

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

**Monday, May 30, 2022**



- ❖ **10:00am Coffee and Muffins** **\*Bistro**
  - o US & World History Trivia
- ❖ **11:00am Balance and Motion with Michael** **\*Commons (A)**  
**“Michael Rosengart”**  
**NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist**

**11:30am – 2:00pm**



1<sup>ST</sup> SEATING – 11:30AM  
2<sup>ND</sup> SEATING – 1:00PM

**Live Music and Lunch in the 1<sup>st</sup> Floor Courtyard 12:00pm- 1:30pm**

- ❖ **2:30pm “Saving Private Ryan”** **\*Commons (A)**  
**Based on a World War II drama. US soldiers try to save their comrade, paratrooper Private Ryan, who's stationed behind enemy lines.**
  - o 1998. 2hr. 49min. ®
  - o Starring Steven Spielberg
  - o Starring Tom Hanks, Edward Burns, Matt Damon
  - o Genres Drama, Action, Military and War
  - o Subtitles English
- ❖ **3:00pm Afternoon Social & Music** **\*Library (B)**

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## **Tuesday, May 31, 2022**

❖ **10:00am Coffee and Muffins**

**\*Bistro**

- Trivial Pursuit Game

❖ **11:00am-4:00pm Tech Support with Jordan**

- Sign up with Concierge

❖ **11:00am Tai Chi**

**\*Commons (B)**

### **Edward Pratt - Tai Chi Instructor:**

Edward Pratt is a Tai Chi Chuan and Martial Arts Coach. He has over 30 yrs. of Martial Arts experience and about 15 yrs. of experience in Tai Chi Chuan.

❖ **1:30pm Scenic Van ride “Mormon Temple” (Weather Permitting)**

- Sign up with Concierge
- Residents don't get off the bus during our scenic van ride
- Bus Loading & Departure Schedule
  - **1:10pm** - Wheelchair & Transfer residents – Meet in the Bistro @ 1:10pm
  - **1:20pm** - Walk on the bus residents- Meet in the Bistro @ 1:20pm
  - **1:30pm** - Bus will depart – To avoid losing your place, please arrive 5 minutes before your scheduled loading time.
  - **1:25pm** - Waiting list loading

❖ **3:00pm Afternoon Social & Trivia**

**\*Library**

❖ **3:30pm Bingo**

**\*Commons (B)**

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## **Wednesday, June 1, 2022**

- ❖ **10:00am Coffee and Muffins** **\*Bistro**
  - Movie & TV Trivia Questions
  
- ❖ **11:00am Sit and Fit with Owen** **\* Commons (B)**

**“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 Team Trivial Pursuit** **\*Bistro**
  
- ❖ **1:30 pm Movie & Popcorn “Downton Abbey”** **\*Commons (A)**

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the king and queen of England soon unleashes scandal, romance and intrigue -- leaving the future of Downton hanging in the balance.

  - 2019. PG. 2hr. min
  - Directors Michael Engler
  - Starring Hugh Bonneville, Jim Carter, Michelle Dockery
  - Genres Drama, Romance
  - Subtitles English
  
- ❖ **3:00pm Afternoon Social & Music** **\*Library**
  
- ❖ **3:30pm Word Find** **\*Library**
  
- ❖ **4:30pm COCKTAIL HOUR in the Bistro**  
**Featuring themed Cocktail & Wine & Beer**

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## **Thursday, June 2, 2022**

❖ **10:00am Coffee, Tea, and Trivia**

**\*Library**

- General Knowledge & Mic. Trivia Questions

❖ **11:00am Tech Support with Jordan**

- Sign up with Concierge
- specify your preferred support time-30 minutes per resident

❖ **11:00am Tai Chi**

**\*Commons (B)**

**Edward Pratt - Tai Chi Instructor:**

Edward Pratt is a Tai Chi Chuan and Martial Arts Coach. He has over 30 yrs. of Martial Arts experience and about 15 yrs. of experience in Tai Chi Chuan.

