














# Sterling Care Rockville Nursing












# October 2024

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><b>(1DR) First Floor Dining Room</b></p> <p><b>(2) Second Floor</b></p> <p><b>(3) Third Floor</b></p>		<p><b>1</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Friendly Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>2:30 (1DR) Worship Service</b> First Baptist Church Rockville</p>  <p>3:00 (1DR) Trivia Time</p>	<p><b>2 Rosh Hashanah begins at Sundown</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study 11:00 (3) Room Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (1DR) Who Am I? 3:30 (1DR) Refreshments</p>	<p><b>3</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) About Rosh Hashanah: The Jewish New Year</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>3:00 (1DR) Show Tunes by Steve</b></p> 	<p><b>4</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Move &amp; Groove</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (1DR) Get Together <b>3:00 (1DR) Rosh Hashanah Celebration with Seth Kibel</b></p> 	<p><b>5</b></p> <p>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>6</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>7</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving!</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (1DR) Mangos &amp; Uses 3:30 (1DR) Refreshments</p>	<p><b>8</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Friendly Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (1DR) Manicures &amp; Music</p>	<p><b>9</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness &amp; Fun 11:00 (3) Room Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>3:00 (1DR) Oktoberfest Celebration with The Oompah Boys</b></p> 	<p><b>10</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>2:30 (1DR) Star of the Month: Groucho Marx</b></p>  <p>3:30 (1DR) Refreshments</p>	<p><b>11 Yom Kippur begins at Sundown</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips <b>10:30 (1DR) Board of Elections</b></p> <p>11:00 (1DR) AM Stretches <b>12:00 Dining Room Lunch</b> 2:30 (1DR) The Day of The Atonement</p>  <p>3:30 (1DR) Refreshments</p>	<p><b>12</b></p> <p>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>13</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 2:30 (1DR) Card Games 3:30 (1DR) Refreshments</p>	<p><b>14 Columbus Day Indigenous Peoples' Day</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Make a Move</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (1DR) History of Columbus Day &amp; Indigenous People's Day 3:30 (1DR) Refreshments</p>	<p><b>15</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (3) Room Visits</p> <p><b>12:00 Dining Room Lunch</b> <b>2:00 (1DR) Catholic Mass with Father Nathanael</b></p>  <p>3:00 (1DR) Trivia Time</p>	<p><b>16 Sukkot Begins at Sundown</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Sukkot The Feast of Booths</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>3:00 (1DR) Music Performance with The Palovations</b></p>	<p><b>17</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>2:30 (1DR) Arts &amp; Crafts</b></p> <p>3:30 (1DR) Refreshments</p>	<p><b>18</b></p> <p>9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch</p> <p><b>12:00 Dining Room Lunch</b> 2:30 (1DR) All About Bananas &amp; Plantains</p>  <p>3:30 (1DR) Refreshments</p>	<p><b>19</b></p> <p>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>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>20</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>21</b> 9:30 AM Visits &amp; Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Wise Moves</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>2:30 (1DR) Cooking Class</b></p>  <p>3:30 (1DR) Refreshments</p>	<p><b>22</b> 9:30 AM Visits &amp; Deliveries</p> <p>10:00 (1DR) Steamy Sips</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>2:30 (1DR) Manicures &amp; Music</p>	<p><b>23</b> 9:30 AM Visits &amp; Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Forever Active</p> <p>11:00 (2) Room Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (1DR) Get Together</p> <p><b>3:00 (1DR) Monthly Birthday Party with Jeanette Harris</b></p> 	<p><b>24 Simchat Torah begins at Sundown</b></p> <p>9:30 AM Visits &amp; Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Hym Sing-Bible Study</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>3:00 (1DR) Show Tunes by Steve</b></p> 	<p><b>25</b> 9:30 AM Visits &amp; Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Fitness &amp; Fun</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>2:30 (1DR) Beading Class</b></p> <p>2:30 (2) Group Activity</p>	<p><b>26</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>27</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>2:30 (1DR) Card Games</p> <p>3:30 (1DR) Refreshments</p>	<p><b>28</b> 9:30 AM Visits &amp; Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Fit &amp; Fun</p> <p><b>12:00 Dining Room Lunch</b></p> <p><b>2:30 (1DR) Baking Class</b></p>  <p>3:30 (1DR) Refreshments</p>	<p><b>29</b> 9:30 AM Visits &amp; Deliveries</p> <p>10:00 (1DR) Steamy Sips</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>2:30 (1DR) All About Pears</p>  <p>2:30 (2) Group Activity</p> <p>3:30 (1DR) Refreshments</p>	<p><b>30</b> 9:30 AM Visits &amp; Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Hymn Sing – Bible Study</p> <p>11:00 (3) Social Visits</p> <p><b>12:00 Dining Room Lunch</b></p> <p>2:30 (2) Group Activity</p> <p><b>2:30 (1DR) Resident Council Meeting</b></p>  <p>3:30 (1DR) Refreshments</p>	<p><b>31 Halloween</b></p> <p>9:30 AM Visits &amp; Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p><b>11:00 (1DR) Rockville Nursery School Halloween Parade</b></p>  <p><b>12:00 Dining Room Lunch</b></p> <p><b>2:30 (1DR) Halloween Costume Contest</b></p>  <p>3:30 (1DR) Refreshments</p>	<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><b>(1DR) First Floor Dining Room</b></p> <p><b>(2) Second Floor</b></p> <p><b>(3) Third Floor</b></p>	

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