

jj- Sterling Care Rockville Nursing







December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 9:30 Morning Visits 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>2 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving! 12:00 Dining Room Lunch</p> <p>2:30 (1DR) All About Raspberries</p>  <p>3:30 (1DR) Refreshments</p>	<p>3 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) Worship Service First Baptist Church Rockville</p>  <p>3:30 (1DR) Trivia Time</p>	<p>4 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Sit & Stretch 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Manicures & Music</p>	<p>5 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study 12:00 Dining Room Lunch 3:00 (1DR) Echoes of Nature Presents: Beat the Cold</p> 	<p>6 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Move & Groove 12:00 Dining Room Lunch</p> <p>3:00 (1DR) Show Tunes by Steve</p> 	<p>7 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>8 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 3:30 (1DR) Refreshments</p>	<p>9 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving! 12:00 Dining Room Lunch</p> <p>2:30 (1DR) Resident's Spotlight</p> <p>3:30 (1DR) Refreshments</p>	<p>10 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Friendly Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) All About Cranberries</p>  <p>3:30 (1DR) Refreshments</p>	<p>11 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Sit & Stretch 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (2) Group Activities</p> <p>2:30 (1DR) Making Gingerbread Houses</p>	<p>12 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Karaoke Carols 3:30 (1DR) Refreshments</p>	<p>13 <i>Mona Lisa Returned</i> 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Wise Moves</p> <p>12:00 Dining Room Lunch 2:30 (1DR) History of The Mona Lisa</p>  <p>3:30 (1DR) Refreshments</p>	<p>14 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>15 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 Entertainment with The Tacy Foundation</p>  <p>3:30 (1DR) Refreshments</p>	<p>16 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Morning Stretches</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) All About Strawberries</p>  <p>3:30 (1DR) Refreshments</p>	<p>17 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game</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>18 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving 12:00 Dining Room Lunch 2:30 (1DR) Ugly Sweater Contest</p>  <p>3:00 (1DR) Christmas Celebration with Seniorita Sunshine</p> 	<p>19 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Manicures & Music</p>	<p>20 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Carolers with The American Heritage Girls Troop MD1212</p> 	<p>21 First Day of Winter 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>

Activities are Subject to Change

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22 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>23 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Fitness & Fun</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Christmas Story & Baking Class: "Christmas Cookies"</p>  <p>3:30 (1DR) Refreshments</p>	<p>24 Christmas Eve Eggnog Day</p> <p>9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</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) Christmas Eve Party with Steve</p>	<p>25 Merry Christmas Hanukkah Begins at Sundown</p> <p>9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</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) Movie Matinee Presents: Mariah Carey Merry Christmas to All!</p> 	<p>26 Kwanzaa Begins</p> <p>9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Hym Sing-Bible Study</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) What is Hanukkah?</p> <p>3:00 (1DR) Hanukkah Celebration with Seth Kibel</p> 	<p>27 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) History & Stories of Kwanzaa</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) New Year Celebration with The Starvation Army Band</p> 	<p>28 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>29 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>30 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</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) What do you know about Cheese & Crackers</p>  <p>3:30 (1DR) Refreshments</p>	<p>31 New Year's Eve</p> <p>9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Word Game</p> <p>11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Monthly Birthday Party with Jeanette Harris</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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