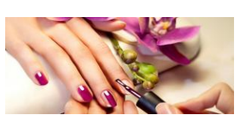
Sterling Care Rockville Nursing

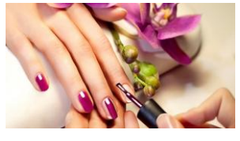
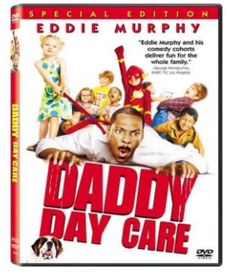
November

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			**If you can Change your mind, you can change your Life** **-William James**			
1 **Mirna** **All Saint's Day** **"Fall Back" Day"** 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** 	**2** **All Souls' Day** 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) Star of the Month – Jamie Lee Curtis**  3:30 (1DR) Refreshments	**3** **Election Day** 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	**4** 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** 2:30 (1DR) Get Together **3:00 (1DR) Music Entertainment with The Trademark Band** 	**5** 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** 	**6** 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) Baking Class** 	**7** 9:30 Morning Hello's **10:30 (1DR) Fun Time with Students from The Health Literacy Clinic** **2:30 (1DR) BINGO**  3:30 (1DR) Refreshments
8 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	**9** 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) All About Pumpkins** 	**10** 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** 	**11** **Veterans Day & Remembrance Day** 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) Veterans Day Discussion **3:00 (1DR) Veterans Day Celebration with The Blues Quartet** 	**12** 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) BINGO**  3:30 (1DR) Refreshments	**13** 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) Get Together **3:00 (1DR) Echoes of Nature** 	**14** 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

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 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	**16** 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 Are We? 3:30 (1DR) Refreshments	**17** 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	**18** 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) Get Together **3:00 (1DR) Monthly Birthday Party with Jeanette Harris** 	**19** 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	**20** 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) Arts & Crafts** 	**21** 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches **2:30 (1DR) BINGO**  3:30 (1DR) Refreshments
22 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	**23** 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) What Am I?	**24** 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** 	**25** 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) Thanksgiving Celebration** 	**26 Thanksgiving Day** 9:30 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) The Macy's Thanksgiving Day Parade **12:00 Dining Room Lunch** **2:30 (1DR) Bingo**  3:30 (1DR) Refreshments	**27** 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: Daddy Day Care** 	**28** 9:30 Morning Hello's 11:00 (1DR) Weekend Stretches **2:30 (1DR) BINGO**  3:30 (1DR) Refreshments
29 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 AM Visits & Deliveries 10:00 (1DR) Steamy Sips 11:00 (1DR) Let's Stretch 11:00 (2) Friendly Visits 2:30 (1DR) Get Together **3:00 (1DR) Show Tunes by Steve** 					

Activities are Subject to Change