

+ Sterling Care Rockville Nursing

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Black History Month Begins Tu B'Shevat Begins at Sunset 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room</p>  <p>11:00 (1DR) Hand Massages 3:00 (1DR) Music Performance with The Tacy Foundation</p>	<p>2 Groundhog Day 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) Who are Mr. & Mrs. Obama?</p> 	<p>3 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</p> <p>2:30 (1DR) Worship Service First Baptist Church Rockville</p>  <p>3:30 (1DR) Trivia Time</p>	<p>4 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness & Fun 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Manicures & Music</p>	<p>5 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hymn Sing – Bible Study</p> <p>12:00 Dining Room Lunch 3:00 (1DR) Show Tunes by Steve</p> 	<p>6 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Move & Groove 11:00 (2) Room Visits 12:00 Dining Room Lunch</p> <p>2:30 (1DR) Learning & Tasting Different Kinds of Salads</p> 	<p>7 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>8 Super Bowl Sunday</p>  <p>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 Yams</p>	<p>9 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Keep Moving! 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Who was Carter Woodson?</p>  <p>3:30 (1DR) Refreshments</p>	<p>10 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Friendly Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Baking Class: Making Valentine's Cookies</p>	<p>11 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness & Fun 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Black History Month Celebration with The Soul in Motion Dancers</p> 	<p>12 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) Valentine's Teatime</p> 	<p>13 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) AM Stretches 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) The History of Valentine's Day 3:00 (1DR) Sweetheart Celebration with The Reputation Band</p> 	<p>14 Valentine's Day 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>
<p>15 9:30 Morning Visits</p> <p>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>16 President's Day 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Make a Move 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Hail to the Chief-A Presidential Tradition 3:00 (1DR) President's Day Celebration with The Starvation Army Band</p> 	<p>17 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Catholic Mass with Father Nathanael</p>  <p>3:30 (1DR) Trivia Time</p>	<p>18 Ash Wednesday 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 11:00 (3) Social Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Manicures & Music</p>	<p>19 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) Monthly Birthday Party with Jeanette Harris</p> 	<p>20 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 11:00 (2) Room Visits 12:00 Dining Room Lunch</p> <p>2:30 (1DR) Who Was Garrett Morgan?</p>  <p>3:30 (1DR) Refreshments</p>	<p>21 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches</p> <p>2:30 (1DR) BINGO</p>  <p>3:30 (1DR) Refreshments</p>

Activities are Subject to Change

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22 9:30 Morning Visits</p> <p>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>23 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 11:00 (1DR) Wise Moves</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Who is Lisa Gelobter?</p>  <p>3:30 (1DR) Refreshments</p>	<p>24 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 11:00 (2) Friendly Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (2) Group Activity</p> <p>2:30 (1DR) Resident Council Meeting</p>  <p>3:30 (1DR) Refreshments</p>	<p>25 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 11:00 (1DR) Forever Active 11:00 (3) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Are You a Horse?</p> <p>3:00 (1DR) Chinese New Year Celebration with Perform for Love Dancers</p> 	<p>26 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 11:00 (1DR) Hym Sing-Bible Study</p> <p>12:00 Dining Room Lunch</p> <p>3:00 (1DR) Show Tunes by Steve</p> 	<p>27 9:30 AM Visits & Deliveries</p> <p>10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness & Fun 11:00 (2) Room Visits</p> <p>12:00 Dining Room Lunch</p> <p>2:30 (1DR) Learning & Tasting Different Kinds of Soups</p> 	<p>28 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>The Worst Times can be the Best if you Think with Positive Energy</p> <p>- Domenico Dolce</p>			<p><i>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</i></p> <p>(2) Second Floor (3) Third Floor (1DR) First Floor Dining Room</p>

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