



assisted living

BE INSPIRED

- CONNECT    ● GROW
- CONTRIBUTE    ● MOVE
- FEEL    ● REFLECT

LOCATIONS

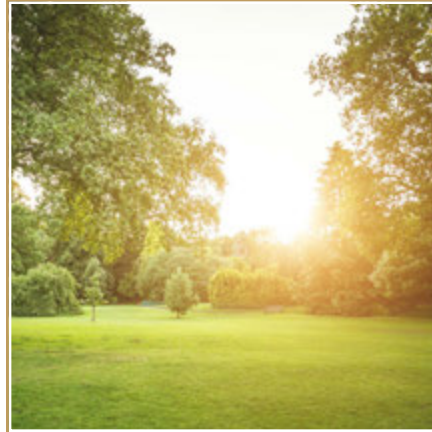
- ACTIVITIES ROOM
- SECOND FLOOR – AR
- FIFTH FLOOR LOBBY – 5
- FOURTH FLOOR LIBRARY – 4
- GROUND FLOOR LOBBY – G
- MEDIA ROOM GROUND FLOOR – MR
- PATIO – P
- PEACOCK DINING ROOM – PDR
- SECOND FLOOR LOBBY – 2
- SIXTH FLOOR LOBBY – 6

TRANSPORTATION SCHEDULE

- MONDAY, TUESDAY & WEDNESDAY
- 9 a.m. to 5 p.m.
- Doctor Appointments
- THURSDAY
- 9 a.m. to 4 p.m./5 to 7:30 p.m.
- Doctor Appointments and Residents' Dinner Outing
- FRIDAY
- 9 a.m. to 2 p.m.
- Errand Day
- SUNDAY
- 10:45 a.m.
- Trip To Church



www.SeniorLifestyle.com  
Activities are subject to change



10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **7**

10:45 ● Residents' Trip to Church | G

11:00 ● Jewelry Class with Ros | AR

11:30 ● Pet Therapy with Barley's | G

1:00 ● Ice Cream Social | G

2:00 ● Blackjack | AR

2:15 ● Magazines & Newspapers Social | AR

3:30 ● Happy Hour with Don Stanfield | G

6:00 ● Karaoke Night | G

6:30 ● Poker Club | 6

6:30 ● Sunday Night Bingo | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **14**

10:45 ● Residents' Trip to Church | G

11:00 ● Horse Racing with Daniel | MR

11:00 ● Music & Worship Connection with Church of Christ | AR

1:00 ● Ice Cream Social | G

2:00 ● Blackjack | AR

2:15 ● Magazines & Newspapers Social | AR

3:30 ● Happy Hour with Marian Weinberg | G

6:30 ● Poker Club | 6

6:30 ● Sunday Night Bingo | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **21**

10:45 ● Residents' Trip to Church | G

11:00 ● Jewelry Class with Ros | AR

1:00 ● Ice Cream Social | G

2:00 ● Blackjack | AR

2:15 ● Magazines & Newspapers Social | AR

3:30 ● Happy Hour with Frank Caprioli | G

6:00 ● Karaoke Night | G

6:30 ● Poker Club | 6

6:30 ● Sunday Night Bingo | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **28**

10:45 ● Residents' Trip to Church | G

11:00 ● Residents Lead Activity in Our Memory Care

11:05 ● Making Flags

11:15 ● Painting Class with Daniel | AR

1:00 ● Ice Cream Social | G

2:00 ● Blackjack | AR

3:30 ● Happy Hour with Pedro Carvalho | G

6:00 ● Karaoke Night | G

6:30 ● Poker Club | 6

6:30 ● Sunday Night Bingo | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **1**

