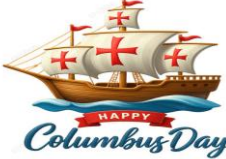


Sterling Care Rockville Nursing

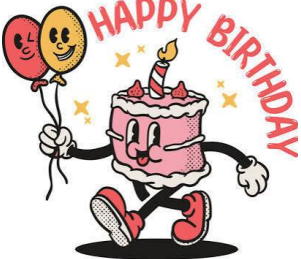
October 2026

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		“Small daily improvements over time lead to stunning results.” - Robin Harma		1 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) Get Together 3:00 (1DR) Oktoberfest with The Oompah Boys Band 	2 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Move & Grove 12:00 Dining Room Lunch 2:30 (1DR) Get Together 3:00 (1DR) Mini-Michael Jackson Performance with Julian 	3 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments
4 9:30 Morning Visits 10:30 Virtual Catholic Mass First Floor Dining Room 11:00 (1DR) Hand Massages 2:30 (1DR) Music Performance with The Tacy Foundation 	5 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	6 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	7 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 (3) Room Visits 2:30 (1DR) BINGO  3:30 (1DR) Refreshments	8 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 	9 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) Beading Class 	10 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments
11 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 	12 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) History of Columbus Day  3:30 (1DR) Refreshments	13 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Word Game 12:00 Dining Room Lunch 2:30 (1DR) Manicures & Music 	14 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) Get Together 3:00 (1DR) Music Performance by Jessica Allosery 	15 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) Get Together 3:00 (1DR) Show Tunes by Steve 	16 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) Movie Matinee Presents: Uncle Buck 	17 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments

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October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 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	19 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) Get Together 3:00 (1DR) Story Hour with Gamal 	20 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	21 Tisha B'Av 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 2:30 (1DR) Fun Time with Sandy & Jeni  3:30 (1DR) Refreshments	22 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) Cooking Class 	23 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) Karaoke 3:30 (1DR) Happy Hour 	24 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments
25 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	26 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 11:00 (2) Friendly Visits 12:00 Dining Room Lunch 2:30 (1DR) The History of Classic Monster Movies  3:30 (1DR) Refreshments	27 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 	28 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 3:00 (1DR) Monthly Birthday Party with Jeanette Harris 	29 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  3:30 (1DR) Refreshments	30 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Rockville Nursery School Halloween Parade  12:00 Dining Room Lunch 2:30 (1DR) Costumes Party With DJ Kacey 	31 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches 2:30 (1DR) BINGO  3:30 (1DR) Refreshments

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