

Sterling Care Rockville Nursing

January 2026

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 <i>“Happy New Year”</i> 10:00 Morning Visits 11:00 (1DR) Steamy Sips 2:30 (1DR) Movie Matinee Presents: Dream Girls </p>	<p>2 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Move & Grove 12:00 Dining Room Lunch 2:30 (1DR) New Years Resolution & Teatime</p>	<p>3 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO </p>
<p>4 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</p>	<p>5 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) Travelogue: Destination: Anchorage, Alaska 3:30 (1DR) Refreshments</p>	<p>6 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>7 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing-Bible Study 11:00 (1DR) Senior Dance & Movement Class 11:00 (3) Room Visits 12:00 Dining Room Lunch 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 12:00 Dining Room Lunch 3:00 (1DR) Echoes of Nature </p>	<p>9 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Wise Moves 12:00 Dining Room Lunch 2:30 (1DR) Different Kinds of Beans </p>	<p>10 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO </p>
<p>11 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</p>	<p>12 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) A.M. Stretches 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Different Kinds of Butter and its Uses </p>	<p>13 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 12:00 Dining Room Lunch 3:00 (1DR) Music Performance with Dave Weber </p>	<p>14 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) Arts & Crafts </p>	<p>15 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) Show Tunes by Steve </p>	<p>16 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 12:00 Dining Room Lunch 2:30 (1DR) Trivia Time 3:30 (1DR) Refreshments</p>	<p>17 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO </p>

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18 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	19 Martin Luther King, Jr. Day 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) The Voice Heard Around the World Discussion 	20 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 3:00 (1DR) Music Performance with The Palovations 	21 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Senior Dance & Movement Class  11:00 (2) Room Visits 12:00 Dining Room Lunch 3:00 (1DR) Ballet Theater of Maryland Presents: The Nutcracker 	22 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 & Music 	23 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's get Physical 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Chatting with The Ombudsman 3:30 (1DR) Refreshments	24 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO 
25 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 	26 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's get Physical 11:00 (2) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) Types of Sugars & Their uses 	27 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) Catholic Mass with Father Nathanael 	28 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 3:00 (1DR) Monthly Birthday Party with Jeanette Harris 	29 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study 12:00 Dining Room Lunch 2:30 (2) Group Activity 2:30 (1DR) Resident Council Meeting 	30 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) AM Stretches 12:00 Dining Room Lunch 2:30 (1DR) Star of the Month: Jason Bateman 	31 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO 
3:30 (1DR) Refreshments		3:30 (1DR) Trivia Time		3:30 (1DR) Refreshments	3:30 (1DR) Refreshments	3:30 (1DR) Refreshments

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