













+ Sterling Care Rockville Nursing











January 2025

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 "Happy New Year" 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness & Fun 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Movie Matine Presents: Disaster Holiday</p> 	<p>2 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>3:00 (1DR) Echoes of Nature</p> 	<p>3 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Move & Groove 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Get Together 3:00 (1DR) Show Tunes by Steve</p> 	<p>4 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>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 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving! 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Cooking Class 3:30 (1DR) Refreshments</p>	<p>7 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) Worship Service First Baptist Church Rockville</p>  <p>3:30 (1DR) Trivia Time</p>	<p>8 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness & Fun 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch 2:30 (2) Group Activity</p> <p>2:30 (1DR) Arts & Crafts</p> 	<p>9 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>3:00 (1DR) Music Entertainment with the Palovations</p>	<p>10 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) AM Stretches 11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) New Year's Resolution/ Teatime</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 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>13 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Make a Move 11:00 (3) Room Visits 12:00 Dining Room Lunch</p> <p>2:30 (1DR) Culture & Traditions of Ghana/ West Africa</p>  <p>3:30 (1DR) Refreshments</p>	<p>14 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Manicures & Music</p>	<p>15 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving 11:00 (3) Social Visits 12:00 Dining Room Lunch 3:00 (1DR) Music Performance with Darcy Cooke</p> 	<p>16 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) A Journey Through Culture & History 3:30 (1DR) Refreshments</p>	<p>17 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>2:30 (1DR) Baking Class 3:30 (1DR) Refreshments</p>	<p>18 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>2:30 (1DR) Card Games</p> <p>3:30 (1DR) Refreshments</p>	<p>20 Martin Luther King Jr. Day 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Wise Moves</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Early History of Martin Luther King Day</p>  <p>3:30 (1DR) Refreshments</p>	<p>21 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>2:00 (1DR) Catholic Mass with Father Nathanael</p>  <p>3:00 (1DR) Trivia Time</p>	<p>22 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</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) All About Avocados/ Tomatoes</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) Hym Sing-Bible Study</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Get Together</p> <p>3:00 (1DR) Show Tunes by Steve</p> 	<p>24 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</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) All About Wigs</p>  <p>3:30 (1DR) Refreshments</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 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Fit & Fun</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) The Flowers of Wonderland</p> <p>3:30 (1DR) Refreshments</p>	<p>28 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Word Game</p> <p>11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Manicures & Music</p> 	<p>29 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Vibrant Moves</p> <p>11:00 (2) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Monthly Birthday Party with Jeanette Harris</p> 	<p>30 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Hym Sing-Bible Study</p> <p>2:30 (2) Group Activity</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Resident Council Meeting</p> 	<p>31 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Let's Stretch</p> <p>11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Baking Class</p> <p>3:30 (1DR) Refreshments</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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