

April 2025

Independent Living

Please know that all changes will be shown in the app.



AT AVENTURA

Programs and events listed are subject to change.
Please refer to the resident app and community
boards for the most up-to-date information.



Living Well

MIND • BODY • SPIRIT

SUN	MON	TUE	WED	THUR	FRI	SAT
Easter 10:30 Chair Yoga with Janet (EG) 4:00 Symphony Concert Videos with Michael Gage (EG)	8:45 Walking Group 9:00 Morning Stretch (EG) 10:00 Water Fitness with Alexandra (Pool) 10:30 Resident Relations Committee meeting (2nd Floor Card Room) 11:15 Strength & Balance with Alexandra (EG) 1:00 Memorial Healthcare Presents (EG) 1:00 Technology Help with Luis (2nd Floor Computer room) 2:00 Stress Management with Kemuel (EG) 3:00 Conversational Spanish with Theri Goldberg (Art Room) 4:00 Monday Light with Gwen & Veronica (1st Floor Library) 8:00 Movie Night: "Late Bloomers" (EG)	Earth Day 9:00 Floor Class with Kemuel (EG) 10:00 Drawing for Longevity (Art Room) 10:30 Yaya K. Collection Clothing & Jewelry (Main Lobby) 11:00 Estelle & Maddie's Aerobic Water Class (Pool) 11:00 Finance Committee (Conference Room) 12:15 Ageless Grace® (EG) 1:00 Torah Studies with Rabbi Smith (EG) 2:00 Men's Club (EG) 2:00 Paper Crafts at Vi (AS) 3:00 ZUMBA GOLD with Tony (EG) 4:00 Dance class with Tony (EG) 8:00 Biscotti "Bingo!" (EG)	9:00 Morning Stretch (EG) 10:00 Estelle & Maddie's Aerobic Water Class (Pool) 10:00 Everyday Yiddish with Frank Kromsky (Art Room) 11:00 Tai Chi with Rigo (Card Room) 11:00 Yom HaShoah Presentation (EG) 1:00 Viva Girls Practice (EG) 2:00 Women's Club Discussion Group (EG) 3:00 Living Well "Happy Hour" (Bar Lounge & Patio) 8:00 Young Conservatives Club (EG)	9:00 Floor Class with Kemuel (EG) 10:00 Art Class (Art Room) 10:00 Chair Yoga with Janet (EG) 10:00 Craps with Frank Kromsky (Room 304) 10:00 Resident Council Meeting (Conference Room) 10:00 Technology Help with Luis (2nd Floor Computer room) 11:00 Marzee Fashion & Accessories (Main Lobby) 1:00 Life Care Transitions & Grief Support Group (1st Floor Conference Room) 1:00 Let's Play Bridge with the Drills. (2nd Floor Card Room) 1:00 Mahjong & Rummikub with Esther Kessler (AS) 1:30 Water Cardio (Pool) 3:00 Vi Choraleers Practice (GS) 3:00 ZUMBA GOLD with Tony (EG) 5:00 Chef's Table Dinner (By Invitation Only) 8:00 Book Review with Veronica Fuchs (EG)	8:45 Walking Group 9:00 Coffee with Kemuel (EG) 10:00 Water Yoga (Pool) 10:30 Hotwire Office Hours: Fridays 10:30 AM- 12:30 PM (2nd Floor Rotunda) 11:00 Tai Chi with Rigo (EG) 11:00 Estelle & Maddie's Aerobic Water Class (Pool) 1:00 All RUMMIKUB Players & Beginners with Esther Kessler (AS) 2:00 Harry Getzov's Eldercation Lecture "Our Favorite Television Moms" (EG) 3:30 Shabbat celebration with Aventura Jewish Center (EG) 4:45 Resident Dinner Outing: Tropical Acres Steakhouse (Fort Lauderdale)	9:20 Boarding to Aventura Turnberry Jewish Center's Shabbat Service 10:00 Estelle & Maddie's Aerobic Water Class (Pool) 1:00 Duplicate Bridge (Card Room) 2:00 Men's Club (EG) 2:00 Water Class with Tony (Pool) 3:25 Boarding to St Matthews Catholic Church 8:00 Iris Revson in concert (EG)
10:30 Chair Yoga with Janet (EG) 3:00 Sundae Fun-day Ice Cream Social (BL)	8:45 Walking Group 9:00 Morning Stretch (EG) 10:00 Water Fitness with Alexandra (Pool) 10:30 Festival Flea Market (Main Lobby Boarding) 11:15 Strength & Balance with Alexandra (EG) 1:00 Technology Help with Luis (2nd Floor Computer room) 2:00 Stress Management with Kemuel (EG) 3:00 Conversational Spanish with Theri Goldberg (Art Room) 4:00 Monday Light with Gwen & Veronica (1st Floor Library) 8:00 Living Well Concert Series with Peter Fuchs & Special Guest (EG)	9:00 Floor Class with Kemuel (EG) 10:00 Drawing for Longevity (Art Room) 11:00 Estelle & Maddie's Aerobic Water Class (Pool) 12:15 Ageless Grace® (EG) 1:00 Torah Studies with Rabbi Smith (EG) 2:00 Men's Club (EG) 2:00 Paper Crafts at Vi (AS) 3:00 ZUMBA GOLD with Tony (EG) 4:00 Dance class with Tony (EG) 8:00 Biscotti "Bingo!" (EG)	9:00 Morning Stretch (EG) 10:00 Estelle & Maddie's Aerobic Water Class (Pool) 10:00 Everyday Yiddish with Frank Kromsky (Art Room) 11:00 Tai Chi with Rigo (Card Room) 1:00 Viva Girls Practice (EG) 2:00 Women's Club Discussion Group (EG) 3:00 Living Well "Happy Hour" with musical performance. (Bar Lounge & Patio)			

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