











Sterling Care Rockville Nursing

February 2024

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 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Hymn Sing – Bible Study</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Frying Chicken & Chip Plantains 3:30 (1DR) Refreshments</p>	<p>2 Groundhog Day</p> <p>9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Move & Grove</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Black History Month Honoring Maya Angelou 3:30 (1DR) Refreshments</p>	<p>3</p> <p>9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>4</p> <p>9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass First Floor Dining Room</p>  <p>11:00 (1DR) Hand Massages 3:00 (1DR) Music Performance with the Yams</p> 	<p>5</p> <p>9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Keep Moving!</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Celebrating Black History Month 3:30 (1DR) Refreshments</p>	<p>6</p> <p>9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Word Game 11:00 (2) Friendly Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Worship Service First Baptist Church Rockville</p>  <p>3:00 Coffee Cart- All Floors 3:30 (1DR) Trivia Time</p>	<p>7</p> <p>9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Fitness & Fun</p> <p>11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Arts & Crafts 2:30 (2) Group Activity</p>	<p>8</p> <p>9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) The Harlem Renaissance</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Hymn Sing – Bible Study 3:30 (1DR) Refreshments</p>	<p>9</p> <p>9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Wise Moves</p> <p>11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Baking Class</p>  <p>3:30 (1DR) Refreshments</p>	<p>10</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>
<p>11 Super Bowl Sunday</p> <p>9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room</p> <p>11:00 (1DR) Hand Massages</p> <p>3:00 (1DR) Teen Angel Project Performance</p>  <p>3:30 (1DR) Refreshments</p>	<p>12</p> <p>9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Make a Move 11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Black History Month Honoring Rosa Parks 3:30 (2) Hand Massages</p>	<p>13 Mardi Gras</p> <p>9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Word Game 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Mardi Gras Party</p> 	<p>14 Valentine's Day Ash Wednesday</p> <p>9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Keep Moving</p> <p>3:00 (1DR) Sweet Serenade Party with DJ Fer & Ale</p>  <p>3:30 (1DR) Refreshments</p>	<p>15</p> <p>9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Hymn Sing – Bible Study</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Manicures & Music 3:30 (1DR) Refreshments</p>	<p>16</p> <p>9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Let's Stretch</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) All About Rice 3:30 (1DR) Refreshments</p>	<p>17</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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<p>18 9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass First Floor Dining Room</p> <p>11:00 (1DR) Hand Massages</p> <p>3:00 (1DR) Music Performance with The Tacy Foundation</p> 	<p>19 Presidents' Day</p>  <p>9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Wise Moves</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Presidential Riddles</p> <p>3:30 (1DR) Refreshments</p>	<p>20 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Word Game</p> <p>11:00 (3) Friendly Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:00 (1DR) Catholic Mass with Father James</p>  <p>3:00 (1DR) The King of Motown, Smokey Robinson</p>	<p>21 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Forever Active</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Chinese New Year Celebration with Perform for Love Chinese Dancers</p> 	<p>22 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Black History Month Honoring Obama Barack</p> <p>11:00 (3) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Hym Sing-Bible Study</p> <p>3:30 (1DR) Afternoon Social</p>	<p>23 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Fitness & Fun</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Movie Matinee Presents: "Elvis"</p> 	<p>24 Tu B'Shevat Begins at Sunset 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>25 9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass First Floor Dining Room</p>  <p>11:00 (1DR) Hand Massages</p> <p>2:30 (1DR) Card Games</p> <p>3:30 (1DR) Refreshments</p>	<p>26 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Fit & Fun</p> <p>11:00 (3) Friendly Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Baking Class</p> <p>3:30 (1DR) Refreshments</p>	<p>27 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Word Game</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Resident Council Meeting</p>  <p>2:30 (2) Group Activity</p> <p>3:30 (1DR) Refreshments</p> <p>3:30 (2) Hand Massages</p>	<p>28 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Vibrant Moves</p> <p>11:00 (3) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Monthly Birthday Party with Jeanette Harris</p> 	<p>29 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Hymn Sing – Bible Study</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Black History Month Celebration with Soul in Motion Performance</p> 	<p><i>goodbye</i> FEBRUARY</p> <p><i>hello</i> MARCH</p>	<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>

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