

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

## **Monday, December 13, 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 5. This Is What We Do (July 1967-December 1967)**

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

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

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**Tuesday, December 14, 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. 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

❖ **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**

**“Immortal life of Henrietta Lacks by Rebecca Skloot”**

**All are welcome to join**

❖ **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 15, 2021**

- ❖ **10:00am Coffee and Muffins** \*Bistro
  - The Great American Trivia Quiz

- ❖ **11:00am Resident Forum** \*Commons (A)

**We want to hear from you**

All residents are invited

This meeting will occur the 3<sup>rd</sup> Wednesday of each month.

- ❖ **1:30pm Movie & Popcorn “West Side Story”** \*Commons (A)  
A love affair is fated for tragedy amidst the vicious rivalry of two street gangs the Jets and the Sharks.

- 1961. 2hr, 31min. PG-13
- Directors Jerome Robbins, Rober Wise
- Starring Natalie Wood, Richard Beymer, Russ Tamblyn
- Genres Romance, Arts, Entertainment, and Culture
- 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 16, 2021**

- ❖ **10:00am Coffee & Muffins** **\*Bistro**
  - I should have known that! Trivia Game
  
- ❖ **11:00am Large Group Exercise Class** **\*Commons (A)**
  
- ❖ **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, December 17, 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 “West Side Story”** **\*Commons (A)**

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

  - 1961. 2hr, 31min. PG-13
  - Directors Jerome Robbins, Rober Wise
  - Starring Natalie Wood, Richard Beymer, Russ Tamblyn
  - Genres Romance, Arts, Entertainment, and Culture
  - 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
  
- ❖ **2:30pm Dominoes** **\*Bistro**
  
- ❖ **3:30pm Word Find** **\*Library**

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**Saturday, December 18, 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 “West Side Story”** **\*Commons (A)**

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

  - 1961. 2hr, 31min. PG-13
  - Directors Jerome Robbins, Rober Wise
  - Starring Natalie Wood, Richard Beymer, Russ Tamblyn
  - Genres Romance, Arts, Entertainment, and Culture
  - Subtitles English
  
- ❖ **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, December 19 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



**New York  
Giants**

**VS**



**Dallas  
Cowboys**

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

❖ **2:00pm Bridge Club** \*Bistro

❖ **3:30pm Bingo** \*Commons (B)