

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 “Happy New Year” 10:00 Morning Visits</p> <p>11:00 (1DR) Steamy Sips</p> <p>2:30 (1DR) Movie Matinee Presents: Dream Girls</p> 	<p>2 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Move & Groove</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) New Years Resolution & Teatime</p>	<p>3 9:30 Morning Hello's</p> <p>11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>4 9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass First Floor Dining Room</p>  <p>11:00 (1DR) Hand Massages</p> <p>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</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Travelogue: Destination: Anchorage, Alaska</p> <p>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</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Worship Service First Baptist Church Rockville</p>  <p>3:30 (1DR) Trivia Time</p>	<p>7 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips</p> <p>11:00 (1DR) Senior Dance & Movement Class 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>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</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Echoes of Nature</p> 	<p>9 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Wise Moves</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Different Kinds of Beans</p> 	<p>10 9:30 Morning Hello's</p> <p>11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>11 9:30 Morning Visits</p> <p>10:30 Virtual Catholic Mass First Floor Dining Room</p> <p>11:00 (1DR) Hand Massages</p> <p>2:30 (1DR) Card Games</p> <p>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</p> <p>12:00 Dining Room Lunch</p> <p>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</p> <p>12:00 Dining Room Lunch</p> <p>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</p> <p>12:00 Dining Room Lunch</p> <p>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</p> <p>12:00 Dining Room Lunch</p> <p>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</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Trivia Time</p> <p>3:30 (1DR) Refreshments</p>	<p>17 9:30 Morning Hello's</p> <p>11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>18</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>19 Martin Luther King, Jr. Day</div> <div>9:30 AM Visits & 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) The Voice Heard Around the World Discussion</div> <div></div>	<div>20</div> <div>9:30 AM Visits & 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>3:00 (1DR) Music Performance with The Palovations</div> <div></div>	<div>21</div> <div>9:30 AM Visits & Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) Senior Dance & Movement Class</div> <div></div> <div>11:00 (2) Room Visits</div> <div>12:00 Dining Room Lunch</div> <div>3:00 (1DR) Ballet Theater of Maryland Presents: The Nutcracker</div> <div></div>	<div>22</div> <div>9:30 AM Visits & 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) Manicures & Music</div> <div></div>	<div>23</div> <div>9:30 AM Visits & 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) Chatting with The Ombudsman</div> <div>3:30 (1DR) Refreshments</div>	<div>24</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>25</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>26</div> <div>9:30 AM Visits & 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) Types of Sugars & Their uses</div> <div></div>	<div>27</div> <div>9:30 AM Visits & 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>28</div> <div>9:30 AM Visits & 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>3:00 (1DR) Monthly Birthday Party with Jeanette Harris</div> <div></div>	<div>29</div> <div>9:30 AM Visits & 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>30</div> <div>9:30 AM Visits & Deliveries</div> <div>10:00 (1DR) Steamy Sips</div> <div>11:00 (1DR) AM Stretches</div> <div>12:00 Dining Room Lunch</div> <div>2:30 (1DR) Star of the Month: Jason Bateman</div> <div></div> <div>3:30 (1DR) Refreshments</div>	<div>31</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>

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