









Sterling Care Rockville Nursing












August 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) Hymn Sing – Bible Study 12:00 Dining Room Lunch 3:00 (1DR) Show Tunes by Steve</p>	<p>2 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Move & Grove 12:00 Dining Room Lunch 2:30 (1DR) Star of the Month- "Bette Midler" 3:30 (1DR) Refreshments</p>	<p>3 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments</p>
<p>4 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 </p>	<p>5 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Keep Moving! 12:00 Dining Room Lunch 2:30 (1DR) Who Am I? 3:30 (1DR) Refreshments</p>	<p>6 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Word Game 11:00 (2) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) Worship Service First Baptist Church Rockville  3:30 (1DR) Trivia Time</p>	<p>7 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Sit & Stretch 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Manicures & Music</p>	<p>8 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Hymn Sing – Bible Study 12:00 Dining Room Lunch 3:00 (1DR) Echoes of Nature </p>	<p>9 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Wise Moves 12:00 Dining Room Lunch 2:30 (1DR) All About Ginger  3:30 (1DR) Refreshments</p>	<p>10 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments</p>
<p>11 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room  11:00 (1DR) Hand Massages 2:30 (1DR) Card Games 3:30 (1DR) Refreshments</p>	<p>12 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Fun Time with In Home Personal Services 12:00 Dining Room Lunch 2:30 (1DR) Emoji Trivia 3:30 (1DR) Refreshments</p>	<p>13 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Word Game 12:00 Dining Room Lunch 2:30 (1DR) Arts & Crafts </p>	<p>14 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Keep Moving 12:00 Dining Room Lunch 3:00 (1DR) Musical Legends with Billy Finch </p>	<p>15 9:30 Morning Hello's 10:00 (1DR) Hot Chocolate Time 11:00 (1DR) Hymn Sing 12:00 Dining Room Lunch 2:30 (1DR) Card Games 3:30 (1DR) Refreshments</p>	<p>16 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) Movie Matinee: Presents "DOGS" </p>	<p>17 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 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) What Am I?</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 Nathanael</p>  <p>3:00 (1DR) Trivia Time</p>	<p>21 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) Manicures & Music</p>	<p>22 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Hym Sing-Bible Study</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Monthly Birthday Party with Jeanette Harris</p> 	<p>23 9:30 Morning Hello's</p> <p>10:00 (1DR) Hot Chocolate Time</p> <p>11:00 (1DR) Fitness Time</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Show Tunes by Steve</p> 	<p>24 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) Let's get Physical</p> <p>11:00 (3) Friendly Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Travelogue: Kauai, Hawaii</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) All About Oranges</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) Vibrant Moves</p> <p>11:00 (3) Social 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>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>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Coconut and its Uses</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) Let's Stretch</p> <p>11:00 (3) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Pre-Labor Day Celebration with The Starvation Army Band</p> 	<p>31 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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