

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

MASK IS REQUIRED TO PARTICIPATE IN ALL ACTIVITIES.

(Please ask your Care Manager if you need a mask) Commons (A) = Movie Side & Commons (B) = Piano Side

Monday, November 22, 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 2 - Riding the Tiger (1961-1963)

- 2017. 1hr, 23 min
- Genres Documentary, Special Interest

- ❖ **3:00pm Afternoon Social** ***Library**

- ❖ **3:30pm Dominoes** ***Bistro**

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Tuesday, November 23, 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- Skin Care Talk with Jill *Commons
“Love Your Skin”
By: Jill Youens RN, CDP, WCC
Oasis RN Coordinator
- ❖ 2:00pm Trivia & Riddles *Library
- ❖ 3:00pm Afternoon Social *Library
- ❖ 3:30pm Craft and wine *Commons

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Wednesday, November 24, 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 “Grumpy Old Men”** ***Commons (A)**

Jack Lemmon and Walter Matthau reunite in this romantic comedy that examines the decades-old love-hate relationship between two neighbors.

 - 1993. 1hr, 43min. PG-13
 - Directors Donald Petrie
 - Starring Jack Lemmon, Walter Matthau, Ann-Margret
 - Genres Comedy
 - 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 25, 2021



- ❖ **10:00am Macy's Thanksgiving Day Parade** *Commons A
 - Coffee and Muffin
 - From Residents Apartment – 9:00am – 12:00pm

- ❖ **11:00am Large Group Exercise Class** *Commons (A)



Thanksgiving Day Luncheon

- ❖ **2:30pm Bridge Club** *Bistro
- ❖ **4:30pm Raiders vs. Cowboys** *Commons



VS



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Friday, November 26, 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 “Grumpy Old Men”** ***Commons (A)**

Jack Lemmon and Walter Matthau reunite in this romantic comedy that examines the decades-old love-hate relationship between two neighbors.

 - 1993. 1hr, 43min. PG-13
Directors Donald Petrie
Starring Jack Lemmon, Walter Matthau, Ann-Margret
Genres Comedy

- ❖ **2:00pm Walking Group (Meet in the Library)**
 - **Indoor – Walk to the Hospital Gift Shop & Back**
 - **Make sure you have on comfortable shoes**

- ❖ **2:30pm Dominoes** ***Bistro**

- ❖ **3:30pm Word Find** ***Library**

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Saturday, November 27, 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 “Grumpy Old Men”** ***Commons (A)**

Jack Lemmon and Walter Matthau reunite in this romantic comedy that examines the decades-old love-hate relationship between two neighbors.

 - 1993. 1hr, 43min. PG-13
Directors Donald Petrie
Starring Jack Lemmon, Walter Matthau, Ann-Margret
Genres Comedy
Subtitles English [CC]

- ❖ **1:30pm 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 28, 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 “Irving Berlin's Holiday Inn”** ***Commons (A)**

Jim leaves the bright lights of show business behind to settle down on his farmhouse in Connecticut... but life just isn't the same without a bit of song and dance.

 - **2017. G. 2hr, 2min**
 - **Directors Gordon Greenberg**
 - **Starring Bryce Pinkham, Corbin Bleu, Lora Lee Gayer**
 - **Genres Arts, Entertainment, and Culture**
 - **Subtitles English [CC]**

- ❖ **1:45pm Trivia and Riddles** ***Library**

- ❖ **2:00pm Bridge Club** ***Bistro**

- ❖ **3:30pm Bingo** ***Commons (B)**