

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 27, 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 7. The Veneer of Civilization (June 1968-May 1969)

- 2017. 1hr, 48 min
- Genres Documentary, Special Interest

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

- ❖ **3:30pm Dominoes** ***Bistro**

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Tuesday, December 28, 2021

- ❖ **10:00am Coffee and Muffins** ***Bistro**
- ❖ **11:00am Seated 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**

“Downtown”

 - Sign up with Concierge
 - Bus will start loading at 1:15pm and depart by 1:30pm.
- ❖ **3:30pm Dominoes** ***Bistro**
- ❖ **3:00pm Afternoon Social** ***Library**
- ❖ **3:30pm Craft and wine** ***Commons**

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Wednesday, December 29, 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 “Bing the Ricardos”** ***Commons (A)**

During one production week of “I Love Lucy” — from Monday table read through Friday audience taping — Lucille Ball (Nicole Kidman) and Desi Arnaz (Javier Bardem) face a series of personal and professional crises that threaten their show, their careers and their marriage, in writer-director Aaron Sorkin’s behind-the-scenes drama.

 - 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, December 30, 2021

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

- ❖ **11:00am Guided Tai Chi** ***Commons**

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 Afternoon Social** ***Library**

- ❖ **3:30pm Happy Hour** ***Commons**

Live Music by
“Ordinary People”

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Friday, November 31, 2021

- ❖ **10:00am Coffee and Muffins** ***Bistro**
 - Trivial Pursuit Game

- ❖ **11:00am Seated Exercise W/Legacy** ***Commons (A)**

- ❖ **1:30pm Movie & Popcorn “Bing the Ricardos”** ***Commons (A)**

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

- ❖ **2:00pm Walking Group (Meet in the Library)**

- ❖ **2:30pm Dominoes** ***Bistro**

- ❖ **3:00pm Afternoon Social** ***Bistro**
 - **New Year’s Eve mini Champagne bottle Giveaway!**

- ❖ **3:30pm Word Find** ***Library**

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Saturday, January 1, 2022



- ❖ **10:00am Coffee and Muffins** ***Bistro**
 - I should have known that! Trivia Game
- ❖ **11:00am Seated Exercise Class** ***Commons (A)**
- ❖ **1:30pm Movie & Popcorn “Bing the Ricardos”** ***Commons (A)**

During one production week of “I Love Lucy” — from Monday table read through Friday audience taping — Lucille Ball (Nicole Kidman) and Desi Arnaz (Javier Bardem) face a series of personal and professional crises that threaten their show, their careers and their marriage, in writer-director Aaron Sorkin’s behind-the-scenes drama.

 - 1993. 1hr, 43min. PG-13
 - Directors Donald Petrie
 - Starring Jack Lemmon, Walter Matthau, Ann-Margret
 - Genres Comedy
 - Subtitles English [CC]
- ❖ **1:30pm Dominoes** ***Bistro**
- ❖ **3:00pm Afternoon Social** ***Library**
- ❖ **3:30pm Bingo** ***Commons (B)**
- ❖ **4:30pm COCKTAIL HOUR** ***Bistro**

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Sunday, January 2, 2022

- ❖ **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 Sunday Afternoon Football** ***Commons (A)**

Pizza and Beer will be Served
Put on your Jersey and cheer on your team



Philadelphia Eagles

at

W

Washington Football Team

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

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

- ❖ **3:30pm Bingo** ***Commons (B)**