11:00 ● Patriotic Crafts for Veterans | AR

1:00 ● Technology Class: iPhone & iPad with Daniel | 2

1:15 ● Current Events & World News with Dr. Lawrence Small | 2

2:00 ● Bingo with Daniel | AR

3:30 ● Happy Hour with Franci Lacerda | G

6:30 ● Monday Night Bingo | G

6:45 ● Special Movie | MR

6:45 ● Rummikub & Dominoes Games | G

10:30 ● Morning Exercise Class | 2 **8**

11:00 ● Arts & Crafts with Daniel | AR

11:30 ● Patriotic Singalong with Daniel | 2

1:00 ● Technology Class: iPhone & iPad with Daniel | 2

1:15 ● Current Events & World News with Dr. Lawrence Small | 2

2:00 ● Bingo with Daniel | AR

3:30 ● Happy Hour with Debbie Taylor | G

6:30 ● Monday Night Bingo | G

6:45 ● Special Movie | MR

6:50 ● Tea Time with Daniel | G

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **15**

11:00 ● Arts & Crafts with Daniel | AR

1:00 ● Technology Class: iPhone & iPad with Daniel | 2

1:15 ● Current Events & World News with Dr. Lawrence Small | 2

2:00 ● Bingo with Daniel | AR

3:00 ● July Residents' Birthdays Party | G

3:30 ● Happy Hour with Javier Cascajo | G

6:30 ● Monday Night Bingo | G

6:45 ● Special Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **22**

11:00 ● Arts & Crafts with Daniel | AR

11:00 ● Restoring Joy Back in Your Life, RN Julie | MR

11:05 ● from Kindred Hospice Care | MR

1:00 ● Technology Class: iPhone & iPad with Daniel | 2

2:00 ● Bingo with Daniel | AR

3:30 ● Happy Hour with Asy Alisade (Violinist) | G

6:30 ● Monday Night Bingo | G

6:45 ● Special Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **29**

11:00 ● Arts & Crafts with Daniel | AR

11:05 ● Book Review: "Stand Strong America" | MR

11:10 ● By Jason Jimenez with Linda Sauget | MR

1:00 ● Technology Class: iPhone & iPad with Daniel | 2

2:00 ● Bingo with Daniel | AR

3:30 ● Happy Hour with Jesus Alvarado | G

6:30 ● Monday Night Bingo | G

6:45 ● Special Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **2**

11:00 ● The Power of Reflection | AR

11:05 ● With Fayanne, Our Social Worker (Feeling) | AR

1:15 ● Chair Yoga with Barbie | MR

2:00 ● Blackjack with Daniel | AR

2:15 ● Magazines & Newspapers Social | AR

3:30 ● Happy Hour with George Huatiuk | G

6:30 ● Tuesday Night Bingo | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel | 2 **9**

11:00 ● The Power of Reflection | AR

11:05 ● With Fayanne, Our Social Worker (Feeling) | AR

11:45 ● Activities Planning Meeting with Daniel

2:00 ● Bingo with Daniel | AR

3:30 ● Happy Hour with Ralph Roberts | G

6:30 ● Tuesday Night Bingo | G

6:45 ● Evening Movie | MR

6:50 ● Rummikub & Dominoes | G

7:00 ● Music Therapy with Nio (Our Volunteer) | G

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **16**

11:00 ● The Power of Reflection | AR

11:05 ● With Fayanne, Our Social Worker (Feeling) | AR

1:15 ● Chair Yoga with Barbie | MR

2:00 ● Blackjack with Daniel | AR

2:15 ● Magazines & Newspapers Social | AR

3:30 ● Happy Hour with Franci Lacerda | G

6:30 ● Tuesday Night Bingo | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **23**

11:00 ● The Power of Reflection | AR

11:05 ● With Fayanne, Our Social Worker (Feeling) | AR

11:15 ● Picnic at Bal Harbor Beach with Daniel | G

2:00 ● Blackjack with Daniel | AR

2:15 ● Magazines & Newspapers Social | AR

3:30 ● Happy Hour with Lourdes Valentin | G

6:30 ● Tuesday Night Bingo | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **30**