❖ **1:30pm Trivia (In Teams)**

**\*Library**

❖ **1:30pm Bridge Club**

**\*Bistro**

❖ **2:30pm Paint and Sip**

**\*Commons (B)**

**Come and paint while you enjoy a glass of wine.**

❖ **3:30pm Balloon Tennis**

**\*Commons (A)**

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## **Friday, June 3, 2022**

- ❖ **10:00am Coffee and Muffins** **\*Bistro**
  - Slogan & Business Trivia Questions
  
- ❖ **11:00am Seated Exercise W/Legacy** **\*Commons (B)**
  
- ❖ **1:00pm Indoor/ Outdoor Walking Club**  
**Meet me in the Library**  
**(Outdoor Waking Is Weather Permitting)**
  
- ❖ **2:00pm Meet and greet with **Ben Bergmann**** **\*Commons**  
**Candidate for Ward 3 Councilmember**  
**Enjoy some light refreshments, and bring your questions**
  
- ❖ **3:00pm Afternoon Social** **\*Library**
  
- ❖ **3:30pm Bingo** **\*Commons (B)**
  
- ❖ **7:00pm Movie & Popcorn “Downton Abbey”** **\*Commons (A)**

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the king and queen of England soon unleashes scandal, romance and intrigue -- leaving the future of Downton hanging in the balance.

  - 2019. PG. 2hr. min
  - Directors Michael Engler
  - Starring Hugh Bonneville, Jim Carter, Michelle Dockery
  - Genres Drama, Romance
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**Saturday, June 4, 2022**

- ❖ **10:00am Coffee and Muffins** **\*Library**
  - Trivial Pursuit Game
  
- ❖ **11:00am Seated Exercise Class** **\*Commons (A)**
  - Adela
  
- ❖ **1:30 pm Movie & Popcorn “Downton Abbey”** **\*Commons (A)**

The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the king and queen of England soon unleashes scandal, romance and intrigue -- leaving the future of Downton hanging in the balance.

  - 2019. PG. 2hr. min
  - Directors Michael Engler
  - Starring Hugh Bonneville, Jim Carter, Michelle Dockery
  - Genres Drama, Romance
  - Subtitles English
  
- ❖ **1:30pm Bridge Club** **\*Bistro**
  
- ❖ **2:00pm Word Find** **\*Library**
  
- ❖ **3:00pm Afternoon Social** **\*Library**
  
- ❖ **3:30pm Bingo** **\*Commons (B)**
  
- ❖ **4:30pm COCKTAIL HOUR in the Bistro**  
**Featuring themed Cocktail & Wine & Beer**

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## **Sunday, June 5, 2022**

- ❖ **10:00am**      **Large Group Exercise Class**      **\*Commons (B)**
  - Marco
- ❖ **11:15am**      **Sunday Worship -**      **\*Commons (A)**
  - **Live Stream – Washington National Cathedral**
    - Featuring prayers, readings from Holy Scripture, and contemplative music.
    - [https://www.youtube.com/watch?v=KI7RRKHYYBE&list=PL1nLVw6MfPisN8Gfk\\_tRsjTXqSexemlK](https://www.youtube.com/watch?v=KI7RRKHYYBE&list=PL1nLVw6MfPisN8Gfk_tRsjTXqSexemlK)
  - Catholic Mass - From resident's apartment- 10:30 am- The Roman catholic Archdiocese of Washington o The Mass airs every Sunday at 10:30 a.m. on WDCW-50: ▪ RCN Ch. 15

**11:30am – 1:30pm**

### *Sunday Brunch*

**Join us every Sunday to start the week off right!  
The Dining Room (Residents Only)**

- ❖ **1:30pm**      **Bolshoi Ballet, Don Quixote**      **\*Commons**
  - Bolshoi Ballet, Don Quixote. A complete 1978 performance of this classic ballet stars the magnificent Nadezhda Pavlova and Vyacheslav Gordeev; the Bolshoi Theatre Orchestra is conducted by Alexander Kopilov.
  - 1h, 29min. G.
  - Starring      Marius Petipa, Alexander Gorsky, Nadezhda Pavlova
  - Genres      Arts, Entertainment, and Culture
  - Subtitles      English
  - Audio languages: ENGLISH
- ❖ **2:00pm**      **Afternoon Trivia**      **\*Library**
- ❖ **3:00pm**      **Afternoon Social & Music**      **\*Library**
- ❖ **3:30pm**      **Bingo**      **\*Commons (B)**