







Sterling Care Rockville Nursing






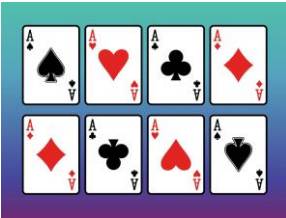





May 2025

| 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 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) Travelogue: Destination The Great Lakes 3:30 (1DR) Refreshments</p> | <p>2 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Move & Groove</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Cooking Class 3:30 (1DR) Refreshments</p> | <p>3 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p> |
| <p>4 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>5 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving!</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Let's Celebrate Cinco de Mayo! 3:00 (1DR) Cinco de Mayo Celebration with Mariachis Oriental & De Colores Dancers</p>  | <p>6 National Nurses Week 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>7 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>8 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) Get Together</p> <p>3:00 (1DR) Echoes of Nature</p>  | <p>9 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Wise Moves</p> <p>12:00 Dining Room Lunch</p> <p>2:45 (1DR) Pre-Mother's Day Teatime Party with Steve</p>  | <p>10 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p> |
| <p>11 Mother's Day National Skilled Nursing Care Week Begins 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>12 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) A.M. Stretches</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Baking for Mothers 3:30 (1DR) Refreshments</p> | <p>13 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) Arts & Crafts</p> | <p>14 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>3:00 (1DR) Music Performance with The J Train Jazz</p> | <p>15 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) All About Lemons</p>  <p>3:30 (1DR) Refreshments</p> | <p>16 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) Who Am I? 3:30 (1DR) Refreshments</p> | <p>17 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

Sterling Care Rockville Nursing

May 2025

| 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 2:30 (1DR) Card Games 3:30 (1DR) Refreshments</p> | <p>19 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness & Fun 11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Catholic Mass with Father Nathanael</p>  <p>3:30 (1DR) Trivia Time</p> | <p>20 9:30 AM Visits & Deliveries</p> <p>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) Where Am I? 3:30 (1DR) Refreshments</p> | <p>21 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 11:00 (1DR) Fit & Fun 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Manicures & Music</p> | <p>22 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 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) Ballet Theater of Maryland Presents: Swan Lake</p>  | <p>23 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness Time 11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Get Together</p> <p>3:00 (1DR) Pre-Memorial Day Celebration with the Starvation Army Band</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 Memorial Day 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Zumba with Latisha</p>  <p>11:00 (3) Friendly Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Memorial Day Cookout</p>  | <p>27 9:30 AM Visits & Deliveries</p> <p>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) Get Together</p> <p>3:00 (1DR) Monthly Birthday Party with Jeanette Harris</p>  | <p>28 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 11:00 (1DR) Vibrant Moves 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>3:30 (1DR) Refreshments</p> | <p>29 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn 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>30 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 11:00 (2) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) The History of The Vietnam Memorial 3:30 (1DR) Refreshments</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> |

Activities are Subject to Change