

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

24HR ADVANCE RESERVATION & 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, February 21, 2022



- ❖ **10:00am Step Challenge Indoor Walking**
 - Don't forget your Pedometer
 - Sign up with Concierge

- ❖ **10:45am Large Group Exercise Class** *Commons (A)
 - Maximum 9 residents per class
 - Sign up with Concierge

- ❖ **11:30am Large Group Exercise Class** *Commons (A)
 - Maximum 9 residents per class
 - Sign up With Concierge

- ❖ **1:30pm Movie & Popcorn "Red Tails"** *Commons (A)

WWII African American fighter pilots--the Tuskegee Airmen--fight racism and the Nazis to fly their way into history.

 - 2012. PG-13. 2h 4min.
 - Directors Anthony Hemingway
 - Starring Nate Parker, David Oyelowo, Ne-Yo
 - Genres Action
 - Maximum 10 Residents per Showing
 - Sign up with Concierge

- ❖ **3:00pm & 3:15pm Afternoon Social** *Commons (B)
 - Maximum 9 residents per shifts

- ❖ **3:45pm Bingo** *Commons (B)
 - Sign up with concierge
 - Maximum 9 residents

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Tuesday, February 22, 2022

- ❖ **10:00am Step Challenge Indoor Walking**
 - Don't forget your Pedometer
 - Sign up with Concierge

- ❖ **10:45am Large Group Exercise Class** *Commons (A)
 - Maximum 9 residents per class
 - Sign up with Concierge

- ❖ **11:00am-4:00pm Tech Support with Jordan/Marco**
 - Sign up With Concierge
 - specify your preferred support time-30 minutes per resident

- ❖ **11:30am Large Group Exercise Class** *Commons (A)
 - Maximum 9 residents per class
 - Sign up With Concierge

- ❖ **1:30pm Trivia & Riddles** *Library
 - Maximum 9 residents
 - Sign up with Concierge

- ❖ **3:00pm & 3:15pm Afternoon Social** *Commons (B)
 - Maximum 9 residents per shifts

- ❖ **3:30pm Arts and Craft** *Commons(B)
 - Maximum 9 residents
 - Sign up with concierge

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Wednesday, February 23, 2022

Staff COVID Testing Day- 7:00am - 4:30pm

(The Commons is Closed During COVID Testing)

- ❖ **10:00am Step Challenge Indoor Walking**
 - Don't forget your Pedometer
 - Meet in the Library
 - Sign up with Concierge

- ❖ **10:45am Large Group Exercise Class** ***Bistro**
 - Maximum 9 residents per class
 - Sign up with Concierge

- ❖ **11:30am Large Group Exercise Class** ***Bistro**
 - Maximum 9 residents per class
 - Sign up With Concierge

- ❖ **1:30pm Trivia and Riddles** ***Library**
 - Maximum 9 residents
 - Sign up with Concierge

- ❖ **2:00pm Indoor Walking**
 - Maximum 9 residents
 - Meet in the Bistro
 - Sign up with Concierge

- ❖ **3:00pm & 3:15pm Afternoon Social** ***Bistro**
 - Maximum 9 residents per shifts

- ❖ **3:30pm Word Find** ***Library**
 - Maximum 9 residents
 - Sign up with Concierge

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Thursday, February 24, 2022

- ❖ **10:00am Step Challenge Indoor Walking**
 - Don't forget your Pedometer
 - Meet in the Library
 - **Sign up with Concierge**

- ❖ **10:45am Seated Exercise** ***Commons (A)**
 - Maximum 9 residents per class
 - **Sign up with Concierge**

- ❖ **11:00am Tech Support with Jordan/Marco**
 - specify your preferred support time-30 minutes per resident
 - **Sign up With Concierge**

- ❖ **11:30am Seated Exercise** ***Commons (A)**
 - Maximum 9 residents per class
 - **Sign up With Concierge**

- ❖ **1:30pm Trivia and Riddles** ***Library**
 - Maximum 9 residents
 - **Sign up with Concierge**

- ❖ **2:00pm Sip and Paint** ***Commons (B)**
 - Maximum 9 residents
 - **Sign up with Concierge**