11:00 ● Food Committee Meeting with Chef Alex | 2

11:30 ● Resident Council Meeting | 2

1:15 ● Chair Yoga with Barbie | MR

2:00 ● Blackjack with Daniel | AR

2:15 ● Magazines & Newspapers Social | AR

3:30 ● Happy Hour with Ralph Roberts | G

6:30 ● Tuesday Night Bingo | G

6:45 ● Evening Movie | MR

7:00 ● Music Therapy with Nio (Our Volunteer) | G

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **3**

11:30 ● Patriotic Scavenger Hunt with Daniel (Movements) | G

11:50 ● Trip to Fresh Market & Walking Club with Daniel

2:00 ● Bingo with Daniel | AR

3:30 ● Happy Hour with Frank Caprioli | G

5:00 ● Dinner Outing: Chili's (Tex Mex Style) | G

6:30 ● Poker Club | 6

6:30 ● Wednesday Night Bingo | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **10**

11:00 ● Wisdom of the Ages with Motivational Speaker | MR

11:05 ● Linda Sauget | MR

11:30 ● Blessing of Freedom, A Lecture by Dr. D Lemonick | MR

2:00 ● Bingo with Daniel | AR

3:30 ● Happy Hour with Lourdes Valentin | G

6:30 ● Poker Club | 6

6:30 ● Wednesday Night Bingo | G

6:45 ● Evening Movie | MR

7:50 ● Conversation & Discussion Club | 4

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **17**

11:00 ● The Truth About Patriotism, A Lecture by | AR

11:05 ● Dr. Lawrence Small | AR

11:50 ● Trip to Fresh Market & Walking Club with Daniel

2:00 ● Bingo with Daniel | AR

3:30 ● Happy Hour with Jesus Alvarado | G

6:15 ● Short Story Reading Club | 4

6:30 ● Poker Club | 6

6:30 ● Wednesday Night Bingo | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **24**

11:00 ● Blackjack with Daniel | AR

11:30 ● Patriotic Word Games with Karen | MR

11:50 ● Trip to Fresh Market & Walking Club with Daniel

2:00 ● Bingo with Daniel | AR

3:30 ● Happy Hour with Richard Chiofalo | G

6:15 ● Short Story Reading Club | 4

6:30 ● Poker Club | 6

6:30 ● Wednesday Night Bingo | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **31**

11:00 ● Trip to Miami Military Museum & Memorial | G

11:00 ● Resident Council Election | AR

2:00 ● Bingo with Daniel | AR

3:00 ● Music Therapy with Nio | G

3:35 ● Happy Hour with Marian Weinberg | G

6:00 ● Welcome New Residents' Tea Party with Daniel | MR

6:30 ● Poker Club | 6

6:30 ● Wednesday Night Bingo | G

6:45 ● Evening Movie | MR

INDEPENDENCE DAY **4**

10:30 ● Morning Exercise Class with Daniel (Movements) | 2

11:00 ● Brain Fitness Class with Daniel | AR

11:30 ● Independence Day Trivia with Daniel | 2

12:00 ● Barbecue on the Patio | P

1:15 ● Clergy Visits with Patty | 2

2:00 ● Blackjack with Daniel | AR

3:30 ● Fourth of July Celebration with Lourdes Valentin | G

6:30 ● Rummikub Games | G

6:30 ● Bingo Night | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **11**

11:00 ● Brain Fitness Class with Daniel | AR

11:00 ● The Science of Kindness with Karen | 2

1:15 ● Clergy Visits with Patty | 2

2:00 ● Blackjack with Daniel | AR

2:15 ● Magazines & Newspapers Social | AR

3:30 ● Happy Hour with Richard Chiofalo | G

5:00 ● Dinner Outing: Houston's | G

6:30 ● Rummikub Games | G

6:30 ● Bingo Night | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **18**

11:00 ● Brain Fitness Class with Daniel | AR

11:00 ● Finding Hope & Faith in Your Life with Rabbi Klein | MR

1:15 ● Clergy Visits with Patty | 2

2:00 ● Blackjack with Daniel | AR

3:30 ● Happy Hour with Andree Acevedo | G

5:00 ● Dinner Outing: Sicilian Oven (Italian Cuisine) | G

6:30 ● Bingo Night | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Daniel (Movements) | 2 **25**

