

***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, July 11, 2022**

- ❖ **10:00am Coffee and Muffins** **\*Bistro**
- ❖ **11:00am Balance and Motion with Michael** **\*Commons (A)**

### **“Michael Rosengart”**

**NCSF Certified Personal Trainer. Strength Coach, Prehab Specialist**

- ❖ **1:30pm** **“Hermitage Masterpieces”** **\*Commons (A)**

This 18-part series examines the Hermitage Museum in St. Petersburg, Russia, in all its glory. Here is the art of Michelangelo, Rembrandt, Picasso, Matisse, Velasquez, El Greco, Rubens, Renoir, the great classical sculptors, the artisans of ancient China, Greece and Egypt, and more. Filmed when the museum was off limits to Western eyes for nearly a century, and before the Fall of the Soviet Union.

#### **Episode 10. Art of the Early Italian Renaissance **29 min.****

Discover the age of the powerful Medici family, the "Golden Age" of Florence and the innovative paintings of artist like Fra Angelico, Simone Martini and Fra Filippo Lippi.

#### **Episode 11. Da Vinci, Raphael and The High Italian Renaissance **28 min.****

Leonardo da Vinci, Michelangelo, and the glittering array of Venetian painters produced works of miraculous originality and power. This brief period marks one of the highest peaks of the human spirit and artistic genius, and the collection of these works which you will see in the Hermitage is among the finest in the world.

#### **Episode 12. Art of the Netherlands: 15th and 16th Century **29 min.****

Trace the emergence of realism in the Netherlands as the elegant, aristocratic "International Style" gave way to dramatic light and brilliant color. A fresh, humanistic approach to painting was born, characterized by a new interest in portraiture and landscapes.

- ❖ **3:00pm Afternoon Social & Music** **\*Library (B)**

- ❖ **3:30pm Bingo** **\*Commons (B)**

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## **Tuesday, July 12, 2022**

### **❖ 10:00am Coffee and Muffins**

**\*Bistro**

- Trivial Pursuit Game

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

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

### **❖ 11:00am Tai Chi**

**\*Commons (B)**

#### **“Edward Pratt”**

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 “Pentagon City and Crystal City” (If Weather Permitting)**

- Sign up with Concierge
- 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**
  - **1:25pm** - Waiting list loading
  - **1:30pm** - Bus will depart – To avoid losing your place, please arrive 5 minutes before your scheduled loading time.

### **❖ 1:30pm Book Club**

**\* Commons (B)**

#### **“THE SPY AND THE TRAITOR”**

### **❖ 3:00pm Afternoon Social & Music**

**\*Library**

### **❖ 3:30pm Bingo**

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## **Wednesday, July 13, 2022**

- ❖ **10:00am Coffee and Muffins** **\*Bistro**  
○ Movie & TV Trivia Questions
- ❖ **11:00am Sit and Fit** **\* 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.**
- ❖ **1:30 pm Movie & Popcorn “My Fair Lady”** **\*Commons (A)**  
The breathtaking musical extravaganza that won 8 Academy Awards, including Best Picture, starring Audrey Hepburn in the role of Eliza Doolittle, a sassy, working-class London street vendor, and Rex Harrison as the elitist Professor Higgins.  
**Directors** George Cukor  
**Starring** Audrey Hepburn, Rex Harrison, Stanley Holloway  
**Genres** Kids, Drama, Romance, Arts, Entertainment, and Culture  
**Subtitles** English (UK) [CC], English (US) [CC]  
**Audio** languages English
- ❖ **2:00pm Spanish Club** **\*4<sup>th</sup> floor Country Kitchen**
- ❖ **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, July 14, 2022**

### **❖ 10:00am Coffee, Tea, and Trivia**

**\*Library**

- General Knowledge & Mic. Trivia Questions

### **❖ 11:00am Tech Support with Jordan & Marco**

Sign up with Concierge

specify your preferred support time-30 minutes per resident

### **❖ 11:00am Tai Chi**

**\*Commons (B)**

#### **“Edward Pratt”**

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### **❖ 1:30pm Trivia**

**\*Library**

### **❖ 1:30pm Bridge Club**

**\*Bistro**

### **❖ 2:00pm Paint and Sip**

**\*Commons (B)**

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

### **❖ 3:00pm Afternoon Social & Music**

**\*Library**

### **❖ 3:30pm Balloon Tennis**

**\*Commons (B)**

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## **Friday, July 15, 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 us in the Library  
(Outdoor Walking If Weather Permitting)
- ❖ **1:30pm Catholic Mass & Holy Communion** **\*Commons**  
**Rev. Father (Andy) Gonzalo**  
**[Our Lady of Victory Catholic Church](#)**
- ❖ **3:00pm Afternoon Social** **\*Library**
- ❖ **3:30pm Bingo** **\*Commons (B)**
- ❖ **7:00 pm Movie & Popcorn “My Fair Lady”** **\*Commons (A)**  
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**Saturday, July 16, 2022**

- ❖ **10:00am Coffee and Muffins** **\*Library**
- ❖ **11:00am Seated Exercise Class** **\*Commons (A)**

○ Adela

- ❖ **1:30 pm Movie & Popcorn “My Fair Lady”** **\*Commons (A)**

The breathtaking musical extravaganza that won 8 Academy Awards, including Best Picture, starring Audrey Hepburn in the role of Eliza Doolittle, a sassy, working-class London street vendor, and Rex Harrison as the elitist Professor Higgins.

**Directors** George Cukor  
**Starring** Audrey Hepburn, Rex Harrison, Stanley Holloway  
**Genres** Kids, Drama, Romance, Arts, Entertainment, and Culture  
**Subtitles** English (UK) [CC], English (US) [CC]  
**Audio** Languages 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 July 17, 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=PL1nLVw6M\\_fPisN8Gfk\\_tRsjTXqSexemIK](https://www.youtube.com/watch?v=KI7RRKHYYBE&list=PL1nLVw6M_fPisN8Gfk_tRsjTXqSexemIK)
  - 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 Verdi: Falstaff – Opera- \*Commons**  
“Falstaff” is the only comic opera, as well as the last opera, of Verdi’s production.2018 - 2h, 2min. PG.

**Directors** Giuseppe Verdi, Sir John Eliot Gardiner, Sven-Eric Bechtolf

**Starring** Nicola Alaimo

**Genres** Music Videos and Concerts

**Subtitles** English, Deutsch, Français, Italiano

**Audio languages** Italiano

- ❖ **2:00pm Afternoon Trivia \*Library**

- ❖ **3:00pm Afternoon Social & Music \*Library**

- ❖ **3:30pm Bingo \*Commons (B)**