

Sterling Care Rockville Nursing

April 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>(1DR) First Floor Dining Room (2) Second Floor (3) Third Floor</p>	<p>1 April Fools' Day 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Let's Stretch 12:00 Dining Room Lunch 2:30 (1DR) April Fool's Around the World 3:30 (1DR) Refreshments</p>	<p>2 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Word Game 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Worship Service First Baptist Church Rockville  3:00 (1DR) Trivia Time</p>	<p>3 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Fitness & Fun 11:00 (3) Room Visits 11:00 (2) Social Visits 12:00 Dining Room Lunch 2:30 (1DR) Echoes of Nature Presents: Critter Talk </p>	<p>4 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Star of the Month- Sean Connery 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Manicures & Music</p>	<p>5 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Let's get Physical 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Baking Class 3:30 (1DR) Refreshments</p>	<p>6 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO </p>
<p>7 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room 11:00 (1DR) Hand Massages 3:00 (1DR) Music Performance with The Tacy Foundation </p>	<p>8 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Morning Stretches 12:00 Dining Room Lunch 2:30 (1DR) Travelogue: Highlands 3:30 (1DR) Refreshments</p>	<p>9 9:30 Morning Hellos 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Word Game 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Arts & Crafts 2:30 (2) Group Activity</p>	<p>10 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Fit & Fun 11:00 (2) Room Visits 12:00 Dining Room Lunch 3:00 (1DR) Music Entertainment with Chyp Davis  3:30 (1DR) Refreshments</p>	<p>11 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Who Am I? 11:00 (2) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) Hymn Sing – Bible Study 3:30 (3) Refreshments</p>	<p>12 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Mind & Body Fitness 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) All About Scarves & Wraps 3:30 (1DR) Refreshments</p>	<p>13 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments</p>
<p>14 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room 11:00 (1DR) Hand Massages 3:00 (1DR) Music Performance with The Yams  3:30 (1DR) Refreshments</p>	<p>15 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Fitness & Fun 12:00 Dining Room Lunch 2:30 (1DR) More About Body Lotions & Creams 3:30 (1DR) Refreshments</p>	<p>16 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Word Game 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:00 (1DR) Catholic Mass with Father James  3:00 (1DR) Manicures & Music</p>	<p>17 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Make a Move 11:00 (2) Room Visits 12:00 Dining Room Lunch 3:00 (1DR) Royalty Samba Dancers </p>	<p>18 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Do You Like Ponchos? 12:00 Dining Room Lunch 2:30 (1DR) Hymn Sing – Bible Study 3:30 (1DR) Refreshments</p>	<p>19 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Let's Stretch 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Do you Love Beans?  3:30 (1DR) Refreshments</p>	<p>20 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments</p>

Activities are Subject to Change

Sterling Care Rockville Nursing

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21 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>22 Passover Begins at Sunset Earth Day</p> <p>9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Morning Stretches</p> <p>2:00 Dining Room Lunch</p> <p>2:30 (1DR) Celebrating Earth Day</p> <p>3:30 (1DR) Refreshments</p>	<p>23 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) Room Visits</p> <p>11:00 (2) Friendly Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) What is Passover and how is it Celebrated?</p>  <p>3:30 (1DR) Refreshments</p>	<p>24 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Keep Moving</p> <p>11:00 (2) Social Visits</p> <p>11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Monthly Birthday Party with Jeanette Harris</p> 	<p>25 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>2:30 (2) Group Activity</p> <p>2:30 (1DR) Resident Council Meeting</p>  <p>3:30 (1DR) Refreshments</p>	<p>26 Arbor Day 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Fit & Trim</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Master Gardeners</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 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>29 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Fit & Fun</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Do You Love Milk?</p> <p>2:30 (3) Room Visits</p> <p>3:30 (1DR) Refreshments</p>	<p>30 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) Manicures & Music</p> 				<p>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</p> <p>(1DR) First Floor Dining Room (2) Second Floor (3) Third Floor</p>

Activities are Subject to Change