











Sterling Care Rockville Nursing

May 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 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Fitness & Fun 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) What Am I? 2:30 (2) Group Activity</p>	<p>2 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) Arts & Crafts</p> <p>2:30 (2) Group Activity</p>	<p>3 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Move & Groove</p> <p>12:00 Dining Room Lunch 2:30 (1DR) Let's Celebrate Cinco de Mayo 3:00 (1DR) Cinco de Mayo Celebration with The Colores Mexican Dancers</p>	<p>4 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>5 9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass First Floor Dining Room</p>  <p>11:00 (1DR) Hand Massages 2:30 (1DR) Card Games 3:30 (1DR) Refreshments</p>	<p>6 National Nurses Week 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Keep Moving!</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Star of the Month: Katharine Hepburn 3:30 (1DR) Refreshments</p>	<p>7 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>3:30 (1DR) Trivia Time</p>	<p>8 Receptionists Day 9:30 Morning Hello's</p> <p>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) Manicures & Music</p>	<p>9 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time 11:00 (1DR) All About Milk Different Kinds of Milk</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Hymn Sing – Bible Study 3:30 (1DR) Refreshments</p>	<p>10 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) AM Stretches 12:00 Dining Room Lunch 2:30 (1DR) Talking About Mother's Day 3:00 (1DR) Pre-Mother's Day Celebration with Bernie Kellett</p> 	<p>11 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>12 National Skilled Nursing Care Week Begins Mother's Day</p>  <p>9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room</p> <p>11:00 (1DR) Hand Massages 2:30 (1DR) Card Games 3:30 (1DR) Refreshments</p>	<p>13 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Make a Move</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Facts About Old Time Radio</p>	<p>14 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>3:00 (1DR) Echoes of Nature</p> 	<p>15 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Keep Moving</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Karaoke Contest Let's Sing!</p> 	<p>16 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Dance Fitness with Claysmile Entertainment</p>  <p>12:00 Dining Room Lunch 2:30 (1DR) Hymn Sing – Bible Study 3:30 (1DR) Refreshments</p>	<p>17 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time 11:00 (1DR) The Sacrifices of the Military Family</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Baking Class</p> <p>3:30 (1DR) Refreshments</p>	<p>18 Armed Forces Day 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>

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<p>19 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>20 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Wise Moves</p> <p>12:00 Dining Room Lunch</p> <p>2:00 (1DR) Catholic Mass with Father James</p>  <p>2:30 (1DR) Trivia Time</p> <p>3:30 (1DR) Refreshments</p>	<p>21 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>2:30 (1DR) Barbecue & Backyard Games Trivia</p>	<p>22 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>2:30 (1DR) Manicures & Music</p> 	<p>23 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Cooking Class: Making & Frying Spring Rolls</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Hymn Sing- Bible Study</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) Fitness & Fun</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Pre-Memorial Day Celebration with The Starvation Army Band</p> 	<p>25 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>26 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>27 Memorial Day</p>  <p>9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Fit & Fun</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) The Origins of Memorial Day</p> <p>3:30 (1DR) Refreshments</p>	<p>28 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) Making Smoothy</p> <p>2:30 (2) Group Activity</p> <p>3:30 (1DR) Refreshments</p> <p>3:30 (2) Hand Massages</p>	<p>29 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>2:30 (1DR) Resident Council Meeting</p>  <p>2:30 (2) Group Activity</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) Hymn Sing – Bible Study</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) May Monthly Birthday Party with Jeanette Harris</p> 	<p>31 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Fitness & Fun</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Movie Matinee Presents: Dolly Parton's Heartstrings</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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