

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 6, 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 4 - Resolve (January 1966-June 1967)

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

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

- ❖ **3:30pm Dominoes** ***Bistro**

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Tuesday, December 7, 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- Scenic Van Ride *Commons
G.W. Parkway to Great Falls
- ❖ 2:00pm Trivia & Riddles *Library
- ❖ 3:00pm Afternoon Social *Library
- ❖ 3:30pm Craft and wine *Commons

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Wednesday, December 8, 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 “Spencer”** ***Commons (A)**

The marriage of Princess Diana (Kristen Stewart) and Prince Charles (Jack Farthing) has long since grown cold. 2021. 1hr, 56min. 18+

 - Directors Pablo Larraín
 - Starring Kristen Stewart, Timothy Spall, Jack Farthing
 - Genres Drama
 - 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 9, 2021

Grand Oaks Holiday Party



- ❖ **10:00am** 10:00am Coffee and Muffins *Bistro
 - The Great American Trivia Quiz
- ❖ **11:00am** Large Group Exercise Class *Bistro
- ❖ **2:30pm** Bridge Club *Bistro

Join us Holiday Party



5:00pm - 7 :00pm
1st Floor

Music- Ordinary people Band in the Commons
Food Stations- Dining Room, Club Room, Chapel, Library
Bar- Commons, 1st Floor Hallway by the TV

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Friday, December 10, 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 “Spencer”** ***Commons (A)**

The marriage of Princess Diana (Kristen Stewart) and Prince Charles (Jack Farthing) has long since grown cold. 2021. 1hr, 56min. 18+

 - Directors Pablo Larraín
 - Starring Kristen Stewart, Timothy Spall, Jack Farthing
 - Genres Drama
 - 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 11, 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 “Spencer”** ***Commons (A)**

The marriage of Princess Diana (Kristen Stewart) and Prince Charles (Jack Farthing) has long since grown cold. 2021. 1hr, 56min. 18+

 - Directors Pablo Larraín
 - Starring Kristen Stewart, Timothy Spall, Jack Farthing
 - Genres Drama
 - 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, December 12, 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

	Washington Football Team	VS		Dallas Cowboys
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- ❖ **1:45pm Trivia and Riddles** ***Library**

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

- ❖ **3:30pm Word Find** ***Library**