









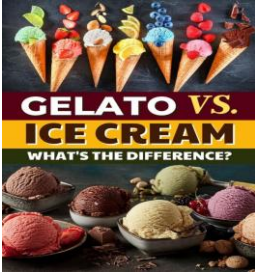




Sterling Care Rockville Nursing					August 2025	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</p> <p>(2) Second Floor (3) Third Floor (1DR) First Floor Dining Room</p>					<p>1 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Move & Groove 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Baking Class</p> 	<p>2 Tisha B'Av 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>3 9:30 Morning Visits 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>4 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving! 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Making Popsicles</p> 	<p>5 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (3) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) Worship Service First Baptist Church Rockville 3:30 (1DR) Trivia Time</p>	<p>6 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Sit & Stretch 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Get Together 3:00 (1DR) Tribute to Elvis Presley with Roy Wesley and the Hound Dogs Band</p> 	<p>7 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study 12:00 Dining Room Lunch 2:30 (1DR) Manicures and Music</p>	<p>8 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Wise Moves 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Cooking Class 3:30 (1DR) Refreshments</p>	<p>9 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>10 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room 11:00 (1DR) Hand Massages 3:00 (1DR) Music Performance with The Yams</p> 	<p>11 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) A.M. Stretches 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Who Am I? 3:30 (1DR) Refreshments</p>	<p>12 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Arts & Crafts</p>	<p>13 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Get Together 3:00 (1DR) Middle Eastern Entertainment with Sophianna</p> 	<p>14 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study 12:00 Dining Room Lunch 2:30 (1DR) All About Make Ups! Before & After</p> 	<p>15 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Movie Matinee Presents: Inside The Mind of a Cat</p> 	<p>16 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room  11:00 (1DR) Hand Massages 2:30 (1DR) Card Games 3:30 (1DR) Refreshments	18 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness & Fun 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Star of The Month: Melissa McCarthy  3:30 (1DR) Refreshments	19 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (3) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) Catholic Mass with Father Nathanael  3:30 (1DR) Trivia Time	20 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fit & Fun 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Manicures and Music	21 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hym Sing- Bible Study 12:00 Dining Room Lunch 2:30 (1DR) Sterling Fashion Show 	22 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness Time 11:00 (3) Room Visits 12:00 Dining Room Lunch 3:00 (1DR) Show Tunes by Steve 	23 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments
24 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room 11:00 (1DR) Hand Massages 3:00 (1DR) Music Performance with The Tacy Foundation  31 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room 11:00 (1DR) Hand Massages 2:30 (1DR) Card Games 3:30 (1DR) Refreshments	25 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Morning Stretches 11:00 (2) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) When Am I? 3:30 (1DR) Refreshments	26 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Get Together 3:00 (1DR) Monthly Birthday Party with Jeanette Harris 	27 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Vibrant Moves 11:00 (2) Social Visits 12:00 Dining Room Lunch 2:30 (2) Group Activity 2:30 (1DR) Resident Council Meeting 3:30 (1DR) Refreshments	28 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study 12:00 Dining Room Lunch 2:30 (1DR) Gelato Vs. Ice Cream  3:30 (1DR) Refreshments	29 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 11:00 (3) Social Visits 12:00 Dining Room Lunch 2:30 (1DR) Get Together 3:00 (1DR) Pre- Labor Day Celebration with The J Train Jazz 	30 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments

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