

Sterling Care Rockville Nursing						August 2026
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 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments
2 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 	3 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) Baking Class 	4 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	5 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Sit & Stretch 11:00 (2) Room Visits 12:00 Dining Room Lunch 3:00 (1DR) Tribute to Michael Jackson with Malik Jefferson 	6 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 	7 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Wise Moves 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) All About Sunshine and Sunflowers 	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 3:00 (1DR) Music Performance with The Yam 	10 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) A.M. Stretches 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Story Hour with Gamal  3:30 (1DR) Refreshments	11 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) Manicures & Music 	12 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 3:00 (1DR) Music Performance with The Palovations 	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) Show Tunes By Steve 	14 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) All About Coffee 	15 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments

****Activities are Subject to Change****

Sterling Care Rockville Nursing				August 2026		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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) Keep Moving 11:00 (2) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Who Am I? 3:30 (1DR) Refreshments	18 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 Stephen  3:30 (1DR) Trivia Time	19 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fit & Fun 11:00 (2) Room Visits 12:00 Dining Room Lunch 3:00 (1DR) Ice Cream Party with The Caribbean Vibes Steel Drum Band 	20 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) Arts & Crafts 	21 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) Cooking Class 	22 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments
23 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 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) A.M. Stretches 11:00 (2) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) Travelogue: Destination Exploring the Everglades 3:30 (1DR) Refreshments 31 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's get Physical 11:00 (2) Friendly Visits 2:30 (1DR) What Am I?	25 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) Get Together 3:00 (1DR) Monthly Birthday Party with Jeanette Harris 	26 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 2:30 (1DR) Sterling Care Rockville Nursing Fashion Show 	27 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 	28 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) Movie Matinee Presents: Matilda 	29 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments

Activities are Subject to Change