

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Activities, Times, and Location are Subject to change Beauty Salon Hours Tuesday 10:30 am – 2:00 pm 1:1 Room visit 4:00 pm Monday – Friday Mail Delivery & Packages 9:30 am, 1:30 pm and 4:30 pm – Daily May your October be filled with laughter, friendship, comfort, and peace.				10:00 am 1:1 Room Calendar Distribution 11:00 am Coffee & Conversation 2:00 pm Bingo 3:00 pm Gardening Club	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 1:30 pm Movie & Popcorn 2:00 pm – 3:30pm Men's club	10:00 am Coffee & Conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Fall Artsy Simchat Torah Begins
10:00 am Coffee & Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Documentary Club 3:00 pm Crafty Sunday	10:00 am Resident Voting Assistance by Montgomery County Board of Election 11:00 Coffee and Conversation 1:30 pm Movie	10:00 am Coffee & Conversation 11:00 am Morning Exercise 1:00 pm Food Committee 2:00 pm Bingo 3:00 pm Bowling	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm – 3:30 Women's Club	10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Baking Club	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm – pm Men's club	10:00 am Coffee & Conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Creative Coloring
10:00 am Coffee & Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Documentary Club 3:00 pm 'Who Am I'?	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm - Spa Day 3:00 pm Indigenous Peoples' Day: Culture & Traditions Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:00 pm Resident Council Meeting 3:00 pm Bingo	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm – 3:30 Women's Club	10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Gardening Club	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 1:30 pm Movie & Popcorn 2:00 pm – 3:30pm Men's club	10:00 am Coffee & Conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Fall Artsy
10:00 am Coffee & Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Documentary Club 3:00 pm Crafty Sunday	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm Yoga Session with. Gupta 3:00 pm Spa Day	10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Balloon Volleyball	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm National Apple Day Social 3:00 pm Catholic Mass	10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:30 pm – 3:00 pm September & October Birthday Celebration	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 1:30 pm Movie & Popcorn 2:00 pm – 3:30 pm Bible Study	10:00 am Coffee & Conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Creative Coloring
10:00 am Coffee & Conversation 11:00 am Ecumenical Service with Pastor Royes 2:00 pm Documentary Club 3:00 pm Trivia	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm Yoga Session with. Gupta 3:00 pm Crafty Monday	10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:30 – 3:30 pm Bingo Auction	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:00 pm - 3:30 pm Live Music w/ Howard & Refreshment	10:00 am Coffee & Conversation 11:00 am Morning Exercise 2:00 pm Bingo 3:00 pm Baking Club	10:00 am Coffee & Conversation 11:00 am Morning Reading & Discussion 2:30 pm Halloween Party Bash	10:00 am Coffee & Conversation 11:00 am Car Racing 2:00 pm Bingo 3:00 pm Halloween Movie & Popcorn Halloween

Activity Information: Activity Director - Irish Suarez CDP, ADC /Email: ISuarez@sterlingcarehealth.com / O: 301-530-1600 ext. 2197/2122 / C:202-907-1263.