

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, December 20, 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 6. Things Fall Apart (January 1968-July 1968)

- 2017. 1hr, 25 min
- Genres Documentary, Special Interest

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

- ❖ **3:30pm Dominoes** ***Bistro**

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Tuesday, December 21, 2021



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

- ❖ **11:00am Guided Tai Chi** ***Bistro**
Sondra Albert – New Tai Chi Instructors
Sondra is a well accomplished certified Tai Chi and Yoga Instructor. Sondra has firsthand experienced with the healing power with connections to Tai Chi, mindful movement, and meditation. She has trained at the Kripalu Center for Health practicing Yoga and Tai Chi for 25 years and teaching for 10 years.
Certifications:
 - Tai Chi Certification ASFA- American Sports & Fitness Association
 - E-RYT- 500 Yoga Teacher Certification, Kripalu Yoga

- ❖ **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

- ❖ **2:00pm Health Talk with Legacy** ***Commons**
Brain Fitness
Led by: Kara Wilson, CCC-SLP
Rehab Director - Legacy Healthcare Services

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

- ❖ **3:30pm Holiday Gift Wrapping** ***Commons**
(Bring your Gifts and we'll Wrap for you)

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Wednesday, December 22, 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 “National Lampoon's Christmas Vacation” *Commons A)**

A love affair is fated for tragedy amidst the vicious rivalry of two street gangs the Jets and the Sharks.

 - 1989. 1hr, 37min. PG-13
 - Directors Jeremiah S. Chechik
 - Starring Chevy Chase, Beverly D'Angelo, Juliette Lewis
 - Genres Comedy
 - Subtitles English [CC]

- ❖ **2:00pm Trivia** ***Library**

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

- ❖ **3:30pm Bingo** ***Commons (B)**

- ❖ **4:30pm Cocktail Hour** ***Bistro**

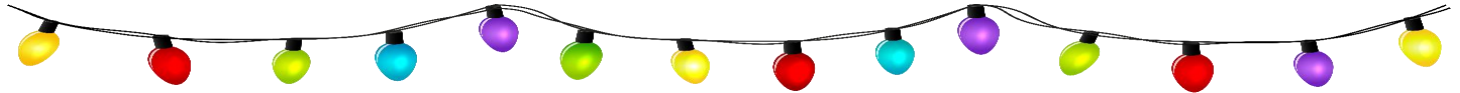
(Capitol Carolers Performance)

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Thursday, December 23, 2021



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

- ❖ **11:00am Guided Tai Chi** ***Bistro**
Sondra Albert – New Tai Chi Instructors

Sondra is a well accomplished certified Tai Chi and Yoga Instructor. She has vast of experience in teaching diverse populations in many different venues. Sondra has firsthand experienced with the healing power with connections to Tai Chi, mindful movement, and meditation. She has trained at the Kripalu Center for Health practicing Yoga and Tai Chi for 25 years and teaching for 10 years.

Certifications:

- Tai Chi Certification ASFA- American Sports & Fitness Association
- E-RYT- 500 Yoga Teacher Certification, Kripalu Yoga

- ❖ **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
“Darrin Carter”

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Friday, December 24, 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

Christmas Eve Luncheon with Families

11:30 and 1:00pm Family RSVP REQUIRED

RSVP with Concierge by Monday, Dec. 20th (202) 349 - 3400
(VISITING FAMILIES DINE IN RESIDENTS' ROOM ONLY)

- ❖ **1:30pm “National Lampoon's Christmas Vacation” *Commons A)**
A love affair is fated for tragedy amidst the vicious rivalry of two street gangs the Jets and the Sharks.
 - 1989. 1hr, 37min. PG-13
 - Directors Jeremiah S. Chechik
 - Starring Chevy Chase, Beverly D'Angelo, Juliette Lewis
 - Genres Comedy
 - Subtitles English [CC]

- ❖ **2:30pm Dominoes** ***Bistro**

- ❖ **3:30pm Word Find** ***Library**

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Saturday, December 25, 2021



❖ **11:00am Seated Exercise Class**

***Commons (A)**

11:30pm 1:30pm



Residents' Christmas Luncheon

Dining Room

RSVP is not required

❖ **2:00pm "White Christmas"**

***Commons (A)**

Two talented son-and-dance men (Bing Crosby and Danny Kaye) team up after the war to become one of the hottest acts in show business.

- 1954. 2hr. PG-13
- Directors Michael Curtiz
- Starring Rosemary Clooney, Bing Crosby, Vera Ellen
- Genres Arts, Entertainment, and Culture
- Subtitles English

❖ **3:00pm Afternoon Social**

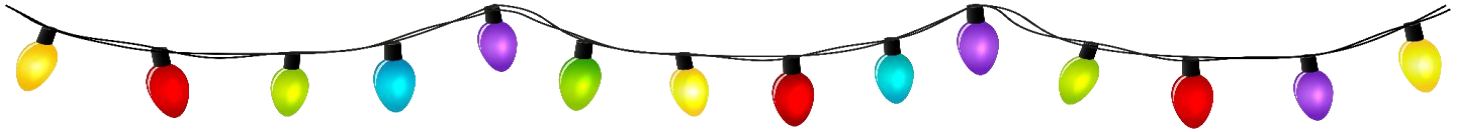
***Library**

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Sunday, December 26, 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**

- ❖ **1:00pm “Football Game On Fox”** ***Commons (A)**

Beer and Pizza will be served

W



Washington Football Team

at

Dallas Cowboys

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

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

- ❖ **3:30pm Bingo** ***Commons (B)**