

Sterling Care Rockville Nursing					November 2025	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise (2) Second Floor (3) Third Floor (1DR) First Floor Dining Room						1 All Saints' Day 9:30 Morning Hello's 11:00 (1DR) Music Performance with The New Life Foundation  2:30 (1DR) BINGO 3:30 (1DR) Refreshments
2 All Souls' Day Daylight Saving Time Ends 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room  11:00 (1DR) Hand Massages 3:00 (1DR) The Tacy Foundation Performance 	3 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving! 12:00 Dining Room Lunch 2:30 (1DR) Star of the Month – Matthew McConaughey  3:30 (1DR) Refreshments	4 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) Worship Service First Baptist Church Rockville  3:30 (1DR) Trivia Time	5 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Senior Dance & Movement Class  11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Arts & Crafts	6 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) Get Together 3:00 (1DR) Music Performance with Pete The Folksinger 	7 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Wise Moves 12:00 Dining Room Lunch 2:30 (1DR) Baking Class 	8 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments
9 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	10 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) A.M. Stretches 12:00 Dining Room Lunch 2:30 (1DR) All About Apples 3:30 (1DR) Refreshments	11 Veterans Day & Remembrance Day 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Veterans Day & Remembrance Day Discussion  3:30 (1DR) Refreshments	12 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Manicures & Music	13 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) Get Together 3:00 (1DR) Monthly Birthday Party with Jeanette Harris 	14 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 12:00 Dining Room Lunch 2:30 (1DR) Tasting Different Kind of Pies	15 9:30 Morning Hello's 11:00 (1DR) Music Performance with The New Life Foundation  2:30 (1DR) BINGO 3:30 (1DR) Refreshments

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16 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	17 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) Resident Council Meeting  3:30 (1DR) Refreshments	18 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) Catholic Mass with Father Nathanael  3:30 (1DR) Trivia Time	19 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Senior Dance & Movement Class 11:00 (3) Room Visits 12:00 Dining Room Lunch 3:00 (1DR) Music Performance with The Reputations 	20 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Echoes of Nature  12:00 Dining Room Lunch 2:30 (1DR) Hym Sing 3:30 (1DR) Refreshments	21 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's get Physical 11:00 (2) Room Visits 12:00 Dining Room Lunch 3:00 (1DR) Show Tunes by Steve 	22 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 3:00 (1DR) The Teen Angel Project Performance 
23 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room 11:00 (1DR) Hand Massages 2:30 (1DR) BINGO  3:30 (1DR) Refreshments 30 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	24 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Morning Stretches 11:00 (3) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) Beading Class	25 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Manicures & Music 	26 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Vibrant Moves 11:00 (3) Social Visits 12:00 Dining Room Lunch 3:00 (1DR) Pre-Thanksgiving Celebration with The "JazzMaTazz" Band 	27 Thanksgiving Day 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Macy's Thanksgiving Parade  2:30 (1DR) History of Thanksgiving in The United States	28 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 11:00 (2) Social Visits 12:00 Dining Room Lunch 2:30 (1DR) Movie Matinee Presents: Secret Lives of Orangutans 	29 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments

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