




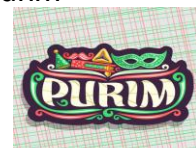










Sterling Care Rockville Nursing

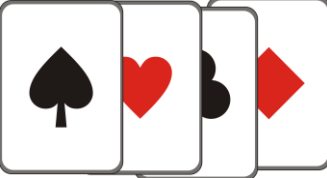









March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</p> <p>(2) Second Floor (3) Third Floor (1DR) First Floor Dining Room</p>			<p>1</p> <p>9:30 Morning Hello's 11:00 (1DR) Manicures 11:00 (3) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Do you Love Melon? 2:30 (2) Group Activity 3:30 (2) Hand Massages</p>	<p>2</p> <p>9:30 Morning Hello's 11:00 (1DR) Word Game 11:00 (2) Room Visits 12:00 Dining Room Lunch</p> <p>2:00 (1DR) Jewish Service with Rabbi Berel Wolvovsky 2:30 Hymn Sing – Bible Study 2:30 (2) Room Visits 3:30 (1DR) Refreshments</p>	<p>3</p> <p>9:30 Morning Hello's 11:00 (1DR) Morning Stretches 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Echoes of Nature</p>  <p>3:30 (1DR) Name that Tune</p>	<p>4</p> <p>9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:00 (1DR) Movie Time</p>
<p>5</p> <p>9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass Second Floor Lounge</p>  <p>10:30 (2) Hand Massages</p> <p>2:30 (1DR) Card Game</p> <p>3:30 Afternoon Visits</p>	<p>6 Purim Begins</p> <p>9:30 Morning Hello's 11:00 (1DR) Morning Stretches 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Story of Joyous Purim</p>  <p>2:30 (2) Basketball 3:30 (1DR) Refreshments 3:30 (2) Hand Massages</p>	<p>7</p> <p>9:30 Morning Hello's 11:00 (1DR) Word Game 11:00 (2) Social Visits 11:00 (3) Room Visits 12:00 Dining Room Lunch</p> <p>2:30 (1DR) Arts & Crafts</p>  <p>2:30 (2) Group Activity 3:30 (1DR) Name 5! 3:30 (2) Friendly Visits</p>	<p>8 International Women's Day</p> <p>9:30 Morning Hello's 11:00 (1DR) Women & their Role in Society 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (2) Room Visits</p> <p>3:30 (1DR) Music Performance with Brian Rudolph</p> 	<p>9</p> <p>9:30 Morning Hello's 11:00 (1DR) Manicures</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Hymn Sing – Bible Study</p>  <p>2:30 (2) Room Visits 3:30 (1DR) Refreshments 3:30 (2) Group Activity</p>	<p>10</p> <p>9:30 Morning Hello's 11:00 (1DR) Keep Moving 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Baking Class 3:30 (1DR) Trivial Pursuit</p>	<p>11</p> <p>9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 BINGO</p>  <p>3:00 (1DR) Movie Time</p>
<p>12 Daylight Saving Time</p> <p>9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass Second Floor Lounge</p> <p>3:00 (1DR) Music Entertainment with The Tacy Foundation</p> 	<p>13</p> <p>9:30 Morning Hello's 11:00 (1DR) Fitness & Fun 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Do You Love Chocolates? 2:30 (2) Room Visits 3:30 (1DR) Refreshments</p>	<p>14</p> <p>9:30 Morning Hello's 11:00 (1DR) Volleyball</p>  <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch 2:30 (1DR) Who Am I? 2:30 (3) Room Visits 3:30 (2) Hand Massages 3:30 (1DR) Coffee Chat</p>	<p>15</p> <p>9:30 Morning Hello's 11:00 (1DR) Manicures 10:00 (3) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Arts & Crafts</p> <p>2:30 (2) Group Activity 3:30 (1DR) Trivia Time 3:30 (2) Hand Massages</p>	<p>16</p> <p>9:30 Morning Hello's 11:00 (1DR) Let's get Physical 11:00 (3) Morning Hello's 12:00 Dining Room Lunch</p> <p>2:30 (1DR) Montgomery History Presents: We Were There, Too: Nurses in the Civil War with Candace Ridington</p> <p>3:30 (1DR) Refreshments</p>	<p>17 St. Patrick's Day</p> <p>9:30 Morning Hello's 11:00 (1DR) Keep Moving 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) We're All Irish on St. Patrick's Day/Social</p> <p>Happy St. Patrick's Day</p>  <p>2:30 (3) Room Visits</p>	<p>18</p> <p>9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 BINGO</p>  <p>3:00 (1DR) Movie Time</p>

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Sterling Care Rockville Nursing

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p>9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass Second Floor Lounge</p> <p>2:30 (1DR) Card Games</p>  <p>3:30 Afternoon Visits</p>	<p>20 Spring Begins Today</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Morning Stretches</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Star of the Month: Placido Domingo</p>  <p>3:30 (2) Group Activity</p> <p>2:30 (3) Room Visits</p> <p>3:30 (1DR) Refreshments</p>	<p>21</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Manicures</p> <p>11:00 (2) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:00 (1DR) Catholic Mass with Father James</p>  <p>3:30 (1DR) Trivia Time</p> <p>3:30 (2) Basketball</p> <p>3:30 (3) Room Visits</p>	<p>22 Ramadan Begins</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Fitness & Fun</p> <p>11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Travelogue: Barcelona, Spain</p> <p>2:30 (2) Group Activity</p> <p>3:30 (1DR) Spain Trivia</p> <p>3:30 (2) Music Time</p>	<p>23</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Word Game</p> <p>11:00 (2) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:00 (1DR) Jewish Service with Rabbi Berel Wolvovsky</p>  <p>2:30 (1DR) Hymn Sing – Bible Study</p> <p>3:30 (1DR) Refreshments</p>	<p>24</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Morning Stretches</p> <p>11:00 (2) Get Together</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (2) Room Visits</p> <p>3:00 (1DR) Entertainment with The Four Seasons Dancers</p> 	<p>25</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Weekend Stretches</p> <p>2:30 BINGO</p>  <p>3:00 (1DR) Movie Time</p>
<p>26</p> <p>9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass Second Floor Lounge</p> <p>3:00 (1DR) Music Performance with the YAMS</p>  <p>3:30 Afternoon Visits</p>	<p>27</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Keep Moving</p> <p>11:00 (2) Friendly Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Show & Tell</p> <p>2:30 (2) Group Activity</p> <p>3:30 (1DR) Refreshments</p> <p>3:30 (3) Room Visits</p>	<p>28</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Manicures</p> <p>11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (2) Ball Toss</p> <p>2:30 (1DR) Resident Council Meeting</p>  <p>3:30 (1DR) Trivia EMOJ</p> <p>3:30 (2) Hand Massages</p>	<p>29</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Getting to Know You</p> <p>11:00 (2) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 Monthly Birthday Party with Jeanette Harris</p>  <p>3:30 (1DR) Movie Time</p>	<p>30 Doctors' Day</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Hockey</p> <p>11:00 (2) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:00 (1DR) Jewish Service with Rabbi Berel Wolvovsky</p> <p>2:30 (1DR) Hymn Sing – Bible Study</p> <p>3:30 (1DR) Refreshments</p>	<p>31</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Let's get Physical</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Baking Class</p> <p>2:30 (2) Group Activity</p> <p>3:30 (1DR) Refreshments</p> <p>3:30 (2) Hand Massage</p>	<p>INTERNATIONAL Women's Day</p> 

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