

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 8, 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 “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.
 - This is the last Episode
 - Episode 8 - Don't Get Above Your Raisin' (1984 –1996)**
 - **2019. 1hr, 54 min**
 - **Starring Peter Coyote**
 - **Genres Documentary, Special Interest**

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

- ❖ **3:30pm Dominoes** ***Bistro**

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Tuesday, November 9, 2021

- ❖ **10:00am Coffee and Muffins** ***Bistro**

- ❖ **11:00am Tai Chi with SzuHarold** ***Commons (A)**

Szu Harold – Tai Chi Instructor
Szu Harold focus on improving balance and reducing fall risk.

- ❖ **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**

“Downtown DC”

 - Sign up with Concierge
 - Bus will start loading at 1:15pm and depart by 1:30pm.

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

- ❖ **2:30pm Dominoes** ***Bistro**

- ❖ **3:30pm “Craft and Wine”** ***Commons(B)**

“Painting”

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Wednesday, November 10, 2021
Attention Residents: Today is
Moderna Booster Clinic
with Foers Pharmacy
(We will be Having Limited Activities)

❖ 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.

❖ 3:00pm Afternoon Social *Library

❖ 4:30pm Cocktail Hour *Bistro
(Featuring Wine and Beer offerings)

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Thursday, November 11, 2021



HONORING ALL WHO SERVED

VETERANS DAY

❖ **10:00am Coffee & Muffins** *Bistro
▪ I should have known that! Trivia Game

❖ **11:00am Tai Chi with SzuHarold** *Commons (A)
Szu Harold – Tai Chi Instructor
Szu Harold focus on improving balance and reducing fall risk.

❖ **1:30pm Trivia and Riddles** *Library

❖ **2:00pm Bridge Club** *Bistro

3:00pm - 3:30pm *Commons

Veterans Day Celebration

Welcome Veterans Music

PowerPoint Presentation of our Veterans

Pinning Ceremony

3:30- 4:00pm

Patriotic Music By Ordinary People Band

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Friday, November 12, 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 “And So It Goes”** ***Commons (A)**
 - 2014. 1hr, 33min. PG-13
 - Starring Diane Keaton, Michael Douglas
 - 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 13, 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 “And So It Goes”** ***Commons (A)**
 - 2014. 1hr, 33min. PG-13
 - Starring Diane Keaton, Michael Douglas
 - Genres Comedy
- ❖ **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 HALLOWEEN COCKTAIL HOUR** ***Bistro**

(Featuring Hunting Halloween Cocktails)

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Sunday, November 14, 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 “Romeo and Juliet” -** ***Commons (A)**

Replay! Back by Popular Demand!

This film is the famed 1966 Royal Ballet production of Prokofiev's Romeo and Juliet.

 - 1967. G. 2hr, 7min
 - Starring Rudolf Nureyev, Margot Fonteyn, Royal Ballet
 - Genres Arts, Entertainment, and Culture
 - Subtitles English

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

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

- ❖ **3:30pm Bingo** ***Commons (B)**