
















# Sterling Care Rockville Nursing

# September 2023










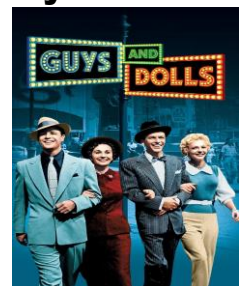


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</b></p> <p>(2) Second Floor (3) Third Floor (1DR) First Floor Dining Room</p>					<p><b>1</b> 9:30 Morning Hello's 11:00 (1DR) Move &amp; Groove</p> <p><b>12:00 Dining Room Lunch</b> <b>3:00 (1DR) Pre-Labor Day Celebration with THE INCIDENTAL BRASS QUINTET</b></p> 	<p><b>2</b> 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p><b>2:30 (1DR) BINGO</b></p>  <p>3:30 (1DR) Refreshments</p>
<p><b>3</b> 9:30 Morning Visits</p> <p><b>10:30 Virtual Catholic Mass</b> First Floor Dining Room</p>  <p>11:00 (1DR) Hand Massages 2:30 (1DR) Card Games 3:30 (1DR) Refreshments</p>	<p><b>4 Labor Day</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Keep Moving!</p> <p><b>12:00 Dining Room Lunch</b> 2:30 (1DR) Learning About "Labor Day"</p>  <p>3:30 (1DR) Refreshments</p>	<p><b>5</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Word Game 11:00 (2) Friendly Visits</p> <p><b>12:00 Dining Room Lunch</b> 2:30 (1DR) Manicures &amp; Music 3:30 (1DR) Refreshments</p>	<p><b>6</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Fitness &amp; Fun 11:00 (3) Room Visits</p> <p><b>12:00 Dining Room Lunch</b> 2:30 (1DR) Arts &amp; Crafts</p>  <p>2:30 (2) Group Activity</p>	<p><b>7</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Name that Tune 11:00 (2) Room Visits</p> <p><b>12:00 Dining Room Lunch</b> 2:30 (1DR) Hymn Sing – Bible Study 3:30 (1DR) Refreshments</p>	<p><b>8</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Wise Moves 11:00 (3) Room Visits</p> <p><b>12:00 Dining Room Lunch</b> 2:30 (1DR) Baking Club</p>  <p>3:30 (1DR) Refreshments</p>	<p><b>9</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Weekend Stretches</p> <p><b>2:30 (1DR) BINGO</b></p>  <p>3:30 (1DR) Refreshments</p>
<p><b>10 Grandparents Day</b> 9:30 Morning Visits</p> <p><b>10:30 Virtual Catholic Mass</b> First Floor Dining Room</p> <p>11:00 (1DR) Hand Massages 2:30 (1DR) Card Games 3:30 (1DR) Refreshments</p>	<p><b>11</b> 9:30 Morning Hello's 11:00 (1DR) Make a Move 11:00 (2) Room Visits</p> <p><b>12:00 Dining Room Lunch</b> 2:30 (1DR) Star of the Month: Brooke Shields</p>  <p>2:30 (2) Basketball 3:30 (2) Hand Massages</p>	<p><b>12</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Word Game 11:00 (3) Room Visits</p> <p><b>12:00 Dining Room Lunch</b> 2:30 (1DR) Beading Class 2:30 (2) Group Activity 3:30 (2) Music Time</p>	<p><b>13</b> 9:30 Morning Hello's 11:00 (1DR) Fitness Time 11:00 (2) Room Visits</p> <p><b>12:00 Dining Room Lunch</b> <b>3:00 (1DR) Monthly Birthday Party with Jeanette Harris</b></p> 	<p><b>14</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Travelogue: Meet Me in Milan 11:00 (3) Room Visits</p> <p><b>12:00 Dining Room Lunch</b> 2:30 (1DR) Hymn Sing – Bible Study 3:30 (1DR) Refreshments</p>	<p><b>15 Rosh Hashanah begins at Sundown</b></p>  <p>9:30 Morning Hello's 11:00 (1DR) Prime Time Fitness 11:00 (2) Room Visits</p> <p><b>12:00 Dining Room Lunch</b> 2:30 (1DR) About Rosh Hashanah: The Jewish New Year 2:30 (3) Room Visits 3:30 (1DR) Refreshments</p>	<p><b>16</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Weekend Stretches</p> <p><b>2:30 (1DR) BINGO</b></p>  <p>3:30 (1DR) Refreshments</p>

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# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>17</b> 9:30 Morning Visits</p> <p><b>10:30 Virtual Catholic Mass</b> First Floor Dining Room</p>  <p>11:00 (1DR) Hand Massages</p> <p><b>3:00 (1DR) Music Performance with The Tacy Foundation</b></p> 	<p><b>18</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Wise Moves</p> <p>11:00 (2) Room Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (1DR) Baking Class</p> <p>3:30 (1DR) Refreshments</p>	<p><b>19</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Word Game</p> <p>11:00 (3) Friendly Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>2:00 (1DR) Catholic Mass</b></p>  <p>3:00 (1DR) Manicures &amp; Music</p>	<p><b>20</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Forever Fit</p> <p>11:00 (2) Room Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>3:00 (1DR) National Hispanic Heritage Month Celebration with The Papalca USA Dancers</b></p> 	<p><b>21</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Who Am I?</p> <p>11:00 (3) Social Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (1DR) Hymn Sing – Bible Study</p> <p>3:30 (1DR) Afternoon Social</p>	<p><b>22</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Fitness &amp; Fun</p> <p>11:00 (2) Room Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (1DR) Biography of Ray Charles</p>  <p>3:30 (1DR) Refreshments</p>	<p><b>23 Autumn Season Begins</b></p>  <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Weekend Stretches</p> <p><b>2:30 (1DR) BINGO</b></p>  <p>3:30 (1DR) Refreshments</p>
<p><b>24 Yom Kippur began at Sundown</b></p> <p>9:30 Morning Visits</p> <p><b>10:30 Virtual Catholic Mass</b> First Floor Dining Room</p> <p>11:00 (1DR) Hand Massages</p> <p><b>3:00 (1DR) Music Performance with the YAMS</b></p> 	<p><b>25</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Fit &amp; Fun</p> <p>11:00 (3) Friendly Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (1DR) What Am I?</p> <p>2:30 (2) Room Visits</p> <p>3:30 (1DR) Refreshments</p>	<p><b>26</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Word Game</p> <p>11:00 (2) Room Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>2:30 (1DR) Resident Council Meeting</b></p>  <p>2:30 (2) Group Activity</p> <p>3:30 (1DR) Refreshments</p> <p>3:30 (2) Hand Massages</p>	<p><b>27</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Vibrant Moves</p> <p>11:00 (3) Social Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>3:00 (1DR) Mini Musicals on the Move Presents: "Guys and Dolls"</b></p> 	<p><b>28</b> 9:30 Morning Hello's</p> <p>11:00 (1DR) Who Am I?</p> <p>11:00 (2) Room Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (1DR) Hymn Sing – Bible Study</p> <p>2:30 (2) Room Visits</p> <p>3:30 (1DR) Refreshments</p>	<p><b>29 Sukkot Begins at Sundown</b></p> <p>9:30 Morning Hello's</p> <p>11:00 (1DR) Let's get Physical</p> <p>11:00 (3) Social Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>2:30 Movie Matinee Presents: La La Land</b></p> 	<p><b>30</b> 9:30 Morning Hello's</p> <p>11:00 Weekend Stretches</p> <p><b>2:30 (1DR) BINGO</b></p>  <p>3:30 (1DR) Refreshments</p>

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