11:00 ● Brain Fitness Class with Daniel | AR

1:15 ● Clergy Visits with Patty | 2

2:00 ● Blackjack with Daniel | AR

2:15 ● Magazines & Newspapers Social | AR

3:30 ● Happy Hour with Don Stanfield | G

5:00 ● Dinner Outing: Thai House II Asian cuisine | G

6:30 ● Rummikub Games | G

6:30 ● Bingo Night | G

6:45 ● Evening Movie | MR

BIRTHDAYS THIS MONTH

EDWARD ZANCHETTA – 1st

TRUDELL MCPHERSON – 9th

EUGENE COHAN – 9th

JOAN OJALA – 11th

CONSTANCE RENAUD – 11th

MARGARET ROSENZWEIG – 13th

10:30 ● Morning Exercise Class with Karen | 2 **5**

11:00 ● Ceramics Class with Garland | AR

11:00 ● Trip to Walmart & Publix Supermarket | G

11:15 ● Table Bowling with Karen | MR

1:45 ● Hot Topics with Karen | MR

2:30 ● Sabbath Service with Cantor Gaston Bogomolni | MR

3:30 ● Happy Hour with Allan Cohen | G

6:30 ● Friday Night Bingo | G

6:45 ● Evening Movie | MR

6:50 ● Conversation Club with Tammy | 4

10:30 ● Morning Exercise Class with Karen | 2 **12**

11:00 ● Ceramics Class with Garland | AR

11:00 ● Trip to Walmart & Publix Supermarket | G

11:15 ● Table Bowling with Karen | MR

1:45 ● Hot Topics with Karen | MR

2:30 ● Sabbath Service with Cantor Gaston Bogomolni | MR

3:30 ● Happy Hour with Jackson King | G

6:30 ● Friday Night Bingo | G

6:45 ● Evening Movie | MR

6:50 ● Rummikub & Dominoes Games | G

10:30 ● Morning Exercise Class with Karen | 2 **19**

11:00 ● Ceramics Class with Garland | AR

11:00 ● Trip to Walmart & Publix Supermarket | G

11:15 ● Table Bowling with Karen | MR

1:45 ● Hot Topics with Karen | MR

2:30 ● Sabbath Service with Cantor Gaston Bogomolni | MR

3:30 ● Happy Hour with Dragan Djordjevic | 2

6:30 ● Friday Night Bingo | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Karen | 2 **26**

11:00 ● Ceramics Class with Garland | AR

11:00 ● Trip to Walmart & Publix Supermarket | G

1:15 ● Clergy Visits with Patty | 2

2:00 ● Blackjack with Daniel | AR

2:15 ● Magazines & Newspapers Social | AR

3:30 ● Happy Hour with Don Stanfield | G

5:00 ● Dinner Outing: Thai House II Asian cuisine | G

6:30 ● Rummikub Games | G

6:30 ● Bingo Night | G

6:45 ● Evening Movie | MR

CAROLYN DRAVIS – 13th

TANIA BLUMSTEIN – 17th

SHELLY ELIAS – 24th

ALAN GENESTRE – 24th

MARTHA MISHCON – 27th

ALEJANDRO INGUANZO – 30th

RONNIE MITTLEMAN – 31st

10:30 ● Morning Exercise Class with Karen | 2 **6**

11:00 ● Trivial Pursuit with Karen | 2

11:20 ● Dominoes & Rummikub Games | G

1:00 ● Technology Class: iPhone & iPad with Karen | 2

1:15 ● The Private Life of Plants (Documentary) | MR

2:00 ● Bingo with Karen | AR

3:30 ● Happy Hour with Dragan Djordjevic | G

6:30 ● Bingo Night | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Karen | 2 **13**

11:00 ● Trivial Pursuit with Karen | 2

11:20 ● Dominoes & Rummikub Games | G

1:00 ● Technology Class: iPhone & iPad with Karen | 2

1:15 ● Nature Documentary (Our Planet) | MR

2:00 ● Bingo with Karen | AR

3:30 ● Happy Hour with Pedro Carvalho | G

6:30 ● Bingo Night | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Karen | 2 **20**

