











Sterling Care Rockville Nursing



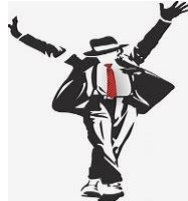





November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</i></p> <p>(2) Second Floor (3) Third Floor</p>		<p>1 9:30 Friendly Visits 11:00 Chair Exercise with Natalya 12:00 Dining Room Lunch</p> <p>2:30 Let's Party with Brian Rudolph <i>Party Time!</i></p>  <p>4:00 Emoji Trivia</p>	<p>2 All Saints Day 10:00 (3) Friendly Visits 11:00 Music Group 12:00 Dining Room Lunch</p> <p>2:00 Card Games</p>  <p>2:30 (2) Get Together 3:00 Refreshments</p>	<p>3 9:30 Social Visits 11:00 (2) A.M. Stretches 11:00 News Currents 12:00 Dining Room Lunch</p> <p>2:00 Jewish Service By Rabbi Berel Wolvovsky 2:30 Hymn Sing – Bible Study</p>	<p>4 10:00 (2) Manicures & Music 11:00 Let's get Physical 12:00 Dining Room Lunch 2:00 Happy Hour 3:00 Movie Time</p>	<p>5 9:30 Morning Hello's 11:00 Weekend Stretches</p> <p>2:00 BINGO</p>  <p>3:00 Movie Time</p>
<p>6 9:30 Morning Visits 10:30 Sunday Catholic Mass Second Floor Lounge 2:00 Sunday Stretches 3:30 Afternoon Visits</p>	<p>7 9:30 Friendly Visits 11:00 Manicures & Music 12:00 Dining Room Lunch 2:00 Arts & Crafts 3:30 Trivia Time</p> 	<p>8 10:00 (3) Manicures 11:00 News Currents 12:00 Dining Room Lunch 2:00 Chair Dance 3:30 Tea & Coffee Chat</p>	<p>9 10:00 (3) Social Visits 11:00 Morning Stretches 12:00 Dining Room Lunch</p> <p>2:00 Card Games</p>  <p>2:30 (2) Get Together 3:00 Refreshments</p>	<p>10 9:30 Social Visits 11:00 (2) Ball Toss & Music 11:00 Star of the Month Grace Kelly</p>  <p>12:00 Dining Room Lunch 2:00 Hymn Sing – Bible Study 3:00 Crochet Class</p>	<p>11 Veterans Day & Remembrance Day 9:30 Friendly Visits 11:00 Veterans Day Discussion 2:00 Music Performance with Steve Flynn 4:00 Balloon Toss</p>	<p>12 9:30 Morning Hello's 11:00 Weekend Stretches 2:00 BINGO 4:00 Movie Time</p>
<p>13 9:30 Morning Visits 10:30 Sunday Catholic Mass Second Floor Lounge 2:00 Trivia Time 3:30 Afternoon Visits</p>	<p>14 9:30 Friendly Visits 11:00 Manicures & Music 12:00 Dining Room Lunch 2:00 Arts & Crafts 3:30 Sing Along</p>	<p>15 10:00 (3) Manicures 11:00 Chair Exercise with Natalya</p>  <p>12:00 Dining Room Lunch 2:00 Catholic Mass by Father James 3:30 News Currents</p>	<p>16 10:00 (3) Morning Hello's 11:00 Word Game 12:00 Dining Room Lunch</p> <p>2:00 Card Games</p>  <p>2:30 (2) Get Together 3:00 Refreshments</p>	<p>17 9:30 Social Visits 11:00 Morning Stretches 11:00 Show & Tell 12:00 Dining Room Lunch</p> <p>2:00 Jewish Service By Rabbi Berel Wolvovsky 2:30 Hymn Sing – Bible Study</p>	<p>18 9:30 Friendly Visits 11:00 Trivia Time 2:00 Monthly Birthday Party with Jeanette Harris</p>  <p>3:30 Trivia Time</p>	<p>19 9:30 Morning Hello's 11:00 Weekend Stretches 2:00 BINGO 3:00 Movie Time</p> 

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20 9:30 Morning Visits</p> <p>10:30 Sunday Catholic Mass Second Floor Lounge</p> <p>2:00 Music Performance with The Tacy Foundation</p> 	<p>21 9:30 Friendly Visits</p> <p>11:00 Trivia Challenge</p> <p>12:00 Dining Room Lunch</p> <p>2:00 Giant Parachute Game</p> <p>3:30 Reminisce</p>	<p>22 9:30 Social Visits</p> <p>11:00 (3) Manicures</p> <p>11:00 Morning Stretches</p> <p>12:00 Dining Room Lunch</p> <p>2:00 Baking Club</p> <p>3:30 Refreshments</p>	<p>23 10:00 (3) Friendly Visits 11:00 Do you Love Apples? 12:00 Dining Room Lunch</p> <p>2:30 Pre - Thanksgiving Celebration with The JazzMaTazz-Trio</p> 	<p>24 Happy Thanksgiving 9:30 Social Visits</p> <p>11:00 Discuss & Recall: Macy's Thanksgiving Day Parade</p> <p>12:00 Dining Room Lunch</p> <p>2:00 Card Game</p> <p>3:30 Afternoon Social</p>	<p>25 10:00 (2) Manicures</p> <p>11:00 Sing & Swing</p> <p>12:00 Dining Room Lunch</p> <p>2:00 Why is it called Black Friday?</p> <p>3:00 Movie Time Presents: Michael Jackson's This is It</p> 	<p>26 9:30 Morning Hello's</p> <p>11:00 Weekend Stretches</p> <p>2:00 BINGO</p>  <p>3:00 Movie Time</p>
<p>27 9:30 Morning Visits</p> <p>10:30 Sunday Catholic Mass Second Floor Lounge</p>  <p>2:00 Sing Along</p> <p>3:30 Afternoon Visits</p>	<p>28 9:30 Friendly Visits</p> <p>11:00 Morning Stretches</p> <p>12:00 Dining Room Lunch</p> <p>2:00 Arts & Crafts</p> <p>3:30 Refreshments</p>	<p>29 10:00 (3) Manicures</p> <p>11:00 Random Trivia</p> <p>12:00 Dining Room Lunch</p> <p>2:00 Resident Council Meeting</p> <p>3:30 Teatime & Music</p>	<p>30 10:00 (3) Social Visits 11:00 Arts & Crafts 11:30 Diners Club 12:00 Dining Room Lunch</p> <p>2:00 Card Games</p> <p>3:15 Movie Matinee Presents: The Mystery of Marilyn Monroe: The Unheard Tapes</p> 			

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