














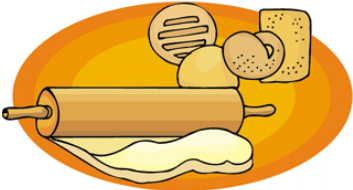





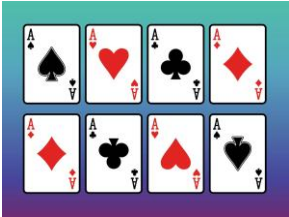






Sterling Care Rockville Nursing					October 2025	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</p> <p>(2) Second Floor (3) Third Floor (1DR) First Floor Dining Room</p>			<p><b>1 Yom Kippur</b> 9:30 AM Visits &amp; Deliveries  10:00 (1DR) Steamy Sips  11:00 (1DR) Sit &amp; Stretch  11:00 (3) Room Visits  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) Manicures &amp; Music</b></p>	<p><b>2</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study <b>12:00 Dining Room Lunch</b> <b>2:30 (1DR) The Day of Atonement</b> <b>3:00 (1DR) Show Tunes by Steve</b></p> 	<p><b>3</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Move &amp; Grove <b>12:00 Dining Room Lunch</b> 2:30 (1DR) Who Am I? 3:30 (1DR) Refreshments</p>	<p><b>4</b> 9:30 Morning Hello's  11:00 (1DR) Weekend Stretches  <b>2:30 (1DR) BINGO</b></p>  <p>3:30 (1DR) Refreshments</p>
<p><b>5</b> 9:30 Morning Visits  <b>10:30 Virtual Catholic Mass</b> <b>First Floor Dining Room</b></p>  <p>11:00 (1DR) Hand Massages  <b>3:00 (1DR) Music Performance with The Tacy Foundation</b></p>	<p><b>6 Sukkot Begins at Sundown</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving! 11:00 (2) Room Visits  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) Worship Service First Baptist Church Rockville</b></p>  <p>3:30 (1DR) Trivia Time</p>	<p><b>7</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (3) Friendly Visits <b>12:00 Dining Room Lunch</b> 2:30 (1DR) Get Together <b>3:00 (1DR) Oktoberfest Celebration with The Oompah Boys Quartet</b></p> 	<p><b>8</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips  11:00 (1DR) Let's get Physical  11:00 (3) Room Visits  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) Arts &amp; Crafts</b></p>	<p><b>9</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing- Bible Study  <b>12:00 Dining Room Lunch</b>  2:30 (1DR) Travelogue: Destination: California Dreamin'</p>  <p>3:30 (1DR) Refreshments</p>	<p><b>10</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Wise Moves  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) All About Crackers &amp; Cheeses/ Tea Time</b></p> 	<p><b>11</b> 9:30 Morning Hello's  11:00 (1DR) Weekend Stretches  <b>2:30 (1DR) BINGO</b></p>  <p>3:30 (1DR) Refreshments</p>
<p><b>12</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></p> 	<p><b>13 Columbus Day Indigenous Peoples' Day</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) A.M. Stretches 11:00 (3) Room Visits <b>12:00 Dining Room Lunch</b> <b>2:30 (1DR) Indigenous People's Day Discussion</b></p>  <p>3:30 (1DR) Refreshments</p>	<p><b>14</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips  11:00 (1DR) Word Game  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) Manicures &amp; Music</b></p>	<p><b>15</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving 11:00 (2) Room Visits <b>12:00 Dining Room Lunch</b> <b>3:00 (1DR) Music Performance with Dave Weber</b></p> 	<p><b>16</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study  <b>12:00 Dining Room Lunch</b>  <b>2:30 (1DR) All About Chocolates</b></p> 	<p><b>17</b> 9:30 AM Visits &amp; Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 11:00 (3) Room Visits <b>12:00 Dining Room Lunch</b> <b>2:30 (1DR) Movie Matinee Presents: The Elephant Whisperers</b></p> 	<p><b>18</b> 9:30 Morning Hello's  11:00 (1DR) Weekend Stretches  <b>2:30 (1DR) BINGO</b></p>  <p>3:30 (1DR) Refreshments</p>

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# Sterling Care Rockville Nursing

# October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>19</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>20</div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Keep Moving</div> <div>11:00 (2) Room Visits</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Baking Class</div> <div></div>	<div>21</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 (3) Room Visits</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Catholic Mass with Father Nathanael</div> <div></div> <div>3:30 (1DR) Trivia Time</div>	<div>22</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 (2) Room Visits</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Get Together</div> <div>3:00 (1DR) Tribute to Diane Ross with God's TinGle</div> <div></div>	<div>23</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) Get Together</div> <div>3:00 (1DR) Show Tunes by Steve</div> <div></div>	<div>24</div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Let's get Physical</div> <div>11:00 (3) Room Visits</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Star of the Month: Arnold Schwarzenegger</div> <div></div> <div>3:30 (1DR) Refreshments</div>	<div>25</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>26</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>27</div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Let's get Physical</div> <div>11:00 (2) Friendly Visits</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Cooking Class</div> <div></div>	<div>28</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 (3) Room Visits</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Get Together</div> <div>3:00 (1DR) Monthly Birthday Party with Jeanette Harris</div> <div></div>	<div>29</div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Vibrant Moves</div> <div>11:00 (2) Social Visits</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Manicures &amp; Music</div>	<div>30</div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Hymn Sing – Bible Study</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (2) Group Activity</div> <div>2:30 (1DR) Resident Council Meeting</div> <div></div> <div>3:30 (1DR) Refreshments</div>	<div>31 Halloween</div> <div>9:30 AM Visits &amp; Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Rockville Nursery School Halloween Parade</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Halloween Costume Contest</div> <div></div> <div>3:30 (1DR) Refreshments</div>	<div>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</div> <div>(2) Second Floor (3) Third Floor (1DR) First Floor Dining Room</div>

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