11:00 ● Trivial Pursuit with Karen | 2

11:20 ● Dominoes & Rummikub Games | G

1:00 ● Technology Class: iPhone & iPad with Karen | 2

1:15 ● South Pacific (Nature Documentary) | MR

2:00 ● Bingo with Karen | AR

3:30 ● Happy Hour with Winston Odonis | G

6:30 ● Bingo Night | G

6:45 ● Evening Movie | MR

10:30 ● Morning Exercise Class with Karen | 2 **27**

11:00 ● Trivial Pursuit with Karen | 2

11:20 ● Dominoes & Rummikub Games | G

1:00 ● Technology Class: iPhone & iPad with Karen | 2

1:15 ● Wonderful Oceans (Nature Documentary) | MR

2:00 ● Bingo with Karen | AR

3:30 ● Happy Hour with Javier Cascajo | G

6:30 ● Bingo Night | G

6:45 ● Evening Movie | MR



EVENT RECAP

# fun events always at the sterling aventura

Our Monthly Barbecue on the Patio and Mother's Day Tea with our Managers



## THIS MONTH'S heart hero

HOSPITALITY, EXCELLENCE,  
APPRECIATION,  
RESPECT, TEAMWORK

This month's employee spotlight is DAISY ZELAYA. She was born in San Miguel, El Salvador, on Oct. 28. Daisy was born to mother, Bertila and father, Carlos; from there she was introduced to a world of two sisters and two brothers whom she loves dearly. Daisy remembers the days she would go to church, cook home meals, bake and go to the beach with her family. Daisy has always felt blessed to have such amazing parents. She left her humble abode to stay with the love of her life, Mariano. She married Mariano when she was 27 and has been married to him for 27 years. Daisy met the love of her life in Miami. Daisy and Mariano created two handsome sons and one beautiful daughter. Daisy loves watching movies, cooking and listening to music. Daisy moved to Miami in 2001 and she has found Miami to become her second home. Daisy began working with The Sterling in 2018 and has been working hard ever since. Daisy says she truly loves her job and does everything in her power to make people around her happy. Daisy loves the family she has created at The Sterling in such a short period of time, and she wouldn't trade them for the world. We welcome Daisy with open arms and hope for many years within our team.



Daisy Zelaya

IT'S OUR PLEASURE TO  
SERVE YOU ...

## word from your executive director

MARY STORY 2019

Summer is in full swing! Barbecues, parks and other fun activities rule this beautiful time of the year! All Americans start off this month with a celebration of a very important holiday, Independence Day! Here at The Sterling, we want to celebrate the Fourth of July by encouraging your personal independence and freedom. Sometimes we forget how fortunate we are to live in this beautiful country and tend to see the glass half-empty, instead of taking advantage of all the wonderful opportunities. As your Executive Director, I truly hope that during this month, all of our residents will feel open to try something new and exciting. Independence Day Barbecue on the Patio is a perfect opportunity to get some fresh air and meet other residents. Our weekly dinner outings allow you to try a variety of different cuisines. Please join as many fun activities as possible during this month and embrace your personal independence. Also, on the Fourth of July, I want us to come together to honor our residents who served in the Armed Forces, and courageously defended our nation's freedom throughout the world. On behalf of all the employees and residents of The Sterling, I thank them for their commitment and sacrifice. I wish all of you a happy and safe holiday.

Truly Yours,

Mary Buchanan, Executive Director

## MANAGEMENT TEAM

- Mary Buchanan, *Executive Director*
- Patricia Cunningham, *Business Office Manager*
- Mark Monaghan, *Director of Sales & Marketing*
- Alex Lopez, *Dining Services Director*
- Alexandra Lopes, *Memory Care Director*
- Shayna Perry, *Health and Wellness Director*
- Daniel Dhanaram, *Resident Program Director*
- Ireneo Tenay, *Director of Maintenance*

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