













Sterling Care Rockville Nursing					June 2025	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Shavuot Begins at Sundown</b> 9:30 Morning Visits  <b>10:30 Virtual Catholic Mass</b> <b>First Floor Dining Room</b>  11:00 (1DR) Hand Massages  <b>3:00 Music Performance with The Tacy Foundation</b>	<b>2</b> 9:30 AM Visits & Deliveries  10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 11:00 (3) Room Visits  <b>12:00 Dining Room Lunch</b>  2:30 (1DR) About Shavuot 3:30 (1DR) Refreshments	<b>3</b> 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Friendly Visits  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) Worship Service</b> <b>First Baptist Church</b> <b>Rockville</b>  3:30 (1DR) Trivia Time	<b>4</b> 9:30 AM Visits & Deliveries  10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness & Fun 11:00 (3) Room Visits  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) Manicures &amp; Music</b>	<b>5</b> 9:30 AM Visits & Deliveries  10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study  <b>12:00 Dining Room Lunch</b>  <b>3:00 (1DR) Echoes of Nature</b> 	<b>6</b> 9:30 AM Visits & Deliveries  10:00 (1DR) Steamy Sips 11:00 (1DR) Move & Grove 11:00 (2) Room Visits  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) Cooking Class</b> 3:30 (1DR) Refreshments	<b>7</b> 9:30 Morning Hello's  11:00 (1DR) Weekend Stretches  <b>2:30 (1DR) BINGO</b>  3:30 (1DR) Refreshments
<b>8</b> 9:30 Morning Visits  <b>10:30 Virtual Catholic Mass</b> <b>First Floor Dining Room</b>  11:00 (1DR) Hand Massages  2:30 (1DR) Card Games  3:30 (1DR) Refreshments	<b>9</b> 9:30 AM Visits & Deliveries  10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving! 11:00 (3) Room Visits  <b>12:00 Dining Room Lunch</b>  2:30 (1DR) Star of the Month – Maureen Stapleton 3:30 (1DR) Refreshments	<b>10</b> 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Friendly Visits  <b>12:00 Dining Room Lunch</b>  2:30 (1DR) All About Pineapple  	<b>11</b> 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness & Fun 11:00 (3) Room Visits  <b>12:00 Dining Room Lunch</b>  <b>3:00 (1DR) Ice Cream Party with The Caribbean Vibes Steel Drum Band</b> 	<b>12</b> 9:30 AM Visits & Deliveries  10:00 (1DR) Steamy Sips  11:00 (1DR) Hymn Sing – Bible Study  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) Baking Class</b>  3:30 (1DR) Refreshments	<b>13</b> 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) AM Stretches 11:00 (2) Room Visits  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) Pre- Father's Day Celebration</b> 	<b>14 Flag Day</b> 9:30 Morning Hello's  11:00 (1DR) Weekend Stretches  <b>2:30 (1DR) BINGO</b>  3:30 (1DR) Refreshments
<b>15 Father's Day</b> 9:30 Morning Visits  <b>10:30 Virtual Catholic Mass</b> <b>First Floor Dining Room</b> 11:00 (1DR) Hand Massages  <b>3:00 (1DR) Music Performance with The Yams</b> 	<b>16</b> 9:30 AM Visits & Deliveries  10:00 (1DR) Steamy Sips 11:00 (1DR) Make a Move 11:00 (3) Room Visits  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) Arts &amp; Crafts</b>	<b>17</b> 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips  <b>11:20 (1DR) Zumba with Latisha</b> 11:00 (2) Room Visits  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) Catholic Mass with Father Nathanael</b>	<b>18</b> 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing 11:00 (3) Social Visits  <b>12:00 Dining Room Lunch</b> <b>3:00 (1DR) New Life Youth Orchestra</b> 	<b>19 Juneteenth Day</b> 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game  <b>12:00 Dining Room Lunch</b> 2:30 (1DR) Get Together <b>3:00 (1DR) Performance with The NK Dance Troupe</b> 	<b>20 Summer Begins</b> 9:30 AM Visits & Deliveries  10:00 (1DR) Steamy Sips  11:00 (1DR) Let's Stretch  <b>12:00 Dining Room Lunch</b>  <b>3:00 (1DR) Show Tunes by Steve</b>	<b>21</b> 9:30 Morning Hello's  11:00 (1DR) Weekend Stretches  <b>2:30 (1DR) BINGO</b>  3:30 (1DR) Refreshments

\*Activities are Subject to Change\*

Sterling Care Rockville Nursing				June 2025		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>22</div> <div>9:30 Morning Visits</div> <div>10:30 Virtual Catholic Mass First Floor Dining Room</div> <div></div> <div>11:00 (1DR) Hand Massages</div> <div>2:30 (1DR) Card Games</div> <div>3:30 (1DR) Refreshments</div>	<div>23</div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Wise Moves</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Emoji Trivia</div> <div>3:30 (1DR) Refreshments</div>	<div>24</div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Word Game</div> <div>11:00 (2) Friendly Visits</div> <div>12:00 Dining Room Lunch</div> <div>3:00 (1DR) Monthly Birthday Party with Jeanette Harris</div> <div></div>	<div>25</div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Forever Active</div> <div>11:00 (3) Room Visits</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (2) Group Activity</div> <div>2:30 (1DR) Resident Council Meeting</div> <div>3:30 (1DR) Refreshments</div>	<div>26</div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Hym Sing-Bible Study</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Travelogue: Destination Cologne, Germany</div> <div></div> <div>3:30 (1DR) Refreshments</div>	<div>27</div> <div>Sunglasses Day</div> <div></div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Fitness &amp; Fun</div> <div>11:00 (2) Room Visits</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Cooking Class</div> <div>3:30 (1DR) Refreshments</div>	<div>28</div> <div>9:30 Morning Hello's</div> <div>11:00 (1DR) Weekend Stretches</div> <div>2:30 (1DR) BINGO</div> <div></div> <div>3:30 (1DR) Refreshments</div>
<div>29</div> <div>9:30 Morning Visits</div> <div>10:30 Virtual Catholic Mass First Floor Dining Room</div> <div>11:00 (1DR) Hand Massages</div> <div>2:30 (1DR) Card Games</div> <div></div> <div>3:30 (1DR) Refreshments</div>	<div>30</div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Fit &amp; Fun</div> <div>11:00 (3) Room Visits</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Who Am I?</div> <div>3:30 (1DR) Refreshments</div>		<div></div>			<div><i>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</i></div> <div>(2) Second Floor (3) Third Floor (1DR) First Floor Dining Room</div>

*\*Activities are Subject to Change\**