>2:00 THYMELESS: Afternoon Refreshments: Ice Cream Social</div><div>2:15 Happy Hour with Richard Chiofalo</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>5:00 Dinner Outing: Houston's American Cuisine</div><div>6:00 Funny Videos</div></div> <div>11</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Active Hands Exercise</div><div>10:30 Morning Refreshments</div><div>10:40 "Count With Me" Math Class</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:15 Reflective Coloring</div><div>2:00 THYMELESS: Afternoon Refreshments: Sweet Delights</div><div>2:15 Shabbat Service with Cantor Bogomolni</div><div>2:30 Animal Planet Documentary</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>12</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 Trivia and Brain Teasers</div><div>10:45 Magazines Review on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: BAKING CLUB: Cookie making</div><div>2:15 Live Jazz Concert</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Sing Along</div></div> <div>13</div>			
<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 Weekly Good News Review</div><div>11:00 Music and Worship Connection with the Church of Christ</div><div>11:00 Trip to the Church</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Arts and Crafts</div><div>2:00 THYMELESS: Afternoon Refreshments: Tropical Fruit Delights</div><div>2:15 Live Classical Music Concert</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Funny Videos</div></div> <div>14</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Chair Dancing</div><div>10:30 Morning Refreshments</div><div>10:40 Puzzles and Board Games</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:00 ESSENCE: Aroma Therapy</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: Afternoon Refreshments:</div><div> Hello Jello</div><div>2:15 Happy Hour with Javier Casajo</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>15</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 "Count With Me" Math Class</div><div>10:50 BOOKMARKS: Reading Club on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Birthday Cards Club</div><div>2:00 THYMELESS: BAKING CLUB: Cookie making</div><div>2:15 Nature Documentary</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Sing Along</div></div> <div>16</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Active Hands Exercise</div><div>10:30 Morning Refreshments</div><div>10:40 Short Stories Reading Club</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:00 Spa Day</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: BAKING CLUB: Cake Decorating</div><div>2:15 Happy Hour with Jesus Alvarado</div><div>3:15 "Count With Me" Math Class</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>17</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 Trivia and Brain Teasers</div><div>10:45 Magazines Review on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Reflective Coloring</div><div>2:00 THYMELESS: Afternoon Refreshments: Ice Cream Social</div><div>2:15 Nature Documentary</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>5:00 Dinner Outing: Sicilian Oven Pizza</div><div>6:00 Funny Videos</div></div> <div>18</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Active Hands Exercise</div><div>10:30 Morning Refreshments</div><div>10:40 "Count With Me" Math Class</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:15 Reflective Coloring</div><div>2:00 THYMELESS: Afternoon Refreshments: Sweet Delights</div><div>2:15 Shabbat Service with Cantor Bogomolni</div><div>2:30 Animal Planet Documentary</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>19</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 Trivia and Brain Teasers</div><div>10:45 Magazines Review on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: BAKING CLUB: Cookie making</div><div>2:15 Live Jazz Concert</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Sing Along</div></div> <div>20</div>			
<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 Weekly Good News Review</div><div>11:00 Trip to the Church</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Arts and Crafts</div><div>2:00 THYMELESS: Afternoon Refreshments: Tropical Fruit Delights</div><div>2:15 Live Classical Music Concert</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Funny Videos</div></div> <div>21</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Chair Dancing</div><div>10:30 Morning Refreshments</div><div>10:40 Puzzles and Board Games</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:00 ESSENCE: Aroma Therapy</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: Afternoon Refreshments:</div><div> Hello Jello</div><div>2:15 Travel Documentary</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>22</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 "Count With Me" Math Class</div><div>10:50 BOOKMARKS: Reading Club on the Patio</div><div>11:00 Picnic on the Bal Harbour Beach</div><div>1:15 Birthday Cards Club</div><div>2:00 THYMELESS: BAKING CLUB: Cookie making</div><div>2:15 Music Therapy with Lourdes Valentin</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Sing Along</div></div> <div>23</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Active Hands Exercise</div><div>10:30 Morning Refreshments</div><div>10:40 Short Stories Reading Club</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:00 Spa Day</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: BAKING CLUB: Cake Decorating</div><div>2:15 Travel Documentary</div><div>3:15 "Count With Me" Math Class</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>24</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 Trivia and Brain Teasers</div><div>10:45 Magazines Review on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Reflective Coloring</div><div>2:00 THYMELESS: Afternoon Refreshments: Ice Cream Social</div><div>2:15 Nature Documentary</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>5:00 Dinner Outing: Thai House</div><div>6:00 Funny Videos</div></div> <div>25</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Active Hands Exercise</div><div>10:30 Morning Refreshments</div><div>10:40 "Count With Me" Math Class</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:15 Reflective Coloring</div><div>2:00 THYMELESS: Afternoon Refreshments: Sweet Delights</div><div>2:15 Shabbat Service with Cantor Bogomolni</div><div>2:30 Animal Planet Documentary</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>26</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 Trivia and Brain Teasers</div><div>10:45 Magazines Review on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: BAKING CLUB: Cookie making</div><div>2:15 Live Jazz Concert</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Sing Along</div></div> <div>27</div>			
<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:50 American Flag Arts and Crafts with AL residents</div><div>11:00 Trip to the Church</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Arts and Crafts</div><div>2:00 THYMELESS: Afternoon Refreshments: Tropical Fruit Delights</div><div>2:15 Live Classical Music Concert</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Funny Videos</div></div> <div>28</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Chair Dancing</div><div>10:30 Morning Refreshments</div><div>10:40 Puzzles and Board Games</div><div>10:50 THYMELESS: Gardening on the Patio</div><div>1:00 ESSENCE: Aroma Therapy</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: Afternoon Refreshments:</div><div> Hello Jello</div><div>2:15 Happy Hour with Jesus Alvarado</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>29</div>		<div><div>10:10 Mindful Meditation</div><div>10:15 Morning Stretch</div><div>10:30 Morning Refreshments</div><div>10:40 "Count With Me" Math Class</div><div>10:50 BOOKMARKS: Reading Club on the Patio</div><div>11:15 THYMELESS: Herb Gardening Club</div><div>1:15 Birthday Cards Club</div><div>2:00 THYMELESS: BAKING CLUB: Cookie making</div><div>2:15 Happy Hour with Ralph Roberts</div><div>3:15 Puzzles and Board Games</div><div>3:30 "Remembering The Past" Conversation Club on The Patio</div><div>6:00 Sing Along</div></div> <div>30</div>		<div><div>10:10 Breathing Exercise</div><div>10:15 Active Hands Exercise</div><div>10:30 Morning Refreshments</div><div>10:40 Short Stories Reading Club</div><div>11:00 Trip to Miami Military Museum and Memorial</div><div>1:00 Spa Day</div><div>1:15 Aqua Painting Class</div><div>2:00 THYMELESS: BAKING CLUB: Cake Decorating</div><div>2:15 Travel Documentary</div><div>3:15 "Count With Me" Math Class</div><div>3:15 Trivia and Brain Teasers</div><div>3:30 Happy Hour in The Lobby</div><div>6:00 Movie Night</div></div> <div>31</div>		<div></div>							