

+ Sterling Care Rockville Nursing				September 2026		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</i> (2) Second Floor (3) Third Floor (1DR) First Floor Dining Room		1 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	2 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness & Fun 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Manicures & Music 	3 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) Show Tunes by Steve 	4 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 3:00 (1DR) Labor Day Celebration with The Reputations 	5 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments
6 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room 11:00 (1DR) Hand Massages 3:00 (1DR) Music Entertainment with The Tacy Foundation 	7 Labor Day 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) Learning About Labor Day  3:30 (1DR) Refreshments	8 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 Stephen  3:30 (1DR) Trivia Time	9 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fitness & Fun 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) 10 Things You Should Know About Rosh Hashanah 3:00 (1DR) Rosh Hashanah Celebration with Seth Kibel 	10 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 	11 Rosh Hashanah begins at Sundown 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) Grandparents Day Teatime Celebration 	12 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments
13 “Grandparents Day” 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	14 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) Star of the Month: John Travolta 3:30 (1DR) Refreshments	15 National Hispanic Heritage Month Begins 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 	16 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) A.M. Stretches 12:00 Dining Room Lunch 3:00 (1DR) National Hispanic Heritage Celebration with Papalca Dancers 	17 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 	18 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 2:30 (1DR) Baking Class	19 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 Yom Kippur Begins at Sundown 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	21 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) Who Am I? 3:30 (1DR) Refreshments	22 Autumn Begins 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 (2) Group Activity  2:30 (1DR) Resident Council Meeting 3:30 (1DR) Refreshments	23 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Forever Active 11:00 (3) Room Visits 12:00 Dining Room Lunch 3:00 (1DR) Monthly Birthday Party with Jeanette Harris 	24 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Hym Sing-Bible Study 12:00 Dining Room Lunch 2:30 (1DR) Get Together 3:00 (1DR) Show Tunes by Steve 	25 Sukkot & Simchat Torah Begins at Sundown 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) Movie Matinee Presents: Arthur The King 	26 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments
27 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	28 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Fit & Fun 11:00 (3) Room Visits 12:00 Dining Room Lunch 2:30 (1DR) Get Together 3:00 (1DR) Story Hour with Gamal 	29 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) Manicures & Music 	30 Montgomery County Board of Elections 10:30 AM – 12:00 PM 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 3:00 (1DR) Magic with Don Juan 	"Life starts all over again when it gets crisp in the fall." — F. Scott Fitzgerald		<i>*Activities are Subject to Change. Although we make every effort to maintain consistency in the schedule, unforeseen circumstances occasionally arise*</i> (2) Second Floor (3) Third Floor (1DR) First Floor Dining Room

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