- ❖ **3:00pm & 3:15pm Afternoon Social** ***Commons (B)**
 - Maximum 9 residents per shifts

- ❖ **3:30pm Bingo** ***Commons (B)**
 - Sign up with concierge
 - Maximum 9 residents
 - **Sign up with Concierge**

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Friday, February 25, 2022

- ❖ **10:00am Step Challenge Indoor Walking- Meet in the Library**
 - Don't forget your Pedometer
 - Maximum 9 residents
 - **Sign up with Concierge**

- ❖ **10:45am Seated Exercise** ***Commons (A)**
 - Maximum 9 residents per class
 - **Sign up with Concierge**

- ❖ **11:30am Seated Exercise W/Legacy** ***Commons (A)**
 - Maximum 9 residents per class
 - **Sign up With Concierge**

- ❖ **1:30pm Movie & Popcorn "Red Tails"** ***Commons (A)**

WWII African American fighter pilots--the Tuskegee Airmen--fight racism and the Nazis to fly their way into history.

 - 2012. PG-13. 2h 4min.
 - Directors Anthony Hemingway
 - Starring Nate Parker, David Oyelowo, Ne-Yo
 - Genres Action
 - Maximum 10 Residents per Showing
 - **Sign up with Concierge**

- ❖ **1:45pm Word Find** ***Library**
 - Maximum 9 residents per showing
 - Sign up with Concierge

- ❖ **3:00pm & 3:15pm Afternoon Social** ***Commons (B)**
 - Maximum 9 residents per shifts

- ❖ **3:30pm Small Group Bingo** ***Commons (B)**
 - Maximum 9 residents
 - **Sign up with Concierge**

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Saturday, February 26, 2022

- ❖ **10:00am Step Challenge Indoor Walking**
 - Don't forget your Pedometer
 - Meet in the Library
 - **Sign up with Concierge**

- ❖ **10:45am Seated Exercise Class** ***Commons (A)**
 - Maximum 9 residents per class
 - **Sign up with Concierge**

- ❖ **11:30am Seated Exercise Class** ***Commons (A)**
 - Maximum 9 residents per class
 - **Sign up With Concierge**

- ❖ **1:30pm Movie & Popcorn "Red Tails"** ***Commons (A)**

WWII African American fighter pilots--the Tuskegee Airmen--fight racism and the Nazis to fly their way into history.

 - 2012. PG-13. 2h 4min.
 - Directors Anthony Hemingway
 - Starring Nate Parker, David Oyelowo, Ne-Yo
 - Genres Action
 - Maximum 10 Residents per Showing
 - **Sign up with Concierge**

- ❖ **2:00pm Word Find** ***Library**
 - Maximum 9 residents per showing
 - **Sign up with Concierge**

- ❖ **3:00pm & 3:15pm Afternoon Social** ***Commons (B)**
 - Maximum 9 residents per shifts

- ❖ **3:30pm Small Group Bingo** ***Commons (B)**
 - Maximum 9 residents
 - **Sign up with Concierge**

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Sunday, February, 2022

- ❖ **10:00am Large Group Exercise Class** *Commons (A)
 - Maximum 10 residents per class
 - **Sign up with Concierge**

- ❖ **11:00am Worship “National Presbyterian Church”** *Commons (A)
 - Live Stream
 - Maximum 10 residents
 - **Sign up With Concierge**

- ❖ **1:30pm Sunday Concerto -Luisi conducts Paganini's** *Commons (A)
 - **Violin Concerto and Brahms**
 - Genres-Music Videos and Concerts - 2 h 4 min 2018 (G)
 - Maximum 10 residents per showing
 - **Sign up with Concierge**

- ❖ **1:45pm Trivia and Riddles** *Library
 - Maximum 10 residents per showing
 - **Sign up with Concierge**

- ❖ **3:00pm & 3:15pm Afternoon Social** *Commons (B)
 - Maximum 9 residents per shifts

- ❖ **3:30pm Small Group Bingo** *Commons (B)
 - Maximum 10 residents
 - **Sign up with Concierge**