















Sterling Care Rockville Nursing

May 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) Fitness & Fun 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Star of the Month – Henry Fonda</p>  <p>2:30 (3) Room Visits 3:30 (1DR) Refreshments</p>	<p>2</p> <p>9:30 Morning Hello's 11:00 (1DR) Current Events 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Baking Club 2:30 (2) Balloon Toss 3:30 (1DR) Refreshments 3:30 (2) Hand Massages</p>	<p>3</p> <p>9:30 Morning Hello's 11:00 (2) Room Visits 11:00 (1DR) Fitness & Fun</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Manicures & Music</p>  <p>3:30 (1DR) Trivia Time</p>	<p>4</p> <p>9:30 Morning Hello's 11:00 (1DR) Word Game 11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Hymn Sing – Bible Study</p> <p>3:30 (1DR) Refreshments 3:30 (3) Room Visits</p>	<p>5 Cinco de Mayo</p> <p>9:30 Morning Hello's 11:00 (3) Room Visits 11:00 (1DR) Cinco de Mayo! Discussion 12:00 Dining Room Lunch 3:00 (1DR) Cinco de Mayo Celebration with The Colores Dance Group</p> 	<p>6 National Nurses Week</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>7</p> <p>9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass Second Floor Lounge</p> <p>3:00 (1DR) Gospel Hour with Jeanette Harris</p>  <p>3:30 (1DR) Refreshments</p>	<p>8</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Word Game</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Current Events</p> <p>2:30 (2) Room Visits</p> <p>3:30 (1DR) Refreshments</p> <p>3:30 (2) Hand Massages</p>	<p>9</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) Beading Class</p>  <p>2:30 (2) Basketball 3:30 (1DR) Karaoke 3:30 (2) Music Time</p>	<p>10 Receptionists Day</p> <p>9:30 Morning Hello's 11:00 (1DR) Dance-Craze Music 11:00 (3) Social Visits 12:00 Dining Room Lunch 2:30 (3) Room Visits 2:30 (1DR) Travelogue: Nevada U.S.A</p>  <p>3:30 (1DR) Refreshments 3:30 (2) Group Activity</p>	<p>11</p> <p>9:30 Morning Hello's 11:00 (2) Room Visits 11:00 (1DR) Remembering Songs About Mothers and Motherhood</p> <p>12:00 Dining Room Lunch</p> <p>2:00 (1DR) Jewish Service By Rabbi Berel Wolvovsky</p> <p>2:30 (1DR) Hymn Sing – Bible Study 2:30 (2) Hand Massages 3:30 (3) Room Visits</p>	<p>12</p> <p>9:30 Morning Hello's 11:00 (2) Room Visits 11:00 (1DR) Talking About Mother's Day 12:00 Dining Room Lunch</p> <p>3:30 (1DR) Mother's Day Celebration with Brian Rudolph</p> 	<p>13</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>14 Nursing Home Week Cultivating Kindness Mother's Day</p> <p>9:30 Morning Visits 10:30 Virtual Catholic Mass Second Floor Lounge</p>  <p>2:30 (1DR) Card Games 3:30 (1DR) Refreshments</p>	<p>15</p> <p>9:30 Morning Hello's 11:00 (1DR) Fitness & Fun 12:00 Dining Room Lunch</p> <p>2:30 (1DR) Artists with Heart Class</p>  <p>3:30 (1DR) Name 5!</p>	<p>16</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Word Game</p> <p>11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:00 (1DR) Catholic Mass with Father James</p> <p>3:00 (1DR) Manicures & Music</p>	<p>17</p> <p>9:30 Morning Hello's 11:00 (1DR) Let's Stretch 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Sterling Spring Fashion Show</p> 	<p>18</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Fun & Fancy Theater</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Hymn Sing – Bible Study</p> <p>2:30 (2) Ball Toss & Music 3:30 (1DR) Refreshments 3:30 (2) Basketball</p>	<p>19</p> <p>9:30 Morning Hello's 11:00 (2) Room Visits 11:00 (1DR) Let's get Physical 12:00 Dining Room Lunch</p> <p>3:00 (1DR) Happy Hour with DJ Captain Dave's Classic</p> 	<p>20 Armed Forces Day</p> <p>9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21 9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass Second Floor Lounge</p> <p>3:00 (1DR) Music Performance with The Tacy Foundation</p> 	<p>22 9:30 Morning Hello's</p> <p>11:00 (1DR) Keep Moving</p> <p>11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Baking Club</p> <p>3:30 (1DR) Refreshments</p>	<p>23 9:30 Morning Hello's</p> <p>11:00 (2) Room Visits</p> <p>11:00 (1DR) Word Game</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Do you Love Pears?</p>  <p>3:30 (1DR) Refreshments</p>	<p>24 9:30 Morning Hello's</p> <p>11:00 (1DR) Fitness & Fun</p> <p>11:00 (3) Friendly Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Making Smoothies</p> <p>3:00 (1DR) Monthly Birthday Party Celebration with Jeanette Harris</p> 	<p>25 Shavuot Begins at Sundown</p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) About Shavuot</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:00 (1DR) Jewish Service By Rabbi Berel Wolvovskv</p> <p>2:30 (1DR) Hymn Sing – Bible Study</p> <p>3:30 (1DR) Refreshments</p> <p>3:30 (2) Room Visits</p>	<p>26 9:30 Morning Hello's</p> <p>11:00 (1DR) Ready for Fitness</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Ice Cream Social & Music Entertainment with The Time for Change Band</p> 	<p>27 9:30 Morning Hello's</p> <p>11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>28 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>29 Memorial Day</p>  <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Morning Stretches</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Memorial Day at Arlington National Cemetery</p> <p>3:30 (1DR) Refreshments</p>	<p>30 9:30 Morning Hello's</p> <p>11:00 (3) Social Visits</p> <p>11:00 (1DR) Word Game</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Echoes of Nature</p> 	<p>31 9:30 Morning Hello's</p> <p>11:00 (3) Friendly Visits</p> <p>11:00 (1DR) Workout Wonders</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Resident Council Meeting</p>  <p>2:30 (2) Hand Massages</p> <p>3:30 (1DR) Teatime</p> <p>3:30 (2) Sing Along</p>		<p>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</p> <p>Mail Delivery Daily Monday - Saturday</p> <p>(2) Second Floor (3) Third Floor (1DR) First Floor Dining Room</p>	

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