

*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, November 15, 2021**

- ❖ **10:00am Coffee and Muffins** **\*Bistro**
  - Current Event
  
- ❖ **11:00am Balance and Motion with Michael** **\*Commons (A)**  
**Michael Rosengart**  
NCSF Certified Personal Trainer.  
Strength Coach, Prehab Specialist
  
- ❖ **2:00pm “The Vietnam War”** **\*Commons (A)**  
**A Film by Ken Burns**

**Vietnamese revolutionaries led by Ho Chi Minh end nearly a century of French colonial occupation. Vietnam is divided in two. Communists in the North aim to reunify the country, while America supports Diem’s untested regime in the South. (1 season and 10 Episodes)**

### **Episode 1 - Déjà Vu (1858-1961)**

- 2017. 1hr, 22 min
- Genres            Documentary, Special Interest

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

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**Tuesday, November 16, 2021**

- ❖ 10:00am Coffee and Muffins \*Bistro
  
- ❖ 11:00am **Guided Tai Chi** \*Bistro  
Szu Harold & Shouson – Tai Chi Instructors  
**(This is an advance guided Tai Chi Class)**
  
- ❖ 11:00am – Sit and Fit with Adela \*Commons
  
- ❖ 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

1:30pm- 3:00pm

**Grand Oaks Book Club Meeting**

**“Born a Crime - By Trevor Noah”**

All are welcome to join

- ❖ 3:00pm Afternoon Social \*Library
  
- ❖ 3:30pm Health Talk with Legacy \*Commons  
Kara Wilson, CCC-SLP  
Rehab Director  
Legacy Healthcare Services

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**Wednesday, November 17, 2021**

- ❖ **10:00am Coffee and Muffins** \*Bistro
  - The Great American Trivia Quiz
  
- ❖ **11:00am Sit and Fit with Owen** \*Commons (A)  
“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.
  
- ❖ **1:30pm Movie & Popcorn “No Time To Die”** \*Commons (A)  
A mission to rescue a kidnapped scientist turns out to be far more treacherous than expected, leading Bond (Daniel Craig) onto the trail of a mysterious villain armed with dangerous new technology.
  - 2021. 2hr, 43min. PG-13
  - Directors Cary Joji Fukunaga
  - Starring Daniel Craig, Rami Malek, Léa Seydoux
  - Genres Suspense, Drama, Adventure, Action
  - Subtitles English [CC]
  
- ❖ **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, November 18, 2021**

- ❖ **10:00am Coffee & Muffins** \*Bistro
  - I should have known that! Trivia Game
  
- ❖ **11:00am Guided Tai Chi** \*Bistro  
**Szu Harold & Shouson – Tai Chi Instructors**  
**(This is an advance guided Tai Chi Class)**
  
- ❖ **11:00am – Sit and Fit with Adela** \*Commons
  
- ❖ **1:30pm Trivia and Riddles** \*Library
  
- ❖ **2:00pm Bridge Club** \*Bistro
  
- ❖ **3:00pm Dominoes** \*Library
  
- ❖ **3:30pm Happy Hour** \*Commons  
Live Music by  
**“Darrin Carter”**

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## **Friday, November 19, 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 “No Time To Die”** **\*Commons (A)**

**A mission to rescue a kidnapped scientist turns out to be far more treacherous than expected, leading Bond (Daniel Craig) onto the trail of a mysterious villain armed with dangerous new technology.**

  - 2021. 2hr, 43min. PG-13
  - Directors Cary Joji Fukunaga
  - Starring Daniel Craig, Rami Malek, Léa Seydoux
  - Genres Suspense, Drama, Adventure, Action
  - Subtitles English [CC]
  
- ❖ **2:00pm Walking Group (Meet in the Library)**
  - **Indoor – Walk to the Hospital Gift Shop & Back**
  - **Make sure you have on comfortable shoes**

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❖ 2:30pm      **Dominoes**      **\*Bistro**

❖ 3:30pm      **Word Find**      **\*Library**

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## **Saturday, November 20, 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 “No Time To Die”** **\*Commons (A)**

**A mission to rescue a kidnapped scientist turns out to be far more treacherous than expected, leading Bond (Daniel Craig) onto the trail of a mysterious villain armed with dangerous new technology.**

  - 2021. 2hr, 43min. PG-13
  - Directors Cary Joji Fukunaga
  - Starring Daniel Craig, Rami Malek, Léa Seydoux
  - Genres Suspense, Drama, Adventure, Action
  - Subtitles English [CC]
- ❖ **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**

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## **Sunday, November 21, 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 am- The Roman catholic Archdiocese of Washington
    - The Mass airs every Sunday at 10:30 a.m. on WDCW-50:
      - **RCN Ch. 15**
  
- ❖ **1:30pm “Diana: The Musical”** **\*Commons (A)**

**Diana is a musical with music and lyrics by David Bryan and Joe DiPietro, and a book by DiPietro, based on the life of Diana, Princess of Wales.**

  - **2021. G. 1hr, 57min (Netflix Special)**
  - **Director Christopher Ashley**
  - **Genres Music & Musical**
  - **Subtitles English**
  
- ❖ **1:45pm Trivia and Riddles** **\*Library**
  
- ❖ **2:00pm Bridge Club** **\*Bistro**
  
- ❖ **3:30pm Bingo** **\*Commons (B)**