

*Daily Activities Schedule Is Subject To Change. Check with concierge for changes that may occur. Concierge- 202-349-3400, Jordan Asrat ~ Director of Activities ~ 202- 660-7881 ~ Email- [yasrat1@jhmi.edu](mailto:yasrat1@jhmi.edu)*

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**Monday, October 4, 2021**

- ❖ **10:00am Coffee and Muffins** **\*Bistro**
  - Current Event
  
- ❖ **11:00am Sit and Fit** **\*Commons (A)**
  
- ❖ **2:00pm “Country Music”** **\*Commons (A)**

**A Film by Ken Burns**

**Eight-part, 16-hour documentary series, COUNTRY MUSIC, chronicles the history of a uniquely American art form, focusing on the biographies of the fascinating characters who created it.**

**Episode: 3. The Hillbilly Shakespeare (1945 –1953)**

- **2019**
- **1hr, 53 min Per episode**
- **Starring Peter Coyote**
- **Genres Documentary, Special Interest**

- ❖ **3:00pm Afternoon Social** **\*Library**
  
- ❖ **3:30pm Dominoes** **\*Bistro**

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**Tuesday, October 5, 2021**

- ❖ **10:00am Coffee and Muffins** **\*Bistro**
- ❖ **11:00am Large Group Exercise Class** **\*Commons (A)**
- ❖ **11:0am Tech Support with Jordan**
  - Residents must sign-up with Concierge
  - 30 minute per resident
  - Between the hours of 11:00am and 4:30pm
- ❖ **1:15pm Scenic Van Ride**

**“Discovering Penn Quarter/Chinatown”**

  - Sign up with Concierge
  - Bus will start loading at 1:15pm and depart by 1:30pm.
  - Discovering Penn Quarter/Chinatown.
- ❖ **3:00pm Afternoon Social** **\*Library**
- ❖ **2:30pm Dominoes** **\*Bistro**
- ❖ **3:30pm “Craft and Wine”** **\*Commons(B)**

**“Pumpkin Painting for your door”**

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## **Wednesday, October 6, 2021**

- ❖ **10:00am Coffee and Muffins** **\*Bistro**
  - The Great American Trivia Quiz
  
- ❖ **11:00am Sit and Fit with Owen** **\*1<sup>st</sup> Floor Courtyard**

**“Owen Lentz”**

Personal trainer and corrective exercise specialist since 2007  
Former professional rugby player. Representing USA at the 2007 rugby World Cup and South Africa in the junior World Cup in 2001.

  - Location- The Courtyard by the 1<sup>st</sup> floor Library
  - **In case of bad weather, class will be moved to the BISTRO**
  
- ❖ **1:30pm Movie & Popcorn “*Florence Foster Jenkins*”** **\*Commons (A)**
  - 2016. PG-13. 1h, 50min
  - Starring Meryl Streep, Hugh Grant
  - Genres Comedy, Historical, Drama
  
- ❖ **2:00pm Trivia** **\*Library**
  
- ❖ **3:00pm Afternoon Social** **\*Library**
  
- ❖ **3:30pm Bingo** **\*Commons (B)**
  
- ❖ **4:30pm Cocktail Hour** **\*Bistro**
  - (Featuring Wine and Beer offerings)

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**Thursday, October 7, 2021**

- ❖ **10:00am Coffee & Muffins** **\*Bistro**
  - I should have known that! Trivia Game
  
- ❖ **11:00am Large Group Exercise Class** **\*Commons (A)**
  
- ❖ **1:30pm Trivia and Riddles** **\*Library**
  
- ❖ **2:00pm Bridge Club** **\*Bistro**
  
- ❖ **3:00pm Afternoon Social** **\*Library**
  
- ❖ **3:30pm Happy Hour** **\*Commons**

Live Music by  
**“Darrin Carter”**

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## **Friday, October 8, 2021**

- ❖ **10:00am Coffee and Muffins** **\*Bistro**
  - Trivial Pursuit Game
  
- ❖ **11:00am Seated Exercise W/Legacy** **\*Commons (A)**
  - Maximum 9 residents per class
  - Sign up With Concierge
  
- ❖ **1:30pm Movie & Popcorn “*Florence Foster Jenkins*”** **\*Commons (A)**
  - 2016. PG-13. 1h, 50min
  - Starring Meryl Streep, Hugh Grant
  - Genres Comedy, Historical, Drama
  
- ❖ **2:00pm Walking Group (Meet in the Library)**
  - **Indoor – Walk to the Hospital Gift Shop & Back**
  - **Make sure you have on comfortable shoes**
  
- ❖ **3:30pm Word Find** **\*Library**

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## **Saturday, October 9, 2021**

- ❖ **10:00am Coffee and Muffins** **\*Bistro**
  - I should have known that! Trivia Game
- ❖ **11:00am Seated Exercise Class** **\*Commons (A)**
- ❖ **1:30pm Movie & Popcorn “*Florence Foster Jenkins*”** **\*Commons (A)**
  - 2016. PG-13. 1h, 50min
  - Starring Meryl Streep, Hugh Grant
  - Genres Comedy, Historical, Drama
- ❖ **1:45pm One on One Outdoor Walking Club**
- ❖ **2:00pm Dominoes** **\*Bistro**
- ❖ **2:00pm Walking Group (Meet in the Library)**
  - **Indoor – Walk to the Hospital Gift Shop & Back**
  - **Make sure you have on comfortable shoes**
- ❖ **3:30pm Bingo** **\*Commons (B)**
- ❖ **4:30pm COCKTAIL HOUR** **\*Bistro**
  - **(Featuring Wine and Beer offerings)**

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## **Sunday, October 10, 2021**

- ❖ **10:00am Seated Exercise Class** **\*Commons (A)**
  
- ❖ **11:00am Mass “Saint Joseph's Oratory”** **\*Commons (A)**
  - Live Stream
  - From resident’s apartment- 10:30 a.m- The Roman catholic Archdiocese of Washington
    - The Mass airs every Sunday at 10:30 a.m. on WDCW-50:
      - **RCN Ch. 15**
  
- ❖ **1:30pm “ Delibes – Coppélia”** **\*Commons (A)**

Performed by the Ballet de l'Opéra national de Bordeaux at the Teatro La Fenice in Venice in 2010, Coppélia is a classic French ballet. Choreographed in 1870 at the Opera de Paris, it is inspired by the evolution of society and the choreographer’s imagination.

  - 2011. PG. 1hr, 33min
  - Directors Oxymore
  - Starring Ballet de l'opéra national de Bordeaux, Léo DelibesOrchestra
  
- ❖ **1:45pm Trivia and Riddles** **\*Library**
  
- ❖ **2:00pm Bridge Club** **\*Bistro**
  
- ❖ **3:30pm Bingo** **\*Commons (B)**